

2 Timothy 1.1,14

“This letter is from Paul, chosen by the will of God to be an apostle of Christ Jesus. **I have been sent out to tell others** about the life he has promised through faith in Christ Jesus. Through **the power of the Holy Spirit who lives within us**, **carefully guard** the precious truth that has been entrusted to you.”



01. Admit The Fact That Unforgiveness Is A Sin



Mark 11.25

“When you are praying, **first forgive** anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.”



02. Refuse To Rehearse Your Painful Situations



1 Corinthians 13.5

“Love does not demand its own way. It is not irritable, and it **keeps no record** of being wronged.”



**When You Replay Your Painful Past
You Poison Your God-Filled Future.**



03. Determine To Focus On Your Future, Not Your Past



Philippians 3.13

“Brothers, I do not consider that I have made it my own.
But one thing I do: **forgetting what lies behind and straining
forward** to what lies ahead.”

Psalms 27.1

“The LORD is my light and my salvation; **whom shall I fear?**
The LORD is the stronghold of my life; **of whom shall
I be afraid?**”



Genesis 50.19-21

“Joseph replied, ‘Don’t be afraid of me. Am I God, that I can punish you? You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people. No, don’t be afraid. **I will continue to take care of you and your children.**’ So he reassured them by speaking kindly to them.”



04. Cry Out To God For Help



Psalm 28.2,6,7

“Listen to my prayer for mercy as I cry out to you for help, as I lift my hands toward your holy sanctuary. Praise the LORD! For he has heard my cry for mercy. I trust him with all my heart. He helps me, and my heart is filled with joy.”

