

Under The Surface | Part 4 | Healing the Past

ONLINE RECORDING

NOTES ARE IN APP - Download

<https://theelement.church/app>

Connect with us - Next Steps Form

Text “Element” to 97000

GIVING TIME:

4 WAYS TO GIVE

ONLINE: <https://theelement.churchcenter.com/give>

APP: Give Tile

TEXT: Text an “amount” to 84321

MAIL: PO Box 52 East Lansing MI 48826

Egroups launch

- theelement.church/egroups

IN PERSON ANNOUNCEMENTS

- Connection Clarity - Connect with us - Next Steps Form (SJH)
 - Text “Element” to 97000

- Giving Time (EH)

4 WAYS TO GIVE

ONLINE: <https://theelement.churchcenter.com/give>

APP: Give Tile

TEXT: Text an “amount” to 84321

MAIL: PO Box 52 East Lansing MI 48826

- Prayer of openness to God’s Word (EH)

Series: Under The Surface

- ICEBERG
- 90% & 10%
- Moved & Animated by whats “under the surface” not the environment above it
- We see each other’s 10% but are moved by the 90%
- Under The Surface

Today: Healing the Past

ILL. Moments stuck in our Souls.

- Foundations that we can move forward from... get past past
- A moment that happened back there but is still living here.
- **Our bodies are here, but we are still living out of that moment.**

ILL. If foundations of the house crooked - you have to change the entire contents of the house to compensate

- You cut the table legs in the kitchen
- You hang the pictures crooked
- You have to deal with the foundation and then move past it

Under the Surface: Week 4 - Dealing with the Past

PRAYER - Life changing morning, changed lives, marked moments

ILL. Flying Trapeze Circus Artist: Have to let go of one bar to grab the other one.

- Identify what belief needs to be released

- We need to let go of the moments where we are stuck so we can grab ahold of the thing God is sending to take us to the next platform.
- Some of us are just stuck swinging, losing momentum, afraid to drop, afraid to move.

Philippians 3:13-15

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 straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. 15 All of us, then, who are **mature** should **take such a view** of things. And if on some point you think differently, that too God will make clear to you. 16 Only let us live up to what we have already attained.

- Release the past
- Look forward
- **Become mature by changing how you think**
- Let us respond out of what we've been given by God

Flying Trapeze - Let some thoughts go & grab onto others

ILL. Strongholds: King David's Battle Stronghold

- Protective for a season (David as Warrior)
- Debilitating for the future if you don't change (David as King)

3 areas where we need to change how we think & act:

#1.) Unforgiveness

Quotes:

- Like drinking poison & waiting for the other person to die.
- “Setting yourself on fire and hoping the other person dies from smoke inhalation.”

Hebrews 12:15 (NIV)

15 See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

Bitterness & Unforgiveness (opposite of Grace) is a root.

- Pull it quick and it is easier.
- Let it root and it gets harder.
- The best time to pull something with roots?
- TODAY!
- Tomorrow it will be harder.

“If you can’t forgive you are not free.” - AR Bernard

Eph. 4:31-32

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.

Forgiveness is a DECISION.

Let it go

But that’s not fair.

“We don’t want to go down the avenue of what is fair... pay for my own sins? I’m glad we aren’t playing that game.”

The POWER to FORGIVE comes FROM:

- Understanding how much you’ve been FORGIVEN.
- How much it costs you to hold unforgiveness

In 2022 let’s get **better not bitter.**

#2.) Comparison

ILL. Driving in a beach city in Florida.

- Cold here.
- Warm there.
- In Florida, on a beach, with my wife, and I’m unhappy?
- Drive past a sign: “Comparison kills contentment”

“The reasons we struggle with insecurity is because we compare our behind-the-scenes with everyone else’s highlight reel.” Steven Furtick

ILL. Social Media - ONLY part of the picture

- [Screenshot] Social Media Comparison
 -  Comparison 01.jpeg
 -  Comparison 02.jpeg
 -  Comparison 03.jpeg
 -  Comparison 04.jpeg
-
- You get **versions** of people - part of the picture

Is this a real problem? The Bible seems to think so...

James 3:14-16

14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. 15 Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. 16 For where you have envy and selfish ambition, there you find disorder and every evil practice.

James 4:1a -

What causes fights and quarrels among you?

“What causes quarrels among you?”

- **Someone else!!**
 - My boss
 - My friend... my ex-friend
 - My spouse... my ex-spouse
 - It. Is. You.

James 4:1b

Don't they come from your desires that battle within you?

James 4:2a

2 You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight.

James 4:2b

You do not have because you do not ask God.

James 4:1b-2a

- You want something and you can't get it
- so you kill with your words.
- “I had a right to get something... and didn't get it.”

James 4:2c

- **ANSWER?: We haven't brought God into the equation.**

God will meet us in our desires or show us how our desires need to be more properly aligned & better understood....

Sometimes He meets our desires,
sometimes He changes them.

Comparison kills contentment. We gotta let go of that in 2022.

