

COURAGE

“Let Go Of Your Past” – Part 5 of 5

May 25, 2025

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” John 10:10 (NLT)

“But one thing I do, 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 to Christ Jesus.” Philippians 3:13b-14 (NIV)

KNOW WHEN IT’S TIME TO HIT THE RESET BUTTON

RESET:

To make a new, fresh start due to changed circumstances, opportunities or priorities.

PRINCIPLES FOR RESETTING YOUR LIFE

1. Expect to feel mixed emotions. (**Ezra 3:8-13**)
2. Extract the lessons I learned. (**Galatians 3:4**)
3. Evaluate everything before resuming it. (**Haggai 1:5-7**)
4. Engage slowly, don’t be in a hurry! (**Habakkuk 2:3**)

IT’S TIME TO HIT THE RESET BUTTON

1. ELIMINATE NON-_____ IN MY LIFE

“Let us run the race that is before us and never give up. We should remove from our lives anything that would get in the way and the sin that so easily holds us back.” Hebrews 12:1 (NCV)

“We must get rid of everything that slows us down, especially the sin that just won’t let go.” Hebrews 12:1 (CEV)

“Everything is permissible for me, but not everything is beneficial. Everything is permissible for me, but I won’t be mastered by anything.”

1 Corinthians 6:12 (NIV ‘84)

“Get rid of your old self, which made you live as you used to—the old self that was being destroyed by its deceitful desires. Your hearts and minds must be made completely new, and you must put on the new self, which is created in God’s likeness and reveals itself in the true life that is upright and holy..”

Ephesians 4:22-24 (GNT)

2. EXCEL AT WHAT REALLY _____

"Teach us to make the most of our time, so that we may grow in wisdom."

Psalms 90:12 (NLT '96)

"An intelligent person aims at wise action, but a fool starts off in many directions."

Proverbs 17:24 (GNT)

Jesus: "Martha, Martha! You are worried and troubled over so many things, but just one is needed. Mary has chosen the right thing..."

Luke 10:41-42 (GNT)

3. EMBRACE THE NEW THINGS THAT _____ IS DOING

"The Lord says, 'Forget what happened before, and do not think about the past. Look at the new thing I am going to do. It is already happening. Don't you see it?'"

Isaiah 43:18-19 (NCV)

4. EXPECT _____ CHANGES

"The rain quit. Inch by inch the water lowered. After 150 days the worst was over."

Genesis 8:3 (The Message)

"Little by little I will drive them (your enemies) out before you, until you have increased enough to take possession of the land..."

Exodus 23:30 (NIV)

"Money that comes easily disappears quickly, but money that is gathered little by little will grow."

Proverbs 13:11 (NCV)

*"People with their minds set on you, you keep completely whole, steady on their feet, because they keep at it and don't quit. **DEPEND ON GOD AND KEEP AT IT** because, in the Lord God, you have a sure thing!"*

Isaiah 26:3-4 (Message)