



# I'VE LEARNED MY LESSON



S E R M O N   G U I D E

March 14, 2021

**I've Learned My Lesson**

*Genesis 25-32*

**INTRODUCTION**

**NOTES**

As a pastor, I've come across several people over the years struggling to have thriving and successful relationships because of some painful experience in their past. Many have even experienced psychological injuries from their childhood that affect how they communicate, how they handle conflict, how they manage their emotions, and how they handle stress. This kind of trauma manifests with people having trust issues, abandonment issues, financial problems, addictions, and the inability to function in a healthy way. When people have been wounded emotionally, spiritually, and psychologically it prevents them from being able to have healthy relationships. They often struggle with depression and some find themselves trapped in a cycle of dysfunction, going from one dysfunctional relationship to another. Thankfully, we don't have to remain in bondage to this trauma forever. The Lord is more than capable of bringing you out of the darkness of your trauma and bringing you into His light and His freedom. In this message, we're going to take a closer look at how the Lord can help you navigate your own trauma.

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**KEY POINTS**

**1. Change Your View Of Yourself**

I love the story told in today's key passage because the night that Jacob wrestled with the angel of God, he discovered something. He learned that while he couldn't change what people did to him, what they said about him, nor how they labeled him, he could change how he saw himself.

You shall no longer be called Jacob, the angel says. You shall no longer be limited by their label. You shall no longer be confined to how they defined you. You shall be called Israel. You are not a victim, but a victor. And that change in perspective gave him a new lease on life.

A change in perspective can have a powerful impact on someone who is trapped by the trauma of their past. That's the lesson God wanted Jacob then, and us now, to understand about the scars of life. What was intended to defeat you can actually develop you and not destroy you.

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**2. Change Your Perspective**

Not only did he change the way he saw himself, but Jacob got a new name and a new perspective at the Jabbok River. But most importantly, the sign that his perspective had changed was that his behavior had changed.

Never again do we see Jacob manipulating others or allowing others to manipulate him like his mother did. Never again do we see Jacob repeating the same cycle of abuse and trauma that was imparted upon his life. Once the Lord gives him a new name and he gets a new perspective, he starts exhibiting a new pattern of behavior.

Jacob got victory that day, not over God, but over his past. He realized that while his past was painful, his future was greater than his past. And when God gave him a new name, he realized that the things he used to do, he didn't have to do anymore; and the places he used to go, he didn't have to go any longer.

**3. Change Your Narrative**

Contrary to what we assume, trauma is not created by the external experiences we encounter. Instead, trauma is created by the internal messages we tell ourselves about the external experiences. The external event is the catalyst, but it is not the cause.

Therefore, when we look at the story of Jacob, as we have for the last few days, we need to understand that Jacob's trauma was not caused by the abuse and the labels that were placed upon him. The trauma was caused by the messages he told himself in light of what others were saying.

This is why it's so vital that we renew our minds with the truth of what God says about us and who He says we are. His Word says we are loved. We are valued. We are accepted. We are chosen. We are forgiven. We are free. The list keeps going. So when we are tempted to believe the lies that our traumatic experiences have led us to believe, we can always go back to Scripture and remind ourselves of what the Lord says is true about each of us.

**NOTES**

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# No Limits with Dr. Delman Coates

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### **QUESTIONS TO CONSIDER**

1. Does the way you view yourself need to change in light of the trauma you've experienced in your past?
2. In what way does your perspective need to change about your circumstances and your trauma so that your behavior can change as well?
3. What are some truths from God's Word you can begin telling yourself on a daily basis to change your narrative?

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