

HOW TO LEAVE YOUR PAST IN THE PAST

Series: Fresh Start – Week 2

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Sunday, April 12, 2026

“So now there is **no condemnation** for those who belong to Christ Jesus.” Romans 8:1

TO LEAVE YOUR PAST IN THE PAST

1. **Name The Weight:** Guilt Is Not The Same As Shame

*“**Godly sorrow** brings repentance that leads to salvation and leaves no regret, but **worldly sorrow** brings death.” 2 Corinthians 7:10 (NIV)*

2. **Receive The Gospel:** Jesus Does Two Things Your Effort Can't Do

A) Jesus **Forgives** Your Past

*“But if we confess our sins to God, **he can always be trusted to forgive us and take our sins away.**” 1 John 1:9 (CEV)*

B) Jesus **Breaks** Shame's Authority

*“He has removed our sins **as far from us as the east is from the west.**” Psalm 103:12 (NLT)*

3. **Walk Free:** Three Practices That Keep You Free

I. Bring It Into **The Light**

*“But if we **walk in the light**, as he is in the light, we have fellowship with one another, and the blood of Jesus... **purifies us from all sin.**” 1 John 1:7 (NIV)*

II. **Break The Agreement** With The Lie

*“We take captive **every thought to make it obedient to Christ.**” 2 Corinthians 10:5 (NIV)*

III. Build **New Patterns** That Protect Your Future

*“Put **off your old self**... be made new in the attitude of your minds... **put on the new self**...” Ephesians 4:22 -24 (NIV)*