

## Travel Light

### Letting Go of Your Past

## TALK IT OVER

### Key Scriptures

*At that moment the Lord turned and looked at Peter. Suddenly, the Lord's words flashed through Peter's mind: "Before the rooster crows tomorrow morning, you will deny three times that you even know me." And Peter left the courtyard, weeping bitterly.*

Luke 22:61-62 NLT

*After breakfast Jesus asked Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," Peter replied, "you know I love you." "Then feed my lambs," Jesus told him. Jesus repeated the question: "Simon son of John, do you love me?" "Yes, Lord," Peter said, "you know I love you."*

*"Then take care of my sheep," Jesus said. A third time he asked him, "Simon son of John, do you love me?" Peter was hurt that Jesus asked the question a third time. He said, "Lord, you know everything. You know that I love you." Jesus said, "Then feed my sheep."*

John 21:15-17 NLT

*But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.*

*1 John 1:9 NLT*

*But to all who believed him and accepted him, he gave the right to become children of God. They are reborn—not with a physical birth resulting from human passion or plan, but a birth that comes from God.*

John 1:12-13 NLT

*I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.*

Philippians 3:12-14 NLT

### Start talking.

- What are three positive things you can share about your past?
- We can joke about Jesus calling Peter by his full name. What name did your parents use for you when you were in trouble?

### Start thinking.

- Think about your past self and your present self. Does it seem like two totally different people, a little different, or about the same? Why?
- You don't have to answer aloud, but what comes to mind when you hear the words "past mistakes"? Let the rest of the conversation help you with these areas.

### Start sharing.

- There are three major lies about your past: You are unforgivable, unlovable, and useless. Which lie have you dealt with the most?
- What are some of the most important components to finding healing from your past? How have you seen these play out?
- Read Philippians 3:12-14. What are some actions you could take to start "forgetting the past and looking forward to what lies ahead"?

### Start praying.

God, thank You for not just forgiving us, but for wiping clean our past. Thank You for saving us from our past so we can step into our future. We ask you to show us what those steps look like and to give us the strength to take them this week. We pray this by the power of Jesus' name, amen!

### Start doing.

- At the end of this year, when you look back, what do you hope you'll say about yourself? Add one daily action to your schedule to help you get there.