

**FINDING FREEDOM**

*Free From Our Past*

**How God Made Our Minds**

**Strategies for Dealing with the Past**

D \_\_\_\_\_

E \_\_\_\_\_

J \_\_\_\_\_

F \_\_\_\_\_

**Four Ways the Past Affects Us:**

**Our Moral** \_\_\_\_\_ **- God's Answer is** \_\_\_\_\_

Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals, nor thieves, nor the covetous, nor drunkards, nor revilers, nor swindlers, will inherit the kingdom of God. Such were some of you; but you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus Christ and in the Spirit of our God. 1 Corinthians 6:9-11

**Stop trying to earn your forgiveness/purity**

For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God--not by works, so that no one can boast. Ephesians 2:8-9

**Defeat every lie with the truth**

Stand therefore, having fastened on the belt of truth - Ephesians 6:14

**Move on**

"I, even I, am He that blots out your transgressions for My own sake, and will not remember your sins." Isaiah 43:25.

**Moral Failures of** \_\_\_\_\_ **- God's Answer is** \_\_\_\_\_

He heals the brokenhearted and binds up their wounds. Psalm 147:3

**Our** \_\_\_\_\_ **- God's Answer is** \_\_\_\_\_ **and** \_\_\_\_\_

And we know that for those who love God all things work together for good, for those who are called according to his purpose. Romans 8:28

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**Mistakes of \_\_\_\_\_ - God's Answer to this is \_\_\_\_\_**

“In Him, you are complete.” Colossians 2:10

**Prayer**

Dear heavenly Father, what a joy it is to begin this day, calling out to you “Abba, Father!” That’s a cry of great peace, needful surrender and firm hope. You love me because you love me, period. Hallelujah, many times over!

Recently, Father, certain settings and particular people, have triggered some old lingering hurts in me, and I realize I’m not as free as I want to be; more importantly, I’m not as free as you intend me to be. I relive old stories and fantasize different endings. I go from appropriate lament to unhelpful blame-assigning. My thoughts race to unhealthy places, and then my feet race, just to get away. But I don’t really leave the pain, just the premises.

Father. In this very moment, I surrender to your Spirit’s work in my life—I collapse on Christ and avail myself of the power of the gospel. You must heal and change me, for all I can do is “treat and bandage my wounds lightly”.

I choose not to nurse grudges, but to drink living water. I choose neither to deny my feelings, nor justify my bad attitude. I choose not to gossip, but to gossip the gospel. I choose to run to Jesus, and not just run.

Through Christ I pray, amen.

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