#3.) Anxiety

- Matthew 6 - 9 verse,
- 3 times Jesus COMMANDS “Do not worry”.
- Paul says we should not be anxious about ANYTHING
- **Thought the other day: If it is a command it is possible.**

Phil. 4:6-7

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Goes on to tell us to “THINK ON” positivity
- The question is not “if” you are a worrier, but “what” you do when you have anxiety.
- **Mental envisioning** = faith & fear require faith
- **Worry is faith in reverse**

WORRY can be instructive if taken to God.

WORRY not taken to God is practical atheism.

“Worry is practical atheism...”

- Robert Mounce

We are not left alone.

1 Peter 5:7

Cast all your anxiety on him because he cares for you.

“Casting upon”

- **Greek: epirrhpto** from epí = upon + rhípto = cast) means to throw or cast upon. To throw something upon something else, e.g., throw clothes on an animal for riding

4 ideas we need to grab onto:

- How do we grab onto these?
 - Knowledge
 - Experience
 - Bible
 - Mentors
 - Prayer
 - Worship
 - Praise

#1.) Son/Daughter identity.

If you don't proactively DEFINE YOURSELF ACCORDING TO GOD there are people standing in line waiting to define you.

God defines your identity
Don't listen to your emotions.
Don't listen to culture
Don't listen to hollywood

**Be the best version of you instead of a
second rate version of someone else.**

(Galatians 6:4 MSG) Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others.

Cleaning the Kitchen:

- “You just want me to clean the kitchen”
- “I'm a son/daughter I shouldn't have to clean the kitchen”
- Text “teamelement” to 97000
- Begin to discover gifts & talents

Stay in your lane... Run your race...

Comparison kills contentment

A son/daughter Identity is the foundation of it

#2.) A Surrendered life.

PRAY: Start everyday with **finding** the things inside us that aren't like God and put them to death.

(Galatians 2:20) I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Paul is dead in Christ but Christ is alive in Paul

Dead people don't hold grudges

Dead people don't get offended when you insult their mothers

Dead people don't live out of their past - they are dead

Resurrected people know their future looks different no matter their past

"I crucified that anger. I crucified that bitterness. I crucified that insecurity. I crucified that perspective... change me today."

#3.) Right relationships

"Show me your friends I will show you your future"

Solution to pain/problems is not ONLY for you and God to talk about it.
Solutions to pain/problems is to talk to someone in your life:

- "I'm about to do crazy things"
- "help me get perspective"
- You need some friends who love God

James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed.

Proverbs 13:20 - He who walks with the wise grows wise, but a companion of fools suffers harm.

"WHO IS IN YOUR LIFE?"

MSU students:

- you are coming back for this semester
- the people you choose to surround yourself with the next few months, the next few years...
- one of the most important decisions in your life

“Show me your friends I will show you your future”

#4.) Explore the pain & find a way forward

Get past your past

STOP LIMPING... It isn't the only way...

ILL. ACL Tears - Played college football. Injuries. The pain of rehab is worse than the pain of the injury. But without being willing to enter the pain of the recovery process you will never walk right again.

The bar we need to grab...

Wisdom to explore & define the pain

Courage to face the recovery process.

“Sometimes the difference between where you are and where God wants you to be is the pain that you are unwilling to endure ... In fact, I will argue all day long that your potential in every area of your life is equal to the pain you are willing to endure” - **Craig Groeschel**

Courage to EXPLORE the pain & pursue a recovery process.

ILL. Circus Swings - Send/Come:

- sometimes a guy stands on a platform and “sends” the next bar swing and as you let go of the bar YOU have to grab the next one.
- Sometimes the guy leaves the platform, swings down and as you let go of the bar (by faith) HE grabs you.

That is what Jesus did for us.

We don't serve a God who sent us a bar to grab as we were falling.

He left the platform, took risk,
put Himself in the process and came to grab ahold of us

but we have to DECIDE to let go of the bar of our past.

Let go of the moment that has us stunted.

IT IS TIME TO LET GO OF SOME THINGS
IT IS TIME TO GRAB ONTO SOME THINGS

TRUST JESUS

IT IS TIME TO LET GO OF UNFORGIVENESS
COMPARISON
ANXIETY

GRAB ONTO
IDENTITY
SURRENDERED LIFE
RIGHT RELATIONSHIPS
EXPLORING THE PAIN & MOVING INTO GROWTH

Knowledge & Experience

Pray over Church:

- Courage Counseling/Therapy
- Coming clean & being honest with a spouse, with a friend
- Forgiveness
- Stop blaming others & dealing with your anger
- Committing to a spiritual disciplines you've thought about
- Fasting, Prayer
- Crucifying something that needs to die
- Surrendering your life to God.

SALVATION & COMMITMENT

Decisions for Jesus:

- **If you have never personally Known God for yourself**
- **Or you did at one time but need to come back**
- **Present Gospel**
- **Pray**
 - Jesus, I ask you to forgive me
 - Come into my life
 - I need a savior
 - Thank you for a new beginning & a fresh start
 - Thank you that today you are with me and you love me.

CELEBRATION!

Those who made a decision this morning:

- My job to make your next steps clear:
 - Connection Cards - Decision for Jesus
 - Take it to Element Central
 - Book to get you started right foot
 - Bible believing church - we like this one