

HOW TO MOVE PAST ANGER AND HURT

Pastor Calvin D. Williams

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Anger- a strong feeling of displeasure and belligerence aroused by a wrong.

Hurt- to cause bodily injury to; injure

Past- gone by or elapsed in time

1. Do you know the pain of your past will stop you from moving forward in life?
2. Do you have someone you need to forgive or reconcile a difference?
3. Forgiveness- in the Bible is a “**Release**” or a “**Dismissal**” of something.
4. Forgiveness is a choice we make through a decision of our will, motivated by obedience to God and his command to forgive.
5. Have someone hurt you, or done something to you, and you had a hard time forgiving them?
6. When is the right time to forgive a person?
7. What’s the danger of harboring Unforgiveness in your heart? (*Matt 6:14-15*)
8. Who do unforgiveness effect the most?

9. Should your unforgiveness be based on the other person behavior?
10. When did Jesus forgive you? (*Romans 5:8*)
11. How does forgiveness and love connect? (*Luke 7:47*)
12. Do you know unforgiveness will rob you? (*Hebrews 2: 14-15*)
13. How does unforgiveness open a door for Satan to enter your life? (*2 Cor. 2:5-11*)
14. Should you hold people accountable that hurt you or sin against you? (*Rom 12:19*)
15. What does the Bible say about taking matters into your own hand? (*Hebrews 10:30-31*)
16. **Forget-** To lose remembrance of, unable to recall.
17. Why do you think it's important to forget your past hurt and pain? (*Luke 9:62*)
- (*Philippians 3:13*)¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But *one thing* I do: *Forgetting what is behind* and straining toward what is ahead.
- ☐ If we are expecting to live a life of victory, then we need to forget the past hurts and reach forth to the blessings ahead of us.
18. What the danger of keeping one foot in the past and one in the future?
- ☐ Keeping one foot in the past and the other in the future will keep our life stagnant and in turn unable to make any progress in receiving the rewards that are ahead of each of us.
- ☐ Concerning forgetting past sins, God says in (*Isaiah 43:25*), "I, even I, am He who blots out your transgressions for my own sake; And *I will not remember your sins.*" If God forgives and forgets, then we need to do the same and not allow the enemy to keep us in the bondage. (*Proverbs 4:25-27*) (*Psalms 103:12*)

Conclusion:

Why do we forgive?

Because we have been forgiven, so we are to forgive others as God has forgiven us.

Things can be birthed from our pain. (*Renewed desire*)

(Gen 3:16) In *your pain* You shall bring forth Children. In the Garden God told Eve, **in pain** you shall bring forth children.

- Ask a woman who just had a baby, was it worth all she went through. Chances are she'd do it again just to experience the joy of holding the baby in her arms. Maybe you've experienced a tragedy that's left you feeling insecure about the future. You can't live the rest of your life in fear. God wants to revive your passion today and give you a future filled with hope. Are you willing to let him **RENEW** your thinking and desire and wipe away the pain of the past? All you have to do is surrender to God and his love and he'll do the rest.

- The Lord Jesus Christ is our example, on the Cross He said, "Father forgive them for they know not what they do." Jesus forgave those that crucified Him and yet *when someone offends us we hold a grudge and try our best to not be around that person.* We cannot allow pride to keep us from reaching our destiny. Life is short and we only have this short time on this earth to be all that God has in mind for us to be. I encourage you to reach your full potential and not allow the enemy to keep you from forgiving, forgetting and freely showing the Love of God towards those who hurt you. **(Luke 23:34)**
(1 John 4:11)