

OVERCOMING

Hurts, Habits and Hang-Ups That Hold Us Back

Lesson Five • Philippians 3:12-14

Overcoming Your Past

Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but 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. Philippians 3:12-14 NKJV

Fact:

I cannot RELATE to the present if I am still REACTING to my past.

Three Types of Hazardous Baggage We Often Carry:

- We rehearse our RESENTMENTS.
- We remember our REGRETS.
- We reinforce our REMORSE.

How to Overcome the Baggage of Your Past:

1. I Must Give Up My GRUDGES!

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31-32 NIV

Consider Joseph:

"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives." ~Joseph, Genesis 50:20

2. I Must Give Up My GRIEF!

Consider David:

David pleaded with God for the child. He fasted and spent the nights lying in sackcloth on the ground. The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them. On the seventh day the child died. 2Samuel 12:16-18

Overcoming Grief:

- Accept what cannot be CHANGED. 2Samuel 12:22-23
- Play it down and PRAY it up. 2Samuel 12:20
- Focus on what's LEFT not on what's LOST. 2Samuel 12:24

3. I Must Give Up My GUILT!

*My guilt has overwhelmed me like a burden too heavy to bear. Psalm 38:4 NIV
Blessed is he whose transgressions are forgiven, whose sins are covered. Psalm 32:1 NIV*

Two Approaches to Guilt:

- The wrong way (Judas): CONDEMNATION. Matthew 27:3-5
- The right way (Peter): CONFESSION. Matthew 26:75

When I kept silent, my bones wasted away through my groaning all day long. For day and night Your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to You and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD" And You forgave the guilt of my sin. Psalm 32:3-5 NIV

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1John 1:9 NIV

Do you need to drop-off some hazardous baggage?

God has provided a "Hazardous Baggage Drop-Off" at the CROSS of Christ!

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. 2Corinthians 5:17 NKJV