

## Let Hope Arise

### PART 2

#### 4 steps to follow to conquer your past:

Did you know that you can have a **supernatural amnesia** of your past? I'm going to show you how. This is what God granted to me and He'll do the same for you. You will never stop hurting until you apply these 4 things to the painful memories, wounds, and traumas in your life or past.

#### 1. **Repent**

The first thing you have to do is go to God in prayer, tell Him that you're sorry and ask Him to forgive you. Then receive His forgiveness. Once you repent God doesn't remember your sins anymore so why should you?

If God doesn't remember your sins, then He isn't the one bringing them back to your remembrance. Who have you been listening to? Who is the sender of your thoughts?

**There's a difference between remorse and repentance. Remorse is being sorry for being caught. Repentance is being sorry enough to stop. Greg Laurie**

Repentance is being sorry enough to change. God wants repentance not remorse.

It doesn't matter how good you look on the outside; if you are full of junk on the inside, you will not walk out God's plan for your life and you will stay negative and miserable! Most of us have a tendency to look at people "on the outside" and make many false assumptions about them. We judge the book by the cover but I think we would be very surprised by what lies on the inside. We would probably see a pile of garbage!

**It can be any type of sin that is causing you to stay stuck in your life and is keeping you from God. It can even be a situation in your past that you were not responsible for but it weighs on your heart. Maybe it was something that you witnessed. Nothing will change in your life until you get healed on the inside.**

It's time to get rid of the heaviness in your heart. It's time to let it all out and receive God's forgiveness for everything you've been carrying around. You cannot fulfill your purpose on earth until you repent and bring everything before God.

Our past must be healed by the blood of Jesus working its way from the inside of us and eventually showing up on the outside in our words, actions, decisions and lifestyle. **It is only through an internal work that you can truly be healed and set free from the experiences of your past. There is no job, no spouse, no outfit,**

no purchase and no amount of cosmetic surgery that can replace what only God can do to heal you on the inside.<sup>1</sup>

Stop trying to look good on the outside while you're broken and hurting inside. Stop putting on a mask and pretending that everything is okay. Repentance is an inside job! Man looks at the outward appearance but God looks at the heart.

**Repentance is a work of the heart, it's an inside job (Natalie Quote).**

Repentance is asking God to forgive you and working on changing so that you don't repeat it again. Sometimes you have to eat your words, chew your ego, swallow your pride and accept that you're wrong. It's called growing up or maturing. It's called taking ownership. It's called repentance.

#### Forgiveness Scriptures:

Psalms 103:12 According to the psalmist, God has removed our sin from us as far as the east is from the west. The east and west they never meet!

Jeremiah 31:34 says when the Messiah came, God would forgive **all** our iniquity and remember our sin no more.

Isaiah 43:25 I am he who blots out your transgressions for my own sake, and **I will not remember your sins.**

Hebrews 8:12 For I will be merciful toward their iniquities, and **I will remember their sins no more.**

Micah 7:19 He will again have compassion on us; he will tread our iniquities underfoot. You **will cast all our sins into the depths of the sea.**

Ephesians 4:32 Be kind to one another, tender-hearted, forgiving one another, as **God in Christ forgave you.(past tense)**

1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins and to **cleanse us from all unrighteousness.**

John 3:16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

## **2. Forgive yourself.**

This is not easy. You have felt terrible and have been beating yourself up over these things for a long time. **You must believe God's word more than how you feel.** You can't live by what your feelings tell you. You have to choose to live by what the Word of God says. You will never feel forgiven. You just have to receive the gift of forgiveness by faith.

I cannot even begin to count how many times I have gone before the Lord and said, "Lord, I ask You to forgive me for that again." He must be so tired of hearing it! But God never gets tired of hearing from us because He desires relationship and

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<sup>1</sup> Foy, Terri Savelle. "Chapter Three." *Make Your Dreams Bigger than Your Memories: Don't Let Your Past Keep You from Your Future*, Chosen, a Division of Baker Publishing Group, Minneapolis, MN, 2016.

intimacy with us. In these moments when you go to God defeated because you're asking Him to forgive the same thing, you must remember that you cannot earn what Jesus did for you. You cannot earn what the blood of Jesus bought and paid for in your life, no matter how hard you work. Do you deserve it? Absolutely not. Nobody does. It is a gift from a father who loves you. All you have to do is receive it by faith.<sup>2</sup> So receive God's forgiveness today, leave your self-loathing and negative self-talk in the past so you can move forward into the new things God has for you.

