







## Putting Your Past in Its Place

### Additional Notes:

### I. The Power of the Past

- A. Your past can be one of your best \_\_\_\_\_
- B. Your past can be one of your worst \_\_\_\_\_
- C. You can \_\_\_\_\_ to put your past in its place
  1. Was this event \_\_\_\_\_ 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 \_\_\_\_\_ to what occurred?

### Understanding the Buckets

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



## II. Dealing with the \_\_\_\_\_ of the Innocent Past

### A. Reaching into Bucket #1 – Authentic Suffering

#### Organizing the Past

In what occurred, you were...

Additional  
Notes:

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



B. Reaching into Bucket #2 – Humble Analysis

**Organizing the Past**

In what occurred, you were...

**Additional Notes:**

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



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



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

**Organizing the Past**

In what occurred, you were...

**Additional Notes:**

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