**Series: Emotionally healthy You**

**Title: Break the Power of the Past**

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“Why are so many of us living lives with deeply entrenched parts of

us apparently untouched by the power and mercy of the Lord Jesus

Christ?” (Scazzero, pg. 73)

**1 Samuel 16:10-12**

*10 Jesse had seven of his sons pass before Samuel, but Samuel*

*said to him, "The LORD has not chosen these."*

*11 So he asked Jesse, "Are these all the sons you have?" "There is*

*still the youngest," Jesse answered. "He is tending the sheep."*

*Samuel said, "Send for him; we will not sit down until he arrives."*

*12 So he sent for him and had him brought in. He was glowing with*

*health and had a fine appearance and handsome features. Then the*

*LORD said, "Rise and anoint him; this is the one."*

**Key Idea:**

**The past is not the past until it has been reconciled in Christ.**

1. Unhelpful, non-curing ways we deal with pain:
2. We medicate it.
3. We motivate it.
4. We meditate it.

**Ephesians 4:26-27**

*26 …Do not let the sun go down while you are still angry, 27 and do*

*not give the devil a foothold.*

1. **Effective ways to break the power of the past:**
2. We face it.

**Matthew 5:4**

*24 Blessed are those who mourn, for they will be comforted.*

*Effective ways to break the power of the past:*

1. We forgive it.

**Matthew 5:23-24**

*23 Therefore if you bring your gift to the altar, and there remember*

*that your brother has something against you,*

1. We re-frame it.

**Genesis 50:20**

*20 You intended to harm me, but God intended it for good to*

*accomplish what is now being done, the saving of many lives.*

**2 Corinthians 1:3-4**

*3 Praise be to the God and Father of our Lord Jesus Christ, the*

*Father of compassion and the God of all comfort,*

*4 who comforts us in all our troubles, so that we can comfort those in*

*any trouble with the comfort we ourselves receive from God.*

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