

Sermon Notes

It's All In Your Head Week 2 | Ghosts of the Past

March 10

Bottom Line: If we don't deal with our past it will affect our future.

// Main Points

- My problems follow me - better than running to a new (church, spouse, etc) I should face them and repent and be open to change and/or forgiveness.
- We are wired (via the sin nature) to remember the painful things (ghosts of our past)
 - Scripture
 - Key Notes I took from sermon:
- I need to view God according to His character not my past (my actions don't change Him)
 - Scripture Prov 28:13-14
 - Key Notes I took from sermon:
- Make forgiveness a normal part of your life. (Am I quick to forgive? Or do I hold a grudge)
- I need to view God according to His character not my past (my actions don't change Him)
- I need to confess present sins connected to past experiences.

// Discussion Questions

1. Question 1 - What sin of my own do I need to forgive myself of?
2. Question 2 - What event in the past has negative reoccurring effects in my present and what am I going to do to replace those thoughts /memories with new adventures with God?
3. Question 3 - What "failure" of my past am I letting paint too negative a picture for my future? What event or disappointment am I allowing to rob me of my future?
4. Question 4 - If I'm to be totally honest, is there someone I have yet to forgive? Better question - is there an offense that I keep bringing up to my spouse or child or parent ... that should be long forgotten... and forgiven?
5. Question 5 - Pastor said there are neuropathways that are like ruts in our mind - we form a well-traveled path and will unintentionally go back to THAT path because it's a neuropathway. If I'm honest, I have a rut of being _____ that God needs to change. What is it? For example, for some of you it's simply cynical. A friend gets a promotion and instead of celebrating you cast a negative light and ask an odd

question. A person you know gets rewarded and you belittle their achievements or deservedness to receive it? That's a cynical, judgmental rut (neuro pathway) you have picked up from a parent or influential person in your life. For others, maybe it's a victim mindset - everyone is against you and there's nothing good in your life. That's a RUT that God can help your mind HEAL from TODAY! **But for God to heal the wound/rut we have to expose it.**

6. I want God to take me into the NEW thing and NEW season He has for me! I don't want to be STUCK - stuck in my old thinking habits or regrets and therefore stuck in life. SO I will embrace the truth of this passage: **Isaiah 43:18-19** "Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it. I will make a way in the wilderness and rivers in the desert.