

Leaving the Past Behind

Time to embrace the new – Time to get unstuck out of a rut

Sometimes we get stuck where we are doing what we've we been doing for a long time. Some are stuck based on the pandemic, some are stuck financially, some are stuck in relationships that are going nowhere. Some marriages are stuck in the rut of tolerance & coldness no more laughing, excitement & warm intimacy.

- No joy, in a rut.
- No peace, in a rut.
- No dreams, in a rut.
- No inner drive, in a rut.
- No expectations of increase, in a rut.

Time to get unstuck out of our emotional, psychological & relationship ruts.

Time to let the past go & rekindle the fire of your dreams, vision & goals.

Ephesians 3:20 TPT

Never doubt God's mighty power to work in you and accomplish all this. He will achieve infinitely more than your greatest request, your most unbelievable dream, and exceed your wildest imagination! He will out do them all, for his miraculous power constantly energizes you.

I. How To Leave The Past Behind

Philippians 3:13–14 NIRV

Brothers and sisters, I don't consider that I have taken hold of it yet. But here is the one thing I do. I forget what is behind me. I push hard toward what is ahead of me. [14] I push myself forward toward the goal to win the prize. God has appointed me to win it. The heavenly prize is Christ Jesus himself.

- A. Forgetting those things which are behind –Negative things in your past. Time to let the old go. You can't go forward looking back). Get a new mindset about who you are in Christ & what you can do because of the holy spirit in you.
- B. Reaching forward to those things which are ahead – think about the amazing future God has for you). Get a new vision, dreams & goals.
- C. Pressing toward the goal for the prize of the upward call of God in Christ Jesus. Pursuing and fulfilling your divine assignment. Pressing is a fixed determined focus on your dream & goals

II. **Four Biblical Steps to Leave The Past Behind:**

- A. Confess and forsake sins & mistakes of the past

Proverbs 28:13 TLB

A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance.

- B. Receive forgiveness from the Lord that comes from confessing sin

Hebrews 8:12 TLB

And I will be merciful to them in their wrongdoings, and I will remember their sins no more."

Psalm 103:12 TLB

He has removed our sins as far away from us as the east is from the west.

Isaiah 43:25 TLB

I, yes, I alone am he who blots away your sins for my own sake and will never think of them again.

- C. Forgive yourself and get rid of condemnation

Romans 8:1,34 ERV

So now anyone who is in Christ Jesus is not judged guilty. [34] Who can say that God's people are guilty? No one! Christ Jesus died for us, but that is not all. He was also raised from death. And now he is at God's right side, speaking to him for us.

1 John 1:9 ERV

But if we confess our sins, God will forgive us. We can trust God to do this. He always does what is right. He will make us clean from all the wrong things we have done.

D. Forgive others. It is a decision to forgive

Ephesians 4:32 TLB

Instead, be kind to each other, tenderhearted, forgiving one another, just as God has forgiven you because you belong to Christ.

DISCUSSION QUESTIONS

1. Are you stuck in a rut in an area of your life?
2. Is there something in your past that has hindered you from moving forward? Explain.
3. Why has God forgiven you of your past sins?
4. Have you really forgiven yourself?