

LET IT GO

Reboot – Part 4 of 4

REVIEW OF SERIES:

OBSERVATION: We learn from our mistakes in the areas that matter LEAST, but in the areas that matter most we REPEAT our mistakes.

THREE FAULTY ASSUMPTIONS:

1. **Experience assumption:** We believe experience makes us WISER, but it is EVALUATED experience that makes us wiser.
2. **I know better assumption:** We believe that since we know better, we will DO better.
3. **Time is not on my side assumption:** I am not getting any YOUNGER, so I need to get on with it!

THREE THINGS WE MUST EMBRACE:

#1: We must OWN our part of our negative story.

- You cannot BLAME your way into a better future.

#2: We must RETHINK.

- We must ask and answer the question: What was I THINKING?

#3: We must RELEASE.

KEY TRUTH #1: If you don't deal with "their" part the right way, you give them PERMISSION and you EMPOWER them to smuggle their issues into YOUR future.

QUESTION #1: How far into your future do you intend to CARRY THE PAIN created in your past?

QUESTION #2: How long are you going to EMPOWER the people that you don't even like to continue to influence your FUTURE?

KEY TRUTH #2: I'm not going to DRAG that along with me the rest of my life.

- You have to release the PAST, so the past can release YOU.
- FORGIVENESS allows us to LEVERAGE the lessons of the past without lugging them around.

"26 In your anger do not sin. Do not let the sun go down while you are still angry. 27 And do not give the devil a foothold. 31 Get rid of all bitterness, rage, and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other just as in Christ God forgave you."
Ephesians 4:26-27, 31-32

BOTTOM LINE: You will never LET GO of their part until you first own YOUR part.