

Letting Go

Key Verses

For the past 2 months we have talked about walking together. Living together. Listening to each other. But what happens when past experiences are weighing us down?

The most common New Year's resolution is to lose weight. But just like a years of excess body weight being bad for your knees, guilt, shame, and hurt can weigh down your soul. Today we think not about how we walked in the past, but how to focus on the future.

Romans 8:28

²⁸ And we know that in all things God works for the good of those who love him, who [\[a\]](#) have been called according to his purpose.

Matthew 6:14-15

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

You've heard the phrase, "Let Go and Let God." Letting go is not as easy as it sounds. Sometimes we may be holding on to anger, an unhealthy relationship, a bad memory, guilt, failures, or a habit. We know that to move forward we must allow God to take control. We must depend on God and know that He has something in store for us that is greater than our fears and worries.

Have you found it difficult to let go of the past?

God has forgiven us, but do we forgive ourselves? Hold your thoughts as we look at Moses.

What do we know about Moses?

Moses killed a man and hid the body and fled Egypt. Exodus 2:11-12

¹¹ One day, when Moses had grown up, he went out to his people and looked on their burdens, and he saw an Egyptian beating a Hebrew, one of his people.^[a] ¹² He looked this way and that, and seeing no one, he struck down the Egyptian and hid him in the sand.

Ø Later, Moses was called to return Egypt to lead the children of Israel out of slavery.

Exodus 3:10

¹⁰ "Come, I will send you to Pharaoh so that you may bring my people, the children of Israel, out of Egypt."

Ø Moses was a great servant of God but struggled with fear and guilt. He questioned God's plans. Exodus 3:11

¹¹ "But Moses said to God, "Who am I that I should go to Pharaoh and bring the children of Israel out of Egypt?"

God was not focusing on the past and had already prepared Aaron to help Moses. We should look beyond the past and allow God to direct the life he is creating for us in the future. When God forgives us, he doesn't bring up past sins or guilts. He forgives us completely.

Psalms 145:8 says, "The Lord is gracious and merciful, slow to anger and abounding in steadfast love."

Key Point: Once you take the challenge to “let go”, the next step is to embrace Proverbs 4:25-27 and Philippians 3:13-14.

Proverbs 4:25-27 “Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.”

Philippians 3:13-14 “Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Discussion Question:

1. What does “forgive” mean?
2. What in your past is keeping you from looking to the future?
3. How can you walk a straight and narrow path if you’re looking over your shoulder at what is behind you.