

Breaking the power of the past

SMALL GROUP NOTES

Hugh Pearce

Introduction

On Sunday Hugh preached on principle two of the True You series, breaking the power of the past.

Scripture

2 Corinthians 5:17, 1 Corinthians 10 v6 & 11

Overview

In part 3 of the True You series we looked at how our reactions are often shaped by our past influences, especially our families. We looked at 3 keys to helping us break the power of the past

1. **Look back** – asking the question WHY we react the way we do. What significant events and relationships in the past have influenced and shaped us, especially in our families?
2. **Look around** – at our spiritual family and be re-parented / disciplined
3. **Look up** – to our perfect Father, who is constant and unchanging, sufficient and interested. Loving and able to help us.

Questions

1. What is your reaction when you hear someone speaking about 'breaking the power of the past'?
2. Looking back what significant events and relationship have influenced you?
3. Looking around how have you been influenced ('re-parented') by you spiritual family? Possibly encourage discipleship relationships to read the emotionally healthy church together.
4. Looking up, how do you relate to God as your Father?

Tags

Emotions, Past, Maturity, Family, Father