



THE LIBERATED CHRISTIAN

PART 5: LIBERATED FROM A PAST THAT HAUNTS YOU

"I remember my **affliction** and my **wandering**, the bitterness and the gall. I will remember them, and my soul is downcast within me." Lamentations 3:19

2 WAYS MY PAST CAN HAUNT ME: _____ & _____

"Forgive us our **debts**, as we have forgiven our **debtors**." Matthew 6:12

I. LIBERATION FROM REGRET

What I normally do with regrets:

- _____ **them**
- _____ **others**
- _____ **myself**

What God wants me to do with regrets:

1. _____ my wrongs

"Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the LORD'-- and you forgave the guilt of my sin." Ps. 32:5

2. _____ in God's grace

"There is now no condemnation for those who are in Christ Jesus." Rom. 8:1

"As far as the east is from the west, so far has he removed our transgressions from us." Ps. 103:11,12

3. _____ on the future

The LORD says, "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?" Isaiah 43:18-19

The LORD says, "I will repay you for the years the locusts have eaten..." Joel 2:25

"Though a righteous man falls seven times, he rises again." Prov. 24:16

An important note: I must change my behavior _____ that will lead to regrets _____! (2 Cor. 7:10)

II. LIBERATION FROM RESENTMENT

What I normally do with resentment:

- _____ it
- _____ it
- _____ it

What God wants me to do with resentment:

1. _____ for God to help

"But I tell you: Love your enemies and pray for those who persecute you..." Matt. 5:44

2. _____ my perspective

"Jesus... had compassion on them, because they were like sheep without a shepherd." Mark 6:34

"Jesus said, 'Father, forgive them, for they do not know what they are doing.'" Lk 23:34

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Rom. 8:28

3. _____ in merciful ways

"Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you." Col. 3:13

"But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you..." Luke 6:27

"I remember my affliction and my wandering, the bitterness and the gall. I will remember them, and my soul is downcast within me. **Yet this I call to mind and therefore I have hope:** Because of the LORD's great love we are not consumed, for his mercies never fail. They are new every morning; great is your faithfulness." Lam. 3:19-23

The bottom line for both regret and resentment:

Realize how much God _____ and _____ me!

RESOURCES

Les Carter, *Putting the Past Behind*

Lewis B. Smedes, *Forgive and Forget*

DAILY MEDITATIONS

Brief daily Bible studies based on this week's message

This week's memory verse:

"Because of the LORD's great love we are not consumed, for his mercies never fail. They are new every morning; great is your faithfulness." Lamentations 3:22,23

Monday

Read back over the notes from this past weekend. Privately note the things in your past that have haunted you. What points meant the most to you in this message? Why?

Why do you suppose it is so difficult for many Christians to really rejoice and relax in God's grace?

Read Psalm 103. What does this teach about the extent of God's forgiveness towards you?

Thank God today for each aspect of His forgiveness mentioned in Psalm 103-- pray through the Psalm!

Tuesday

When you ask God for forgiveness, do you tend to...

- ___ beg ("Please, God, please, please, please forgive me...")
- ___ bargain ("God, if you'll forgive me this time, I'll never do it again!")
- ___ bribe ("I promise I will start tithing...")
- ___ simply believe

According to these verses, what do you need to do to get forgiveness from God?
Romans 3:23-24:

Ephesians 2:8,9:

Why do you think we lapse back into begging, bargaining, and bribing when the Bible teaches that simply believing in His grace is enough?

Today, simply confess to God your sins and trust that he has already paid for them on the cross, so that his forgiveness of you may be complete and total! Thank Him for this gift!

Wednesday

Read Matthew 18:21-35. In verse 21, what does Peter ask of Jesus?

What does this parable teach about why we should forgive others-- where does an attitude of forgiveness come from?

Are there resentments over past hurts haunting you? Think of someone you may have troubling truly forgiving in your life. What are the obstacles to forgiving that person?

How would Jesus respond to you if you were to tell Him of those obstacles right now?

Tell Him and listen to what He tells you to do.

Thursday

One of the main points regarding resentment this weekend: *Acting* in merciful ways. What are some merciful ways you could act toward those who have hurt you?

Read Colossians 3:12-13. How does setting your mind on what the Lord has *already done* for you help you to *start to do* Christ-like things for others?

How does it help to know that Jesus has *already* forgiven you?

How would your life be different if you were constantly wondering if God forgave you, always scrambling to find a way to earn His favor?

Do you think some Christians live like this? Why?

Thank God today for the completed work of Christ on your behalf! Ask Him to help you demonstrate that kind of forgiveness to others.

Friday

Read Lamentations 3:19-23. Why is the writer "downcast"?

Why does he say he has hope?

How does he describe the compassions and mercies of God?

What is important to you about this description?

The writer closes by proclaiming, "Great is their faithfulness!" Bring to God praises about His faithfulness and mercy in your own life.

Saturday

Today polish up that memory verse. Please pray for services this weekend, that God's presence would be sensed in a powerful way.