

Here are some talking points to start using to get your group talking to each other and to start generating meaningful conversations. Remember, you want others to do most of the talking.

Start Talking. Find a conversation starter for your group.

Start Thinking. Ask a question to get your group thinking. Which part of the message was most impactful to you and why?

Start Sharing & Talking About the message. NOTE: Pastor may not cover all points in all services.

Setting/Open: We all have a past that includes things we wish we could erase. We need to learn how to deal with our past and not let it condemn us. **Isaiah 44:22**

Three Things to do With Our Past: Forget, Forgive, & Forsake

1. Forget Your Past

How do we forget our past? **A.** By forgetting the past & reaching for the future. **Phil 3:12-14**

Point: We can't reach for the future while hanging onto the past.

Press forward means what? **A.** run swiftly after.

God's grace is "exceeding and abundant." **1Tim 1:12-14**

Point: We must "actively" forget the past. How? **A.** Exercise the mind and choose not to dwell on the past.

Note: Forgetting (releasing the past) is not simplistic (viewing the complex as insignificant) but it is simple, (not complicated).

What happens when a person chooses to hang onto the past? **A.** They get stuck in one place their whole life and don't move forward. They are miserable, ruin relationships and live with a "victimhood" mentality. **App:** But in Christ we are free!! Admit our mistake and move on.

Point: Our identification is not tied to what happened to us, but what happened for us.

2. Forgive Your Past

What is the key to a healthy life with Jesus? **A.** Forgiveness – of ourselves & our past.

How can we forgive ourselves? **A.** Not by our efforts, but biblically by accepting the forgiveness of God. **Col 3:13 & 1John 4:10**

Review **Luke 15:11-32** the illustration of the lost (Prodigal) son.

Where should the emphasis of the story be? **A.** On the love of a father for his son. When we forgive ourselves, where can we go? **A.** Home to the Father. **Encouragement:** The Father always forgives the repentant. He will never forsake us.

When we're in trouble and in crisis, who is the worst person to talk to? **A.** Ourselves. We speak negatively to ourselves.

3. Forsake Your Past Psalm 103:1-14 (focus on vv8-14)

What does the word "forsake" mean? **A.** To let sink or drop.

According to **v12**, how far does God remove our sins from us? **A.** As far as the East is from the West (an infinite distance).

According to **v14**, what does God know about us that we often forget? **A.** That we are dust = sinful flesh that fails sometimes. See encouragement in **Roman 8:1**

Close: James 2:25-26

What important point did Pastor Ed make regarding us? **A.** We need to stop referring to ourselves by our sins. We need to see ourselves as God sees us – forgiven & redeemed!

Start Praying & Start Doing. Talk to your group about (1) creating profiles on the Calvary App so your group can create a group chat on the app. Let Pastor Josh know so he can set your group up for you. (2) Encourage your group to read ahead. (3) Please remember to fill out the LIFEgroup meeting assessment form after your meeting. Here is the link: <https://bit.ly/LIFEgroup-Assessment>

LIFEGroups

Talk it over | week 8

discussion | study

3 Biblical Ways to Deal With Your Past

Romans 8:1

Pastor Ed Taylor