Action Steps

The apostle Paul (an ex-terrorist who used to capture and kill Christians) is a great example of God using someone's past for a greater purpose. Despite some trying circumstances, Paul's perspective was that his past could be useful to God's plan and purpose.

Read 1 Timothy 1:12-16 and 1 Corinthians 15:8-10.

- 1. How do we see Paul using his past as a tool for God that we could similarly apply to our life today?
- 2. Is there an event from your past you'd like to make useful to God in the following weeks?

NOTES:		



Groups Sermon Study Questions

GETTING PAST YOUR PAST

January 15, 2017

Message Summary

Not dealing with the past robs us of the future—our past will be Satan's greatest weapon against us or God's most powerful tool to make our lives productive and abundant. But to get past our past we must face the truth, confess the mess and accept God's grace not guilt.

- 1. Have you ever done something that you later felt guilty and ashamed of, but now no longer feel that way? How did you find relief? Do you think you are truly forgiven? Why?
- 2. When it comes to guilt and shame are you more inclined to simply ignore it or actively try to avoid and hide it like the woman at the well?

Consider This

Ironically, one of the cures for our guilt and shame can be the thing we're most intimidated to do, expose it. Read Jeremiah 17:9-10

1. Why is it so difficult to admit we are wrong?

 Read Psalm 139:1-4, Luke 12:2-3 and Psalm 51:6. 2. God knows all the secrets hidden deep within our hearts. Since that is so, is there anything that you can hide from Him? 	Read 1 John 1:9 carefully.7. Is there any sin that God will not forgive? If so, what and why?
3. What ultimately will happen to the secrets of our heart?	8. What must we do to obtain certain forgiveness? (see also Acts 20:21 and Romans 7:21-8:2)
4. What is the first step in getting past your past according to Psalm 51:6?	9. Once guilt is confessed and repented from, how does God see our guilt? How does he see us? (Ps 103:11-12, 2 Corinthians 5:21)? How should you treat your past according to Philippians 3:12-14?
Read Psalm 32:3-5, and Proverbs 28:13.5. In each verse, list the negative ways of dealing with guilt and shame. What are the results of employing those methods?	10. There is real guilt and false guilt. How can you find
	discernment to know the difference according to James 1:5, 5: 16, and John 8:31-32?
6. In each of these verses, what are the positive ways of dealing with guilt and shame. What are the results of employing these positive methods?	