

Getting Past Your Past -pt2

**YESTERDAY
ENDED
LAST NIGHT**

**Independence Week
2021**

Edward Church

July 11, 2021

**DON'T STUMBLE
OVER SOMETHING
BEHIND YOU**

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



YESTERDAY ENDED LAST NIGHT.

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

-ZIG ZIGLAR

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 Wont Either**

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

-ZIG ZIGLAR

You're healed when you're no longer mad at the pain, people or problems God used to process you.

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.



S= Stop Making Excuses

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- **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

Move Forward

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. -2 Corinthians 5:17

Let your eyes look directly forward, and your gaze be straight before you. -Proverbs 4:25

- **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**

- .

Isa 26:4 Trust in the LORD forever, for the LORD, the LORD himself, is the Rock eternal.



ARE YOU READY?

- **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.**

Isa 26:4 Trust in the LORD forever, for the LORD, the LORD himself, is the Rock eternal.

ARE YOU READY?

Accepting The Past

This is the day the Lord has made

Let's try not to mess it up

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.**

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a friendly
reminder
that today is
another day



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...And Always Will Be

...the Past

...Forever!

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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