



# CAN'T STOP. WON'T STOP.

## Getting Past Your Past

#npcantstopwontstop

Week 3

3 of 4

September 23, 2018

**Bottom Line:** Acknowledge and address your past.

**Icebreaker:** Write these statements on paper, each one at least four times, and have each person draw and answer one randomly: "The best thing I remember about elementary school . . ." "My funniest or most embarrassing moment in high school . . ." "The first movie I remember seeing . . ." "My first date or my first dance was . . ." "My first best friend was . . ." "The most memorable/most important thing my dad taught me . . ."

**Key Verse:** . . . *let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race that is set before us.* Hebrews 12:1

Resilient people run free of the weight of the past. There is no better time than today to repair the past so that your future can be what you hope and dream. The past can feel so heavy sometimes. Holding onto old hurts, unforgiveness, shame or blame, whatever is in the unrepaired past, can cause physical stress, sore muscles, body aches, as well as fatigue and sadness. Not only is it detrimental to your physical health, it can contribute to emotional difficulties, lack of fulfillment, relational problems, even distance from God. Take a minute and visualize yourself carrying the burden of your unrepaired past. How much weight are you carrying around and bringing into today?

Resilient people are careful to keep their memories in a state of good repair. All of us have hurts and damages from our past. Some of us do what God intended us to do with our past memories, and we are able to live a strong and satisfying life today because of it. It requires throwing off the things that keep us tangled in the past through repentance and forgiveness. It requires perseverance. Repentance and forgiveness are never "one and done" events. Resilience requires that they become part of the lifestyle we deliberately choose. It also requires that we focus on what WE are called to do, and who WE are called to be, running the race that is set before us. Resilient people know there is no room for comparison, jealousy, or blame in their lives. They acknowledge and address their past. They run free of its weight, and keep their emotions and memories healthy and up-to-date by living out God's principles.

### THINK IT OVER >>>

What impacted you most from the message?

"The older we get, the bigger our past becomes." Discuss.

"The first twelve years are the most important and we spend the rest of our lives living with the consequences of them." Agree or disagree? Why?

"The unrepaired past doesn't go away. These unrepaired issues will mark a marriage relationship, our work habits, our sense of self, our understanding of God. It remains and speaks up into our present life." How have you seen this to be true in your life or the lives of others?

Three Key Questions: Who are the major people who have influenced me, for good or bad? The major ideas that have guided me? Critical events that have shaped me? Are these comfortable or uncomfortable to think about? Why?

### LOOK IT OVER <<<

"Repairing the past begins with repentance. Repentance is a regular part of the resilient life." What does it mean to truly repent? How does it impact resilience?

"Forgiveness is essential to resilience. It's not an event, it's a process." How does lack of forgiveness impact resilience?

"Gratitude is quite likely the healthiest human emotion." Why do you think gratitude is such an impactful emotion?

"Squeezing wisdom from the past changes our present and future. Based on past experience, what is the wise thing for me to do now?" How can you make sure to make your past productive?

"You are a product of your past, but you don't have to be a prisoner of it" (Rick Warren). Discuss.

# NEXT STEPS

**This week consider taking some next steps together as a group:**

- 1) Take inventory of your life.
- 2) Ask yourself, whom do I need to forgive? And whom do I need to ask for forgiveness?

## EVALUATION/ACTION

**Realizing and reaching your full potential in Christ**

**Bottom Line:** Acknowledge and address your past.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

## PRAYER

List group members and their prayer requests for this week:

## DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at [newpointe.org/daily](http://newpointe.org/daily):

Monday: Proverbs 9:10

Tuesday: Genesis 50:20

Wednesday: Psalm 32:1-5

Thursday: Luke 23:44

Friday: Romans 1:21, 1 Thessalonians 5:18

***Don't let the conversation stop here. Keep talking it over with others throughout the week.***  
*(Don't forget to bring this paper to your next small group meeting)*