

## **HOW TO MOVE PAST MY PAST**

**1 Tim. 4:15** *Practice these things, immerse yourself in them, so that all may see your progress.*

Three steps that the apostle Paul teaches for helping us to forget the past and move on to the future...

### **1. REALIZE I'M NOT \_\_\_\_\_ !**

*Philippians 3:12a Not that I have already obtained this, or am already perfect...*

*Romans 7:15 For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.*

### **2. FORGET MY \_\_\_\_\_ !**

*Philippians 3:13b Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind...*

Paul was the \_\_\_\_\_ of \_\_\_\_\_. *1 Timothy 1:12-17*

God is the master of giving new \_\_\_\_\_ and new \_\_\_\_\_.

You can do two things with your past: either \_\_\_\_\_ *on it* or \_\_\_\_\_ *it.*

*2 Corinthians 5:17, Eph. 1:7, Isaiah 43:18*

*Job 8:7 And though your beginning was small, your latter days will be very great.*

### **3. LOOK \_\_\_\_\_ TO THE \_\_\_\_\_ !**

*Philippians 3:13b-14... But one thing I do: forgetting what lies behind and straining forward to what lies ahead. <sup>14</sup> I press on toward the goal for the prize of the upward call of God in Christ Jesus.*

The nation Israel is told to possess the land of Israel but instead they look to the past. Because of that they become a \_\_\_\_\_  
\_\_\_\_\_.

*Jeremiah 29:11*

## HOW TO MOVE PAST MY PAST

1. What are some of the things that keep us from growing in our Christian faith?
2. Read Philippians 3:12a. Paul says “*not that I have attained all this*”. What does he mean by this statement? How does Paul sharing this fact about his own spiritual life make you feel about your own spiritual life?
3. How good are you at forgetting the mistakes you’ve made in the past? Do you tend to “dwell” on your past mistakes or “release” them? Why do you think we have a hard time letting go of our past mistakes?
4. Do you feel more positive or negative about your future? Explain your answer. Read Jeremiah 29:11. What plans does God have for your future? What is your reaction to this scripture?
5. Read 1 Timothy 4:15. What is one thing that you can do immediately that would help you move forward in your spiritual life?
6. What is one of the main thoughts or principles that you got out of this passage of scripture that is important to you? Share what it is and why it is important.