**You can't do anything about it so let it go. Forgive yourself. Don't be a prisoner to the things you can't change. Take your power back. (Natalie Quote)**

**When you can admit the past is behind you then you're free to move forward.**

When you accept Jesus' sacrifice and forgiveness, 2 Corinthians 5:17 says that you become a new creation. You may look the same on the outside but you're brand new on the inside. You have a new nature (spirit) and your job now is to renew your mind with the word of God. You may not feel new but you are. You are forgiven. You're loved. You're blessed. You belong. You're part of God's family. You have a new name "Beloved child" and new vision and hope for your life.

**The next time the devil comes knocking, tell him that he's come to the wrong address, you don't live there anymore! That old you don't exist anymore!**

**3. You must decree the Word of God over yourself on a consistent basis.** This will help you overcome anger, get free from a guilty conscience, release feelings of revenge etc. You must say what you believe in your heart over the feelings in your head. Your feelings are not truth. The Word of God is absolute truth. The moment the memories resurface you must begin speaking the word of God. **Confess it daily until it sinks in.** Put scriptures on your phone, in your purse or wallet, on your desk or mirror.

**The tongue has no bones but is strong enough to break a heart. So be careful with your words. You are a product of the words you spoke in the past. If you don't like your present situation then change your words. What you decree today will create your future.**

**Words are powerful. Words cast spells that is why it's called spelling. Don't talk negatively not even as a joke about yourself because your body doesn't know the difference. Your body responds to your words.**

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<sup>2</sup> Foy, Terri Savelle. "Chapter Three." *Make Your Dreams Bigger than Your Memories: Don't Let Your Past Keep You from Your Future*, Chosen, a Division of Baker Publishing Group, Minneapolis, MN, 2016.

4. **Forgive others.** This is not easy but you must choose by faith to forgive everyone that has hurt you. Stormy Omartian says “**Forgiveness doesn’t make them right, it makes you free.**” I would never belittle what you’ve been through. You have been through some terrible stuff. But harbouring un-forgiveness in your heart is a weapon that Satan can use to destroy you by keeping you stuck in your painful past. If you want to move beyond the memories of the past, have hope for the future, walk in God’s favour, have more peace and joy in your life and fulfill your life assignment **then you must forgive.**

Forgiveness is such a vital part of letting go of your past. Receiving forgiveness from God and releasing forgiveness toward yourself and others is what will keep you looking ahead in hope instead of behind in regret.<sup>3</sup>

**Many of you have felt like the traumas you have endured almost killed you, and the confusion and torment it brought has kept you stuck and contained. No More says the Lord. Lana Vawser**

Forgive them. Never wish them pain. That’s not who you are. You’re better than that. If they caused you pain, they must have pain inside. Joyce Myer’s coined the phrase “**Hurting people, hurt people.**” Wish them healing. That’s what they need.

There is a difference between a person who hurts you by making a mistake, and a person who hurts you by continuing a pattern. Mistakes can be forgiven. Patterns should be broken. Forgive them then put up some boundaries to break the pattern. God told you to forgive not to be someone’s doormat.

There comes a time where you have to decide to move on, to let it go. Once you’ve tried everything you know to do, have prayed earnestly about it, waited patiently for things to change, sought wise counsel, processed it, obsessively ruminated about it, wept about it, or even yelled in frustration about it, **you will have to get on with moving on.** You can’t do anything more about it because there’s nothing more to be done. For now, it is what it is. It is difficult, but not impossible to choose to get off that treadmill and **start moving forward.** It has to be intentional, it rarely happens otherwise. It might take a little time to get your bearings, find your feet, establish a new stride, and keep going-but with the help of the Holy Spirit, you will soar again, and you’ll end up wondering what took so long. **Christine Caine**

#### **Reference:**

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<sup>3</sup> Foy, Terri Savelle. “Chapter Three.” *Make Your Dreams Bigger than Your Memories: Don’t Let Your Past Keep You from Your Future*, Chosen, a Division of Baker Publishing Group, Minneapolis, MN, 2016.

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