



FREEDOM FOR MEN • New Heart • New Mind • New Life
Trusted, experienced, faith-based men helping men find hope and freedom!

Chapter 10. Uncovering your wounds and finding HEALING.

Week 39: GRIEVING our wounds, making amends and releasing the hold of our past.

Video: 42

[Click here to watch a video clip in our Vimeo account.](#)

Word of the Week: Past

Theme verse: *Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin. As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God. For you have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry.* – 1 Peter 4:1-3

Theme Quote: “Our past may explain why we’re suffering but we must not use it as an excuse to stay in bondage.” – Joyce Meyer

John Eldredge: “Grief is a form of validation; it says the wound mattered. It mattered. You mattered. That’s not the way life was supposed to go.”

Questions: How is your past still affecting your life in harmful ways? Can you see how your past can actually help your future and your purpose? What do you think it will take for you to heal from your past, grieve and move into a better life?

Highlight Video: Mended, Matthew West

[Click here to watch in our Vimeo account.](#)

Word of the Week: Past

Dictionary:

adjective

- gone by or elapsed in time: *It was a bad time, but it's all past now.*
- of, having existed in, or having occurred during a time previous to the present.
- gone by just before the present time; just passed: *during the past year.*
- having formerly been or served as; previous; earlier: *three past presidents of the club.*

noun

- the time gone by: *He could remember events far back in the past.*
- the history of a person, nation, etc.: *our country's glorious past.*
- what has existed or has happened at some earlier time: *We try to forget the past.*
- the events, phenomena, conditions, that characterized an earlier historical period.
- an earlier period of a person's life, career, etc., that is thought to be of a shameful or embarrassing nature: *When he left prison, he put his past behind him.*

Quotes: “The past is behind, learn from it. The future is ahead, prepare for it. The present is here, live it.” – Thomas S. Monson

“Our past may explain why we're suffering but we must not use it as an excuse to stay in bondage.” – Joyce Meyer

“Change is the law of life. And those who look only to the past or present are certain to miss the future.” – John F. Kennedy

“Only by acceptance of the past, can you alter it.” – T. S. Eliot

“You are what you are today because of the choices you made in the past.” – Jim Rohn

“We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future.” – Robin Sharma

“I've come to believe that all my past failure and frustration were actually laying the foundation for the understandings that have created the new level of living I now enjoy.” – Tony Robbins

“Faith is not simply a patience that passively suffers until the storm is past. Rather, it is a spirit that bears things - with resignations, yes, but above all, with blazing, serene hope.” – Corazon Aquino

Bible: Acts 17:29-31

Therefore since we are God's offspring, we should not think that the divine being is like gold or silver or stone—an image made by human design and skill. In the **past** God overlooked such ignorance, but now he commands all people everywhere to repent. For he has set a day when he will judge the world with justice by the man he has appointed. He has given proof of this to everyone by raising him from the dead.”

Romans 15:4

For everything that was written in the **past** was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.

Romans 16:25-27

Now to him who is able to establish you in accordance with my gospel, the message I proclaim about Jesus Christ, in keeping with the revelation of the mystery hidden for long ages **past**, but now revealed and made known through the prophetic writings by the command of the eternal God, so that all the Gentiles might come to the obedience that comes from faith—to the only wise God be glory forever through Jesus Christ! Amen.

1 Peter 4:1-3

Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin. As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God. For you have spent enough time in the **past** doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry.

2 Peter 1:5-11

For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their **past** sins. Therefore, my brothers and sisters, make every effort to confirm your calling and election. For if you do these things, you will never stumble, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.