

RELEASE IT

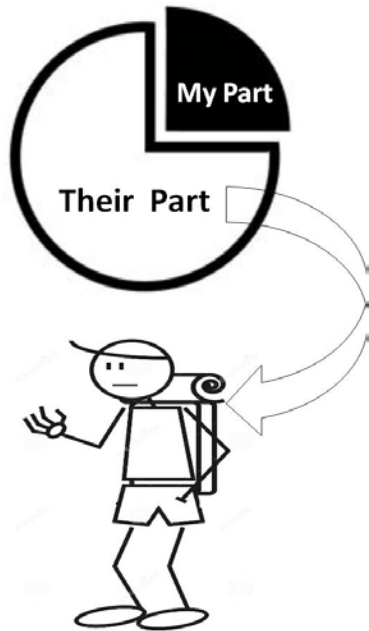
Starting Over - Part 4

Pastor Ken Ritz * January 31, 2016 * New Life Vineyard Church

Ephesians 4:26-32

To make sure next time is better than last time...

1. Own It (so it won't own you)
2. ReThink It (identify and reject lethal assumptions)
3. _____ It.



How long are you going to carry your negative past into your future?

- My past will remind me, but it will not define me.
- I will learn from it, but won't be led by it.
- You must release the past, so the past can release you.

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Ephesians 4:26-28

- This requires a decision

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31-32

- Literal meaning: Pardon as you have been pardoned
- Go first so that you can go on.
- Make a list of what they owe you.
 - Be as specific as possible.
 - Pardon them for each item on the list.

**All scriptures from NIV unless otherwise noted*