

COURAGE TO LET GO OF THE PAST
COURAGE TO STAND – PART 4
VERNON ZOOK AUGUST 2, 2020

Be on guard. Stand firm in the faith. Be courageous. Be strong.

1 Corinthians 16:13 (NLT)

I command you—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.

Joshua 1:9 (NLT)

HOW CAN I LET GO OF MY PAST?

1. I Need to **Face it**

But if we are living in the light of God's presence, just as Christ is, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from every sin.

1 John 1:7 (NLT)

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and wonderful results.

James 5:16 (NLT)

- Revealing my **feelings** is the beginning of **healing**

Face **the situation**

Recall **what happened**

Admit **my pain & feelings**

Accept **any responsibility**

2. I Need to **Forgive it**

If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.

Matthew 6:14-15 (NLT)

Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No!" Jesus replied, "seventy times seven!"

Matthew 18:21-22 (NLT)

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:31-32 (NLT)

- I can forgive others because God forgave me!

3. I Need to **Forget it**

No, dear brothers and sisters, 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...I hope all of you who are mature Christians will agree on these things...

Philippians 3:13, 15a (NLT)

I, I am the One who forgives all your sins, for my sake; I will not remember your sins.

Isaiah 43:25 (NCV)

The LORD says, "Forget what happened before, and do not think about the past. Look at the new thing I am going to do. It is already happening. Don't you see it? I will make a road in the desert and rivers in the dry land.

Isaiah 43:18-19 (NCV)

**I will never Experience the NEW things of God,
as long as I Dwell on the OLD!**