

“ Overcoming Your Past” Philippians 3:12-14

Have you ever felt weighed down by your past? Our decisions often have residual effects, giving us heavy circumstances to carry into our current relationships. They can delay undetermined situations in our life, showing up unexpectedly. Our pasts determine how we view the world, sometimes making us feel unsafe or defenseless. They touch our primary uniqueness affecting how we view ourselves and often weighing us down with guilt, shame, or fear. Set-off memories can send us going through the roof.

How can we overcome such a past and not get crushed under the weight of it?

- 1.) Refuse to look back (V.12)
- 2.) Don't allow your past to distract your present (V.13)
- 3.) . Don't allow your past to stop you from seeing the future (V.14)