

MOVING PAST PAIN

Part 3: The Pain of The Past

WHEN THE PAST IS PAINFUL

- Potential problems with the past
 1. No redo's - if you can't redo it, don't replay it
 2. Can be a constant source of sorrow - takes the joy out of the present
 3. Can hinder the future - places limits on what God can do in our lives
- We do better looking ahead **(*Philippians 3:13 NLT*)**
 1. Paul had a great grasp on God's forgiveness
 2. He knew you can't run a good race looking back

TWO PERSPECTIVES OF A PAINFUL PAST

- Joseph: the pain of a victim
 1. Sold as a slave by his own family
 2. Imprisoned unjustly for doing the right thing
 3. Could have easily been a bitter angry man looking for revenge / abusive
- Insight into Joseph's perspective of his past **(*Genesis 41:50-52 NKJ*)**
 1. Named his firstborn - God has made me forget
 2. Named his second boy - God has caused me to be fruitful
- Joseph's brothers: The pain of regret and guilt
 1. Joseph, now in a position of power tested his brothers
 2. They were still living present tense with past pain **(*Genesis 42:21-22 NKJ*)**

MOVING PAST THE PAIN OF THE PAST

- Magnify God more than the past
 1. Joseph started with God - identify with God more than your past
 2. Do not constantly bring up the past in your words and thoughts
- Choose to believe God can help you overcome the pain of the past **(*Mark 10:27 NKJ*)**
 1. It's possible that He can help you forget
 2. It's possible that He can cause you to flourish where you are
- God's forgiveness is bigger than your past
 1. Receive the forgiveness He offers **(*1 John 1:9 NKJ*)**
 2. Forgive yourself and move on
 3. Act as the forgiven **(*Lamentations 3:22-23 NKJ*)**