

Getting Past Your Past -pt2

**YESTERDAY
ENDED
LAST NIGHT**

**Independence Week
2017**

Edward Church

July 9, 2017

Philippians 3:13, 14 instructs us to focus on the future, not the past:

“One thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus”

- **One Thing** (First, Primary)

In Order to Move Forward...

...You Have to Let Go of the Past

Instead Of Focusing Our Thoughts/ Energies

- **On the Opportunities of Today...**
 - ...We Allow Painful Memories to Fill Our Minds**
 - ...And Sap Our Strength.**
- **We Simply Can't Seem to Let Go of Our Pain...**
 - ...So We Relive It Again and Again . . .**
 - ...With Predictably Unfortunate Consequences.**

Thankfully, God Has Other Plans

This is the day which the LORD hath made; we will rejoice and be glad in it. Psa 118:24

Focusing Too Intently On the Past Is, Almost Without Exception, Futile

No Amount of Anger or Bitterness...

...Can Change What Happened Yesterday.

- **Tears Can't Change the Past;**
- **Regrets Can't Change It.**
- **Our Worries Won't Change the Past,**
- **Our Complaints Won't Either**

**TODAY IS A BRAND NEW DAY
AND IT'S YOURS.**

-ZIG ZIGLAR

You're healed when you're no longer mad at the

When We Find Ourselves Focusing Too Intently On the Past...

...It's a Sign That We Need To Focus on

...Moving Forward

...Through Forgiveness

...Beyond the Pain

...Reaching unto a New S.T.A.R.T.

A stylized illustration of a traffic light. The top section is a dark grey cap with a white outline. Below it is a red oval light that is glowing. A horizontal yellow beam of light passes through the center of the red light. Two diagonal yellow beams of light extend from the top corners of the red light towards the bottom corners. Below the red light is a grey oval light, and below that is another grey oval light. The entire traffic light structure is set against a white background.

S = Stop Making Excuses

S= Stop Making Excuses

- **A Man Good At Making Excuses is Seldom Good at Anything Else
Ben Franklin**
- **Excuses are the Nails that Build a House of Failure
Abe Lincoln**

There are Only Two Options: Make Progress...

...or Make Excuses



T - Take An Inventory Of My Life

T - Take An Inventory Of My Life

- I Need to Evaluate All My Assets, Abilities / Experiences
- What's Left Over After I've Discarded What Needs to Be Behind
- We Get So Busy Focusing On What We Lost...
...We Lose Sight of What We Have and Even Gained

