



## Strategy 5: YOUR PAST

Ending the Reign of Guilt, Shame and Regret

Isaiah 43:16, 18-19 *Thus says the Lord...Do not call to mind the former things, or ponder things of the past. Behold, I will do something new, now it will spring forth; Will you not be aware of it? I will even make a roadway in the wilderness, rivers in the desert.*

Definition: “gone by in time and no longer existing”

Synonyms: Completed, former, previous, prior, over, accomplished, ended, extinct, finished, forgotten, gone, over and done

Biblical examples of living in the past:

- Lots wife (Living in the past doesn't even get you a name...ouch!) -
- Israelites wondering in the desert (but back in Egypt we at least got xyz... that got them a couple hundred years of that mountain and desert life #sandy #idols #around-n-around)
- Satan

### Questions to ask yourself

1. Do you think Father God is bigger than your past? **Yes/No**
2. Do you think what Jesus accomplished on the cross covers your past? **Yes/No**
3. Do you think God is afraid and shameful of you because of your past? **Yes/No**
4. Does your past invoke feelings of guilt, shame and regret? **Yes/No**

**IF you answered yes to any of those question-**

Potential Prayer: Ask God to help you identify the lie the enemy has you strategically believing about your past and show you how and why he wants you to move towards an abundant life of hope, life, love - free of guilt and shame.

Do the chains guilt, shame and regret from your past inhibit you from fully embracing your present and future?

Spiritual chains, bits, collars and other forms of bondage bind, keep you in a certain place, unable to move, breath, to silence you, for you not to escape



Are we submitting our past to Him or do we feel we need to be punished or that there is a penance we must pay before we can walk in freedom, mercy and forgiveness?

Is there a sabotaging of your potential, perhaps it's a generational sabotage?

### Consequences of our past choices

But now is where you get to redress them in a fashion that honors God. (I can no longer give my husband my pure purity, he will not be the first to have me)

Begin to change your perspectives about the consequences in offer them up as a sacrifice to Jesus.

Allow Jesus to take your past and turn it around for His Glory and Honor, letting of the shame, guilt and regret

1) Ask for forgiveness

2) Foster a state of thankfulness. Thanking Him for bringing you through and thanking him for the way He can take anything “ugly” and turn it into the most beautiful thing

*2 Corinthians 12:9 “He has said to me, ‘My grace is sufficient for you, for power is perfected in weakness’. Most gladly, therefore, I will rather boast about my weakness, so that the power of Christ may dwell in me”*

3) Allowing Jesus to take our past and transform it, and your future!

*\*Trust\**

Allow Jesus to uniquely use your past in a way to glorify him and show a clear demonstration of His power, grace, mercy and lovingkindness. You will NEVER regret this!!!!

*Philippians 3:13 Brothers and sisters, I do not consider myself yet to have taken hold of it, But one thing I do: Forgetting what is behind and stringing toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus*

What does holding on to your past do for you?