

**LETTING GO OF YOUR PAST**  
**#SermonPast**  
**Growing Healthy Relationships Part 2**  
**Dr. Mark Jackson - April 30, 2017**

**Philippians 3:13** ...I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead. (NLT)

I cannot RELATE to the present if I'm still REACTING to the past.

***Three things we do with our past:***

- We rehearse or RESENTMENTS
- We remember our REGRETS
- We reinforce our REMORSE

**How Do I Let Go Of My Past**

**1. I MUST GIVE UP MY GRUDGES**

**Ephesians 4:31-32** **Get rid of** all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (NIV)

**1 Corinthians 13:5b** Love does not remember wrongs done against it. (ICB)

**Job 5:2** To worry yourself to death with resentment would be a foolish, senseless thing to do. (TEV)

**Job 18:4a** You are only hurting yourself with your anger. (TEV)

**2. I MUST GIVE UP MY GRIEF**

**Matthew 5:4** Blessed are those who mourn, for they shall be comforted. (NASB)

**2 Samuel 12:16, 18a** David pleaded with God for the child. He fasted and went into his house and spent the nights lying on the ground. <sup>18</sup> On the seventh day the child died. (NIV)

**Three Things I Need To Do**

- Accept what CAN'T BE CHANGED

**2 Samuel 12:22-23** He answered, "While the child was still alive, I fasted and wept. I thought, 'Who knows? The LORD may be gracious to me and let the child live.' <sup>23</sup> But

now that he is dead, why should I fast? Can I bring him back again?... (NIV)

- Play it **DOWN** and pray it **UP**

**2 Samuel 12:20** Then David **got up** from the ground. After he had **washed**, put on lotions and changed his clothes, he went into the house of the LORD and **worshiped**. Then he went to his own house, and at his request they served him food, and he ate. (NIV)

- Focus on what's **LEFT** not on what's **LOST**

**2 Samuel 12:24** Then David **comforted his wife Bathsheba**, and he went to her and lay with her. She gave birth to a son, and they named him Solomon. (NIV)

### **3. I MUST GIVE UP MY GUILT**

**Isaiah 43:18** But the Lord says, "**Do not cling to events of the past** or dwell on what happened long ago. (TEV)

#### **Three Options**

- I can **REPRESS IT**
- I can **SUPPRESS IT**
- I can **CONFESS IT**

**1 John 1:9** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from **all unrighteousness**. (NIV)