

**Special Speaker: Pastor Laurie Walz**

In order to move forward into the destiny that God has for us, we need to be able to let go of the things in the past that hinder us. Today we will look at biblical, fictional, and modern-day examples of people who have both struggled with as well as moved on from their past in order to successfully accomplish their God given goals.

Philippians 3:13-14 “Forgetting what is behind and straining toward what is ahead. I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

## **Forgetting What Lies Behind**

Things to Forget:

1. Our past sins. (Prov. 28:13, 1 John 1:9, Ps. 103:12)
2. Our failures.
3. Our past successes. (Prov. 27:2)
4. Our past pleasures. (Ecc. 7:10)
5. Our past unhappy experiences. (Ro. 12:19)
6. The sins and failures of others. (Matt. 6:14-15)

Things to Keep in Mind as We Reach Forward:

1. God is our *ga'al* or Redeemer. (Job 19:25)
2. God's plans are to prosper us. (Jer. 29:11)

### **Life Group Questions:**

1. What would be some of the regrets that the Apostle Paul might have had but chose not to dwell on?
2. Name one of the examples Laurie used of people who pressed on despite difficult beginnings.
3. If you are struggling to let go of something in your past, where could you go to get assistance?

**APPLY IT** – As Laurie was talking about the various things we need to forget, and “shake off” did the Lord speak to you about something in your life that you need to let go of? If you can, share this with the group and pray over each other so you can experience freedom.