

## LETTING GO OF YOUR PAST Building Better Relationships - Part 1

**Philippians 3:12-14** "I do not consider myself yet to have taken hold of it. But this one thing I do: Forget what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

I cannot relate to the present if I'm still \_\_\_\_\_.

### 3 types of Emotional Garbage we collect:

1. We rehearse our \_\_\_\_\_.
2. We remember our \_\_\_\_\_.
3. We reinforce our \_\_\_\_\_.

### HOW TO LET GO OF YOUR PAST

1. I MUST GIVE UP \_\_\_\_\_.

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

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

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

2. I MUST GIVE UP \_\_\_\_\_.

**2 Samuel 12:16,18** "David pleaded with God for the child. He fasted and went into his house and spent nights lying on the ground... On the seventh day the child died."

### 3 Things To Do to Let Go of Grief:

- Accept what cannot \_\_\_\_\_.

**2 Samuel 12:22-23** "Then David got up from the ground... He said `While the child was still alive, I fasted and wept... But now that he is dead, why should I fast? Can I bring him back to life?"

• **Play it down and** \_\_\_\_\_.

**2 Samuel 12:20b** "After he had washed, put on lotions and changed his clothes, he went into the house of the Lord and worshipped."

• **Focus on what's left** \_\_\_\_\_.

**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."

**3. I MUST GIVE UP** \_\_\_\_\_.

**Two options:**

\* **The wrong way (Judas):** \_\_\_\_\_

**Matthew 27:3,5** "When Judas, who had betrayed him, saw that Jesus was condemned, he was seized with remorse ... Then he went out and hanged himself."

\* **The right way (Peter):** \_\_\_\_\_

**Matthew 26:75** "When Peter remembered the word Jesus had spoken ... and he went outside and wept bitterly."

**What do you do with your guilt? You have options:**

\_\_\_\_\_ **it.**

\_\_\_\_\_ **it.**

\_\_\_\_\_ **it.**

**1 John 1:9** "If we confess our sin, He is faithful and just to forgive us and cleanse us from all unrighteousness."