



Faith and Love C.O.G.I.C
Bible Band

Lesson 2 September 9, 2025

THINGS THAT NEED TO BE
FORGOTTEN

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Background Reading:

- ❖ Isaiah 43:18
- ❖ Luke 9:62
- ❖ 2 Corinthians 5:17
- ❖ Hebrews 6:10-11

Devotional Reading:

- ❖ Ecclesiastes 1:11-12

Background Reading

Isaiah 43:18 Remember ye not the former things, neither consider the things of old.

Luke 9:62 And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.

2 Corinthians 5:17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

Hebrews 6:10-11

10 For God is not unrighteous to forget your work and labour of love, which ye have shewed toward his name, in that ye have ministered to the saints, and do minister.

11 And we desire that every one of you do shew the same diligence to the full assurance of hope unto the end:

Devotional Reading

Ecclesiastes 1:11-12

11 There is no remembrance of former things; neither shall there be any remembrance of things that are to come with those that shall come after.

12 I the Preacher was king over Israel in Jerusalem.

Central Verse

Philippians 3:13

“Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind.”

INTRODUCTION

There are many things that hinder a believer's walk with God, and the main one is holding onto the past. The past is exactly that - the past. The past is something that is finished, completed, and no longer exists. It means something that existed before the present time or was used in an earlier time. "Past" refers to a time that has gone by recently. So, believers must understand that the past is over, and it needs to be forgotten most of the time.

INTRODUCTION

Holding on to past events or happenings can cause believers to become trapped in past memories that put limitations on their lives. Then they cannot move on to the future. Many of them are hurt, bitter, wounded, and saddened by things that they had to go through and endure in the past. The past can become a grave that holds and controls their lives in time, causing them to be trapped in a place of helplessness.

INTRODUCTION

It is emotionally unhealthy for believers to hold onto some things from the past that have no value to their future lives. So, Paul tells the believer to forget some of the things that had happened in the past and press to build a healthy future. He knew he had to get ahold of himself and forget how the other disciples had treated him. He had to forget the educational achievements that he had accomplished, which were not recognized among the brethren, and remember the different situations he encountered.

Sometimes, believers find themselves in situations they cannot change, so they must completely cut their losses, forget about those situations, and move on.

DISCUSSION

The believer is told not to remember the former things, because some of the things that they did as a sinner have no value to their future lives. For, when he accepted Jesus Christ as his Lord and Savior, he became a new creature, and the old things in his life had passed away. He now has a new life, so he must not consider the things of old. He has not yet reached the perfect place in God, so he must continue to forget things from the past that keep him bound. He doesn't want his flesh to feast on ungodly things of the past. Before salvation, believers did ungodly things that brought no glory to God and His kingdom, so some of those things need to be forgotten about. If he stole, let him steal no more (Ephesians 4:28). He should not discuss it or think about it, but instead, fill his mind and mouth with godly praises.

DISCUSSION

The believer must release the thought of pleasure and embrace the sense of joy that comes from God. He must not allow his flesh to dictate what he needs. Moses chose affliction with the people of God, rather than enjoying the pleasures of sin for a season with Pharaoh. The Book of Romans makes the believer aware that, in his flesh, there is nothing good (Romans 7:18). John tells the believer that "All that is in the world" is "the lust of the flesh, and the lust of the eyes, and the pride of life" (1 John 2:16). It is vital in the life of the believer to make sure his flesh doesn't control his life.

DISCUSSION

Embracing change is part of the process of forgetting the things that are behind. The believer must learn to view his past experiences as a part of his teaching process and learn from those experiences. It takes courage to re-lease what is comfortable and familiar to embrace new and different things. God is faithful, and He will allow the believer the grace to do so.

DISCUSSION

The believer must learn to find peace in the present. As he lets the past go, he must renew his hope and expectation with peace now and in the future. As God prepared Abraham for a new life, there were some things that he had to let go of so he could receive the blessings that God had in store for him. It is not always easy to forget the past, but with Jesus on your side, you can do all things.

CONCLUSION

The believer must understand that forgetting the past is a process. Whether it's a mistake, a loss, or something else holding him back, the believer must remember to leave the past behind and focus on the future. It takes time, and if the believer allows Him, God will help him find the strength and motivation to embrace forgiveness and forget the past.

CONCLUSION

The wise man said, "There is no remembrance of former things; neither shall there be any remembrance of things that are to come with those that shall come after" (Ecclesiastes 1:11). So, the believer must understand that nothing is so important that it should keep him bound. He must forget some things so that he can be free.

CONCLUSION

Forgetting the past does not erase it; it just allows the believer to move beyond the past. God gives the believer a future and a hope only after he forgives, forgets, and embraces God's love, grace, and understanding. Embracing God's grace releases a sense of freedom within the mind and heart of the believer and allows him to move ahead without the burden of his past.

ESSENTIAL THOUGHT

**To achieve freedom in some area,
some things must be forgotten.**

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NEXT LESSON

September 23, 2025

Lesson 3

Changes in the World