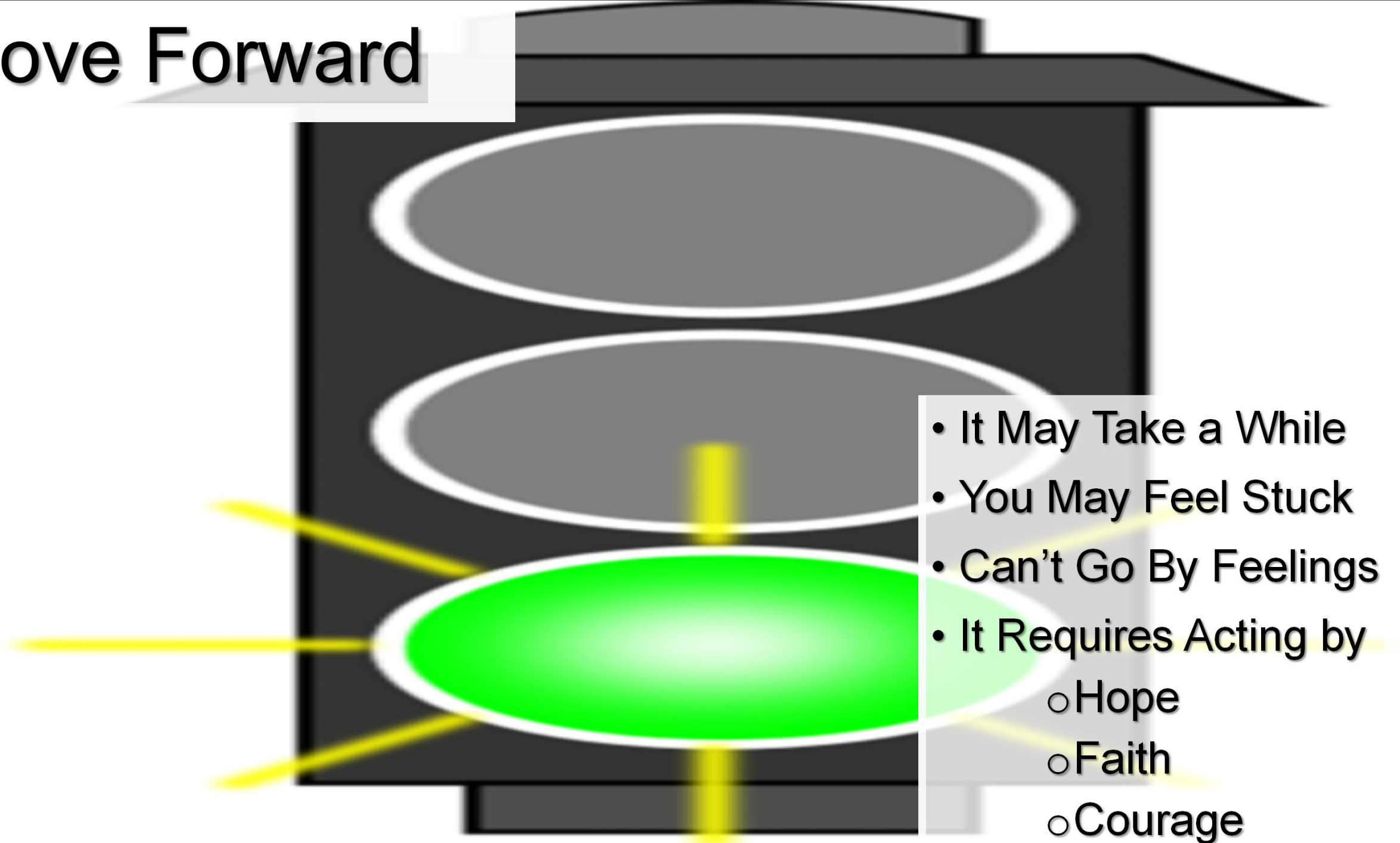
Galatians 3:4, *"You have experienced many things. Were all those experiences wasted? I hope not."*

Challenge- Make 3 Columns: 1-(Lost) 2-(Kept) 3-(Gained)

After Proper Inventory...

...See How Things Really Look

Move Forward



- It May Take a While
- You May Feel Stuck
- Can't Go By Feelings
- It Requires Acting by
 - Hope
 - Faith
 - Courage

A - Act in faith

- **We Need to Look Up,/ Look Out.**
- **Launch Out Into New Territory.**
- **If We Don't Grow/ Move Ahead, We Get Stagnant**
- **The Key to Changing Anything is Faith.**
- **If We Want to Change Our Circumstances It Will Take Faith.**

R - Refocus

- **I Need to Refocus My Thoughts If I Want to Change My Life.**
- **Proverbs 4:23, “Keep vigilant watch over your heart...
...that's where life starts”**

- **S - Stop Making Excuses**
- **T - Take An Inventory Of My Life**
- **A - Act in faith**
- **R - Refocus**

- **T – Trust**

- **Trust God to Help Us Succeed.**
- **Depend On Him, Not Ourselves.**
- **We've Already Proven that We Can't Do It On Our Own.**
- **That's Why We've Failed.**
- **We Can't Change Who, What, When- Only God Can Do That.**
- **Giving God Control Of My Life.**

Accepting The Past

Three Things You Can Do with Mistakes or Hurts:

- **Resolve...**
 - **To Never Make Another Mistake or Be Hurt Again.**
 - **That Is Impossible.**
- **Retreat**
 - **Let Mistakes and Hurts Make a Coward Of You.**
 - **That is Foolish.**
- **Rebound**
 - **Learn from Your Mistakes, Move Beyond Your Hurts**
 - **This is Profitable.**

Simply Put...

**YESTERDAY
ENDED
LAST NIGHT**

**The Past Is...
...And Always Will Be
...the Past
...Forever!**

a friendly
reminder
that today is
another day

www.turpoopie.com



You can't change the Past on

- *Shake the dust from your past, and move forward in His promises*
Kay Arthur
- *Leave the broken, irreversible past in God's hands, and step out into the invincible future with Him.* -Oswald Chambers
- *We can't just put our pasts behind us. We've got to put our pasts in front of God.*
-Beth Moore
- 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."* ISA 43:18, 19 NCV