

LET IT GO

Grace To Starting Over Again Part- 6

The Problem:

If you think the way you always think, you'll do what you always do.

The Bottom Line:

When you change the way you think, you change the way you live.

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?"
Jesus answered, "I tell you, not seven times, but seventy-seven times.
Matthew 18:21,22

How do I release my past so I can start over?

1. Make sure your identity is rooted in God, not your circumstances or status.
 2. Forgive the person/people who caused your setback (including yourself).
- Forgiveness is: giving up the right to get even.
3. Forgiveness is not:
 - Forgetting. *We forgive what we can't forget.*
 - Excusing. *Forgiveness requires blaming the one responsible.*
 - Trusting. *Forgiveness is free. Trust is earned.*
 - Reuniting. *There are several conditions that precede reunion.*
 - Feeling. *Forgiveness is a choice.*
 - Conditional. *Refusing to forgive gives your offender control.*
 4. Don't infect your future with the pain of your past.
 5. Write out a list of all you lost and ask God to cover it.