

# LETTING GO OF YOUR PAST

## RELATIONSHIPS R US, PART 3

Pastor Ken Ritz \* June 2, 2019 \* New Life Vineyard Church

I cannot relate to the present  
if I am still reacting to my past.

To let go of my past:

1. I Must Give Up My \_\_\_\_\_.

**2 Samuel 17, Psalm 55, 2 Samuel 23:34, 2 Samuel 11:3**

*Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.* Ephesians 4:31-32 NLT

2. I Must Give Up My \_\_\_\_\_.

*David pleaded with God for the child. He fasted and spent the nights lying in sackcloth on the ground... On the seventh day the child died.* 2 Samuel 12:16, 18

- Accept what cannot be \_\_\_\_\_.

*Then David got up from the ground... He said `While the child was still alive, I fasted and wept... But now that he is dead, why should I go on fasting? Can I bring him back again?` 2 Samuel 12:20-23*

- \_\_\_\_\_.

*After he had washed, put on lotions and changed his clothes, he went into the house of the Lord and worshipped.* 2 Samuel 12:20

- Focus on what's \_\_\_\_\_ not what's \_\_\_\_\_.

*Then David comforted his wife Bathsheba, and he went to her and made love to her. She gave birth to a son, and they named him Solomon.* 2 Samuel 12:24

3. I Must Give Up My \_\_\_\_\_.

*Because of your wrath there is no health in my body; there is no soundness in my bones because of my sin. My guilt has overwhelmed me like a burden too heavy to bear. My wounds fester and are loathsome because of my sinful folly. I am bowed down and brought very low; all day long I go about mourning. My back is filled with searing pain; there is no health in my body.* Psalm 38:3-7

*For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight.* Psalm 51:3-4

*Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt.* Psalm 51:1-2 NLT

*Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow..... Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me.*

Psalm 51:7-10 NLT

*We all fall short of God's glorious standard. Yet God, with undeserved kindness, declares that we are righteous. He did this through Christ Jesus when he freed us from the penalty for our sins.* Romans 3:23-24 NLT