

“Getting Past Your Past”

03 January 2024



**THE LORD'S FLOCK
GROW DIGEST**

Techie M. Rodriguez
Elder-Founder

Getting past your past means moving forward for the new year. But people seem to look back to the past with regret, remorse, and sorrow. The guilt for the mistakes, failures, and things not done last year holds us back from moving on to a great year. In Phil. 3:13-14, St. Paul said “forget what is behind and strain forward.” Our goal towards heaven with the hope of Christ will remove all our doubts and help us move forward this new year.

1. Fear keeps us from achieving our dreams. The fear of failure to act on our dreams is a guarantee of failure. This inaction would result in regret and it will haunt us. Fear paralyzes us. On the other hand, fear can also preserve us. Fear prevents us from taking unnecessary risks, especially the fear of sinning against God.

2. How do we respond to regret?

2.1 Some people try to undo their mistakes illegitimately. Resolving mistakes in wrong ways can create more mistakes. During the Exodus, the Israelites did not go to the promised land as directed by God; thus, God didn't allow them to go. When Israel regretted their action and wanted to go, Moses told them that they would be defeated because the Lord would not be with them (Num. 14:39-40). In our own lives, we should listen to the Holy Spirit for guidance and avoid gratifying the flesh (Gal. 5:16).

2.2 Some people respond to regret with hopelessness. This attitude would lead them to disobedience and refusal to do God's work. Their regret blinds them to the goal God gave and they start to live in sin again.

2.3 Some people do not want to seek God's blessings due to regret. The devil convinces them not to seek any graces from God. They will stop seeking spiritual guidance in their lives and in their service to the community.

In our Christian life, we are reminded that Jesus Christ came for us to have life (Jn. 10:10), and He is our hope (1 Tim. 1:1).

3. How do we get past our “past”? First, let us remove the idea that God can only give us one best plan, and once we mess it up, we cannot enjoy God's blessing anymore. In Dan. 4:36, it is said that God does what He pleases with the powers in Heaven and the peoples on Earth. We have to give to God our self-imposed standards of the perfect plan. Our past year's mistakes must not affect us and we need to move on to the New Year carrying the Lord's plans for us.

There are 3 steps to let go of regrets:

3.1 We must acknowledge our past mistakes and commit to avoiding them.

3.2 Repent & accept the consequences. “If we confess our sins, He is faithful and just, and will forgive us our sins and purify us from all unrighteousness” (1 Jn. 1:9).

3.3 Let us trust God to work it out for our good. “And we know that in all things, God works for the good of those who love him” (Rom. 8:28).

Conclusion:

God has an overflowing mercy for all our mistakes. He wants us to move on without looking back to our regrets in life. God will make everything good for all of us if we continue to serve and love him (Rom. 8:28).

Reflection:

1. What are the past events in your life that hinder your service to God?
2. How do you plan to remove your past issues?
3. How do you keep moving forward in serving God?

Prayer: “Lord, we thank You for loving us despite the messes we have made. May You work it out for our benefit. Bless us in the coming year and use us again for your service.”