

Solid Rock Christian Church Manassas, Virginia

Bible Study - February 24, 2022

Prepared & Presented by: Pastor James G. Austin, Jr., PhD, D.Min.

Title: "Past Hurts and Present Pain"

Subtitle: "Let it Go and Move Forward"

Scripture Reference: Philippians 3:13-14

"Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus." [Phil. 3:13,14]

I. Introduction

A. Each of us have no doubt experienced situations in the past that have caused pain in our lives. You may even be going through something right now and it's causing you pain, discomfort, or sadness. This can happen do to no fault of your own or because of the action or actions of others.

B. Past events in our lives that continue to bring us pain, if not dealt with effectively, will continue to be like a broken record that plays over, and over, and over again.

C. Don't be discouraged but recognize that there is a need to move forward in order to have a breakthrough from the pain. The answer to the problem is contained in the Word of God and through the empowering work of the Holy Spirit, and the grace, mercy and love of the Lord Jesus Christ, you can be made free.

Comment: Note that I said, "**made free.**" This is because those who already have a personal relationship with the Lord Jesus Christ, have already been **made free**. Remember the Words of the Lord Himself who said: "**And ye shall know the truth, and the truth shall make you free.**" I also realize that there may be those who will go through this study, and they do not have a personal relationship with the Lord

Jesus Christ. My prayer is that they will accept the Lord as their personal Savior and then come to know that they have been made free in Christ.

II. Exposition [Part I] - Making Peace With Your Past

A. If you continue to dwell on the events of the past that caused you pain, this will cause you to be stuck in the same place mentally and emotionally, and that is the place of pain.

B. The Apostle Paul had endured many unpleasant things in his life, but he told the Philippians, to forget those things which are behind. This means not to continually dwell on those things in the past.

C. If we remain preoccupied with mistakes and hurts, we will miss many of the blessings and joy that can be ours in Christ Jesus.

D. It may be that you need to spend some time thinking and praying about why you're stuck in the past. Are you holding onto a grudge because you think your anger diminishes someone else's life? Perhaps someone hurt you and you think that moving on would mean that what they did wasn't that bad.

Do you have a forgiving heart?

E. Did something traumatic happen to you in the past or a tragic event occurred and it's causing you to nurse an old emotional wound? As you commit this to the Lord in prayer, the Holy Spirit may direct you to speak with a competent Christian Mental Health Counselor who can assist you. With this help, you can learn to finally put the past behind you and then **press toward the mark for the prize of the high calling of God in Christ Jesus.**

III. Exposition [Part II'] - Focus on the Lesson(s) You Learned

A. If you continue to only think about the unpleasantness or the unfairness of an event, this will keep you stuck. As you pray for healing, you may need to devote more time focusing on the facts, not the emotions.

B. Additionally, as you review the painful memories, think about the facts, not your distress. Try to recall the specifics; where you were sitting or standing, what you were doing, who was there, and what happened to you.

C. Then consider the lesson(s) you have learned from surviving that painful event or for enduring that difficult experience.

Comment: Some of the best lessons in life can be learned from the most challenging times you have endured.

IV. Exposition [Part III] - Accept Your Past, Embrace Your Present, Trust God For Your Future

A. Because you refuse to dwell on the past (and it is a choice), it doesn't mean that you are ignoring the things that happened. We all know that we cannot change what happened in the past.

B. However, as long as the Lord continues to give you breath in your body, there is hope for the present and the future.

C. Recognize the emotional toll that dwelling on something negative is taking on you, and then ask the Lord to help you to move forward.

D. If someone has wronged you, practice forgiveness. We do this by letting go of the hurt or anger you feel toward that person or persons who hurt you.

E. Take comfort in the Word of God - "Casting all your care upon him; for he careth for you." (1 Peter 5:7) Also remember, you are not alone as you walk through your challenging times because the Word of God says - "I will never leave thee, nor forsake thee." (Heb. 13:5)

V. Summary

A. No one really enjoys hurt and pain but unfortunately, in this life, we will at some point experience both of them. "Man that is born of a woman is of few days, and full of trouble. (Job 14:1)

B. Yes, past hurts can and will cause present pain. However,

remember, it's not what we go through, but it's how we go through it!

C. As you pray, ask the Lord, through the Holy Spirit, to empower you to let go of the painful events and heartaches that are keeping you bound.

D. Ask the Lord to help you relinquish all bitterness and disappointments in your life, and then surrender everything to our Sovereign God.

E. With God, there are always new beginnings. God's power in your life is not limited by what took place in your past. When you give Him complete control, God will do amazing things in and with your life.

Let it go and move forward!

It is once again interactive time. Please complete the passages below by filling in the blank spaces. Every passage has been taken from the King James Version (KJV) of the Holy Bible.

"There hath no _____ (i.e., trial) taken you but such as is _____ to man: but God is _____, who will _____ suffer you to be _____ above that ye are _____; but will with the _____ also make a way of _____, that ye may be _____ to _____ it."

[1 Corinthians 10:13]

"It is of the Lord's _____ that we are not _____, because his _____ fail not. They are new _____ morning: _____ is thy _____."

[Lamentations 3:22-23]

"Yea, though I _____ through the valley of the _____ of death,
I will _____ no _____: for thou art _____ me; thy rod and thy
_____ they _____ me."

[Psalm 23:4]

"Blessed be God, even the _____ of our _____ Jesus Christ,
the Father of _____, and the God of all _____; Who
_____ us in all our _____, that we may be able to
comfort them which are in any _____, by the comfort wherewith
we _____ are _____ of God."

[2 Corinthians 1:3-4]

"Trust ye in the _____ for ever: for in the Lord _____ is
_____ strength."

[Isaiah 26:4]

"They that _____ in the Lord _____ be as Mount Zion, which
_____ be _____, but _____ for ever."

[Psalm 125:1]

"Come unto me, all ye that _____ and are _____ laden, and I
will _____ you _____. Take my _____ upon you, and _____ of me;
for I am _____ and _____ in heart: And ye shall find _____
unto your _____. For my _____ is _____, and my _____ is
light."

[Matthew 11:28-30]

Thank you once again for being a part of another Bible Study session
and I do pray that you have been blessed. I know that past hurts can

certainly cause present pain, but remember, we serve the God of all comfort. It is through the indwelling power and presence of the Holy Spirit, that you can let go of the hurt and pain in your life and move forward.

Jude 3

Pastor Austin