

FREEDOM FROM THE PAST

I. EMBRACE _____

Lament—is simply expressing honest emotions to God when life is not going as planned. Literally to mourn or wail, Asking “God I’m hurting—will you meet me here?” (No More Faking Fine, Esther Fleece, 33)

Genesis 6:5-6 The Lord saw how great the wickedness of the human race had become on the earth, and that every inclination of the thoughts of the human heart was only evil all the time.⁵The Lord regretted that he had made human beings on the earth, and his heart was deeply troubled

Psalms 88:9-18

9 my eyes are dim with grief. I call to you, Lord, every day; I spread out my hands to you. ¹⁰Do you show your wonders to the dead? Do their spirits rise up and praise you? ¹¹Is your love declared in the grave, your faithfulness in Destruction¹²? ¹²Are your wonders known in the place of darkness, or your righteous deeds in the land of oblivion? ¹³ But I cry to you for help, Lord; in the morning my prayer comes before you. ¹⁴Why, Lord, do you reject me and hide your face from me? ¹⁵ From my youth I have suffered and been close to death; I have borne your terrors and am in despair. ¹⁶Your wrath has swept over me; your terrors have destroyed me. ¹⁷All day long they surround me like a flood; they have completely engulfed me. ¹⁸You have taken from me friend and neighbor—darkness is my closest friend.

II. HOPE BASED ON _____

Philippians 3:13-14 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Psalms 30:5b weeping may stay for the night, but rejoicing comes in the morning.

Genesis 50:19-21 But Joseph said to them, “Don’t be afraid. Am I in the place of God? ²⁰You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. ²¹So then, don’t be afraid. I will provide for you and your children.” And he reassured them and spoke kindly to them

Romans 8:28 And we know that in all things God works for the good of those who love him, who¹⁸ have been called according to his purpose.

III. _____ YOURSELF AND OTHERS

“We can’t fix what we can’t face.” (Reset Your Life, Joseph W. Walker III, 4)

Romans 8:1 Therefore, there is now no condemnation for those who are in Christ Jesus,

Forgiveness: "Forgiving happens in three stages: We rediscover the humanity of the person who wronged us, we surrender our right to get even, and we wish that person well."

(The Art Of Forgiving, Lewis B. Smedes, 177)

"Forgiveness is a journey; the deeper the wound, the longer the journey." (The Art Of Forgiving, Lewis B. Smedes, 178)

Psalms 51;1-2, 10 (David)

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. ²Wash away all my iniquity and cleanse me from my sin. 10. Create in me a pure heart, O God, and renew a steadfast spirit within me.

2 Corinthians 5:17 Therefore, if anyone is in Christ, the new creation has come:^[a] The old has gone, the new is here!