

1 John 2:1-2

1 My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defence-- Jesus Christ, the Righteous One.  
2 He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

1 John 1:9

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. NKJV

### C. FOCUS ON GOD'S VISION

#### 1. His and not the pain

2 Samuel 12:20

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 worshipped. Then he went to his own house, and at his request they served him food, and he ate.

Isaiah 6:1

1 In the year that King Uzziah died, I saw the Lord seated on a throne, high and exalted, and the train of his robe filled the temple.

#### 2. Focus on His and not what's lost

2 Samuel 12:24

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. The LORD loved him;

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#### *Bibliography*

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## 1. OVERCOME YOUR PAST BY FOCUSING ON YOUR FUTURE

*Some of the topics covered in this series:*

*How to build bridges with your words and in your family as well as your marriage.*

*Pick up listening skills. How to increase the value and enjoyment of all your relationships.*

*How to benefit from any conflicts and build lasting friendships. Overcome relationship destructive emotions, addressing the root problem of broken relationships. How to restore strained and broken relationships.*

Philippians 3:12-14

12 Not that I have already obtained all this, or have already been made perfect, but I run to win that which Jesus Christ has already won for me[all that Christ saved me for]. GodsWord  
13 Brethren, I do not count myself to have apprehended; but one thing I do [bring all my energies to bear on one thing], forgetting [neglecting, not bothered with] those things which are behind and reaching forward [straining, stretching, extending forward, pressing, looking towards] to those things which are ahead, 14 I press toward the goal for the prize of the (high calling) of God in Christ Jesus. NKJV

### A. LET GO OF YOUR TO ENJOY THE FUTURE

1. We  on our hurts

2. We dwell on our

3. We  our pain

### B. HOW TO LET GO

1. Give up your

Eph 4:31-32

31 Get rid of all bitterness, passion, and anger. No more shouting or insults, no more hateful feelings of any sort. 32 Instead, be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ. TEV

Get rid of, chuck it out, throw it away, eliminate it.

Job 5:2

To worry yourself to death with resentment would be a **foolish, senseless** thing to do.

Job 18:4

4 You who tear yourself to **pieces** in your anger ...

i. You are hurting self and  around you

ii. You allow people to  you

Nobody can make you mad without your .

iii. You allow them to  to hurt you!

## 2. Give up your

**Self pity is destructive:**

i. It makes you give up and

ii. It makes you

iii. It makes you build  around you.

2 Samuel 12:20-21

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 worshipped. Then he went to his own house, and at his request they served him food, and he ate.

21 His servants asked him, "Why are you acting in this way? While the child was alive, you fasted and wept, but now that the child is dead, you get up and eat!"

2 Samuel 12:22-23

22 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.'

23 But now that he is dead, why should I fast? Can I bring him back again? I will go to him, but he will not return to me."

## 3. Let go of your

Matthew 27:3-5

5 So Judas threw the money into the temple and left. Then he went away and hanged himself.

*"It's finished!"*

**Sin consciousness is the major  of our blessings.**

Genesis 3:10

So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself." NKJV

Rom 7:5 ... the sinful passions aroused by the law ... bore fruit for death. NIV

Heb 4:16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. NKJV

## How to deal with guilt?

You don't  on it

Heb 10:2-3

For the worshipers, once purified, would have had no more consciousness of sins. NKJV

You don't  it

Mark 7:20-23

"What comes out of a man is what makes him 'unclean'. 21 For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, ... 23 All these evils come from inside and make a man 'unclean'." NIV

1 John 1:8

If we claim to be without sin, we deceive ourselves and the truth is not in us.

**Philips** – live in world of illusion

**LB** – only fooling ourselves

You don't  others

You  your sins on the cross

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