







Putting Your Past in Its Place

Additional Notes:

I. The Power of the Past

- A. Your past can be one of your best friends
- B. Your past can be one of your worst enemies
- C. You can learn to put your past in its place
 1. Was this event initiated by your own sin, or by the sin of a particular person or simply the pain of living in a sin cursed world?
 2. How did you respond to what occurred?

Understanding the Buckets

		In what occurred, you were...	
		Innocent	Guilty
You responded...	Well	 <p>Bucket #1 The innocent past when you responded well</p>	 <p>Bucket #3 The guilty past when you responded well</p>
	Poorly	 <p>Bucket #2 The innocent past when you responded poorly</p>	 <p>Bucket #4 The guilty past when you responded poorly</p>



II. Dealing with the Hurts of the Innocent Past

A. Reaching into Bucket #1 – Authentic Suffering

Organizing the Past

In what occurred, you were...

Additional
Notes:

		Innocent	Guilty
		<p>Authentic Suffering</p> <ul style="list-style-type: none"> • <u>Honestly</u> acknowledge what is happening around you, to you, and in you. (Ps. 73) • Cry out to <u>God</u> as you suffer. (Ps. 61) • Seek <u>comfort</u> in God, His Word, and His people. (2 Cor. 1:3-11) 	
You responded...	Well		
	Poorly		



B. Reaching into Bucket #2 – Humble Analysis

Organizing the Past

In what occurred, you were...

Additional Notes:

You responded...

		Innocent	Guilty
You responded...	Well	<p>Authentic Suffering</p> <ul style="list-style-type: none"> • Honestly acknowledge what is happening around you, to you, and in you. (Ps. 73) • Cry out to God as you suffer. (Ps. 61) • Seek comfort in God, His Word, and His people. (2 Cor. 1:3-11) 	
	Poorly	<p>Humble Analysis</p> <ul style="list-style-type: none"> • Did you return <u>evil</u> for evil? (Rom. 12:14-21) • Did you develop bitterness toward God (Ruth 1:20-21) or others? (Eph. 4) • Did you develop an unbiblical view of people? (Matt. 22:37-40; Gal. 6:10) • Did you develop an unbiblical view of self? (Rom. 12:3) • Did you <u>confront</u> the abuser if appropriate? (Matt. 18:15) • Have you practiced biblical forgiveness? (Eph. 4:32) 	



III. Dealing with the Failures of the Guilty Past

A. Reaching into Bucket #3 – Joyful Remembrance

Organizing the Past

In what occurred, you were...

Additional Notes:

		Innocent	Guilty
You responded...	Well	<p>Authentic Suffering</p> <ul style="list-style-type: none"> Honestly acknowledge what is happening around you, to you, and in you. (Ps. 73) Cry out to God as you suffer. (Ps. 61) Seek comfort in God, His Word, and His people. (2 Cor. 1:3-11) 	<p>Joyful Remembrance</p> <ul style="list-style-type: none"> Believe God’s promise to <u>forgive</u>. Avoid the tendency to wallow in past sins. <u>Rejoice</u> in your union with Christ’s resurrection.
	Poorly	<p>Humble Analysis</p> <ul style="list-style-type: none"> Did you return evil for evil? (Rom. 12:14-21) Did you develop bitterness toward God (Ruth 1:20-21) or others? (Eph. 4) Did you develop an unbiblical view of people? (Matt. 22:37-40; Gal. 6:10) Did you develop an unbiblical view of self? (Rom. 12:3) Did you confront the abuser if appropriate? (Matt. 18:15) Have you practiced biblical forgiveness? (Eph. 4:32) 	



B. Reaching into Bucket #4 – Honest Self-Confrontation

Organizing the Past

In what occurred, you were...

Additional Notes:

You responded...

		Innocent	Guilty
You responded...	Well	<p>Authentic Suffering</p> <ul style="list-style-type: none"> Honestly acknowledge what is happening around you, to you, and in you. (Ps. 73) Cry out to God as you suffer. (Ps. 61) Seek comfort in God, His Word, and His people. (2 Cor. 1:3-11) 	<p>Joyful Remembrance</p> <ul style="list-style-type: none"> Believe God’s promise to forgive. Avoid the tendency to wallow in past sins. Rejoice in your union with Christ’s resurrection.
	Poorly	<p>Humble Analysis</p> <ul style="list-style-type: none"> Did you return evil for evil? (Rom. 12:14-21) Did you develop bitterness toward God (Ruth 1:20-21) or others? (Eph. 4) Did you develop an unbiblical view of people? (Matt. 22:37-40; Gal. 6:10) Did you develop an unbiblical view of self? (Rom. 12:3) Did you confront the abuser if appropriate? (Matt. 18:15) Have you practiced biblical forgiveness? (Eph. 4:32) 	<p>Honest Self-Confrontation</p> <ul style="list-style-type: none"> Confess your <u>sin</u> right away Make restitution if necessary Bask in the <u>joy</u> of God’s forgiveness