

“Christian Counseling From The Bible”
Lesson 3 “Putting the Past behind Us”

1

Philippians 3:13-14

13 Brethren, I do not regard myself as having laid hold of *it* yet; but one thing *I do*: forgetting what *lies* behind and reaching forward to what *lies* ahead, **14** I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Forgetting what is in the past doesn't mean you literally can't remember...but you have it in a deep, safe place, where it does not invade & distress your life every day.

Remember, the key to all counseling:
Jesus as our Authority, Healing Power & Guide!

Forgiveness must happen in order to put the past behind us.
God Forgiving you, giving & receiving forgiveness with others, & forgiving yourself!

What types of feelings does your past bring?
Anger, Sadness, Fear, Hopelessness, Anxiety, Depression, Guilt, Shame, Trauma, Doom?

Our Past does NOT dictate our present & future!

Philippians 4:13

13 I can do all things through Him who strengthens me.

Jesus can empower real change in our life!

Can we actually change the past? NO!
Can we change the Effects of the past? YES!
How?

2

Accept it as is.....No judgment!

James 5:16

16 Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective [a]prayer of a righteous man can accomplish much.

Turn to God Daily!

Hebrews 12:12-13

12 Therefore, [a]strengthen the hands that are weak and the knees that are feeble, 13 and make straight paths for your feet, so that *the limb* which is lame may not be put out of joint, but rather be healed.

Practice & Focus on the Reality of your Powerlessness to Change it!

Romans 12:2

2 And do not be conformed to this [a]world, but be transformed by the renewing of your mind, so that you may [b]prove what the will of God is, that which is good and [c]acceptable and perfect.

- Study God's Word
- Pray for Guidance
- Seek wise counsel
- Write it out
- Forgive
- Be Patient
- Endure
- Learn from it

Galatians 6:9

9 Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.

Keep trying & don't give up! You can't change the Past but you can change the Present & Future!

Make the past only a memory; NOT a:

- Trigger
- Predictor
- Permanent Path

Realize the painful things from the past that you are still experiencing now over & over again.

Psalm 6:6

6 I am weary with my sighing;
Every night I make my bed swim,
I dissolve my couch with my tears.

- Broken relationships
- Legal problems
- Material losses
- Health issues
- Spiritual despair
- And much more.....

Call on Jesus Christ for real help!

Psalm 50:15

15 Call upon Me in the day of trouble;
I shall rescue you, and you will honor Me.”

IMAGINE: If you were healed right now:

- How your immediate present would change
- What your future would be like
- How you would actually feel being free from the past
- What negative things would now be gone?
- How would you being healed positively affect others”

Walk in Victory each day!

Nahum 1:7

7 The Lord is good,
A stronghold in the day of trouble,
And He knows those who take refuge in Him.

You can live out your present & future in Newness! Free from the Past dragging you down! You can thrive:

- Spiritually
- Mentally
- Physically

2 Corinthians 5:17

17 Therefore if anyone is in Christ, *[a]he is a new creature; the old things passed away; behold, new things have come.*

