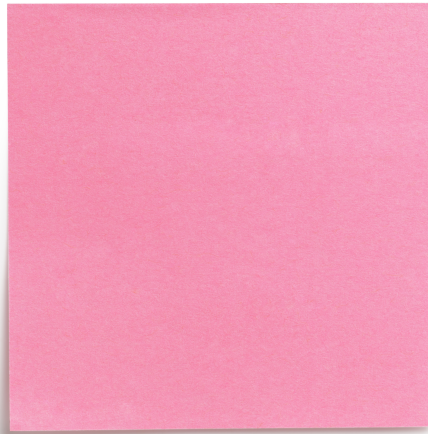


Resolve Your Past

The MANUP Series : Step 5 of 12 : MANUP.co



Q: How long are you going to let your past control your future?

You'll never move into your FUTURE without resolving your PAST.

7 Steps to Resolving your Past.

1. Admit the problem.

Psalm 139 (NLT)

²³ Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴ Point out anything in me that offends you, and lead me along the path of everlasting life.

Hebrews 12 (NLT)

^{1b} Let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

Nothing will ever CHANGE until you admit that something's WRONG.

2. Ask for help.

> Ask God for help.

Psalm 120 (NLT)

¹ I took my troubles to the Lord; I cried out to him, and he answered my prayer.

1 Peter 5 (NLT)

⁷ Give all your worries and cares to God, for he cares about you.

God helps those who CAN'T help themselves.

> Ask others for help.

Galatians 6 (NLT)

¹ Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path... ² Share each other's burdens, and in this way obey the law of Christ.

Proverbs 11 (KJV)

^{14b} In the multitude of counselors, there is safety.

Sometimes the most SPIRITUAL thing you can do is say - "I don't know..."

3. Confess your sin.

James 5 (NLT)

¹⁶ Confess your sins (faults) to each other and pray for each other so that you may be healed. The earnest prayer of a righteous man has great power and produces wonderful results.

Q: What % of the problem was your fault?

Confession is OWNING what YOU did wrong.

4. Change your behavior.

Ephesians 4 (NLT)

²² Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ Put on your new nature, created to be like god - truly righteous and holy... ²⁶ And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.

³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

YOU are the ONLY one responsible for your behavior.

5. Forgive the debt.

Matthew 6 (NLT)

¹⁴ [Jesus said], “If you forgive those who sin against you, your heavenly father will forgive you. ¹⁵ But if you refuse to forgive others, your Father will not forgive your sins.”

Anger says, “You OWE me.”

Forgiveness says, “You DON’T.”

Matthew 18 (NLT)

²¹ Then Peter came to [Jesus] and asked, “Lord, how many times should I forgive someone who sins against me? Seven times?” ²² “No, not seven times,” Jesus replied, “but seventy times seven.”

Q: How many times do you need to forgive?

A: Every time your anger comes back?

6. Refuse to revenge.

Romans 12 (NLT)

^{16a} Live in harmony with each other... ¹⁷ Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. ¹⁸ Do all that you can to live in peace with everyone. ¹⁹ Dear friends, never take revenge. Leave that to the righteous anger of God. For the scriptures say, “*Vengeance is mine; I will repay,*” says the Lord.

*Forgiveness isn't LETTING them off
the hook - it's RELEASING them to God.*

7. Choose your future.

2 Corinthians 5 (NLT)

¹⁷ Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

Q: Are you ready to resolve your past?

Q: What's your next step?

- Admit the problem.
- Ask for help.
- Confess your sin.
- Change your behavior.
- Forgive the debt.
- Refuse to revenge.
- Choose your future.

What did I do wrong?

My Response: CONFESS

What did THEY do wrong?

My Response: FORGIVE