



## Freedom and Transformation – Part V

### Letting Go!

*Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland.*

Isaiah 43:18-19

*But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. All of us who are mature should take such a view of things.* Philippians 3:12-15

- Forgetting is not necessarily losing all memory but, leaving it behind as done with and settled.
- Forgetting and letting go of the past is a sign of MATURITY.
- Let go of the unnecessary baggage—so that you can perceive the new things that God has for you.

#### Three Things We Need To Let Go Of:

1. Let go of guilt! Hebrews 12:1
  - Guilt makes you feel insecure, less confident, and not good enough.
  - Guilt is an inner SHAMING VOICE that gnaws as you.
  - Guilt steals from you and keeps you from enjoying your life.
  - God wants us to walk in the freedom that Jesus provided for us—not to live in guilt.
2. Let go of regret!
  - Regret is something we inflict on ourselves—it is turmoil and pain in the mind.
  - Regret is always looking back at what MIGHT HAVE BEEN.
  - Regret says, if only...
3. Let go of unforgiveness and bitterness. Proverbs 11:17
  - Unforgiveness hold US captive and opens the door to toxic poisons like bitterness, anger and resentment.
  - When we CHOOSE to forgive—we allow God to bring healing.

#### Four Ways You Can Walk Forgiveness Out In Your Personal Life:

- A. Understand that forgiveness is a decision and not a feeling. Ephesians 4:32
  - Forgiveness is a decision, healing is a process, and your feelings will eventually follow your decisions.
  - Forgiving a person begins with sheer obedience to God.
- B. Refuse to dwell on the offense.
  - Don't push the rewind button and replay the offense over and over.
  - Meditate on God's promises to heal and restore you.
  - When you think of that person, pray for them and bless them.
- C. Don't talk about the person all the time.
  - The more you think and talk about the offense and the offender, the more discouraged you become.
- D. Ask God to heal your hurts, your wounds, and your broken heart. Psalm 147:3