

## STARTING OVER

(4) Release It

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**Three Ideas** to make sure the **NEXT TIME** isn't like the **LAST TIME...**

**1. OWN IT**

**2. RETHINK IT**

**3. RELEASE IT**

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*Three Myths...*

**1. The EXPERIENCE Myth...**

**2. The KNOW BETTER Myth...**

**3. The TIME Myth...**

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*Two INSENSITIVE Questions...*

1. How far into the **FUTURE** do you intend to carry the **ANGST** created in your **PAST**?

2. How long do you plan to allow the people who **MISTREATED** you... to **INFLUENCE** you?

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**~ DECIDED ~**

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*They **DECIDED**...*

*That their **PAST** would **REMIND** them... but it would not **DEFINE** them!*

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*You gotta **RELEASE** the **PAST**... so the **PAST** can **RELEASE** you!*

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**~ FORGIVE ~**

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**FORGIVENESS** allows you...  
To leverage the **LESSONS** from your **PAST**...  
Without **LUGGING** around the **LUGGAGE** from your **PAST**!

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**Ephesians 4:26-27**... “In your **ANGER** do not sin”:

**DO NOT**... let the sun go down while you are still angry,  
and **DO NOT GIVE** the **DEVIL** a **FOOTHOLD**!

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**DO NOT GIVE** \_\_\_\_\_ **A FOOTHOLD**!

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**Ephesians 4:31-32**... **GET RID OF**...

all **bitterness**... **rage** and **anger**, **brawling**  
and **slander**, along with every **form of malice**.

32 Be kind and compassionate to one another, **FORGIVING**  
each other... just as in Christ God **FORGAVE** you.

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~ **PARDON** ~

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“I... **PARDON**... **YOU**...”

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**GOD DOES NOT FACTOR YOUR SIN... IN YOUR RELATIONSHIP WITH HIM!**

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He **FREED HIMSELF** from the **BURDEN** of **YOU**... and **YOUR SINS**...  
by **CHOOSING**... (**DECIDING**...) to **PARDON YOU**!

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**Your Future Relationship with God**... isn't **Shadowed** by **Your Past Sin**...  
**God Disconnected Your Past Sin**... from **His Future Relationship with You**!

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**PARDON**... as you've been **PARDONED** yourself!

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You **GO FIRST...** So You Can **GO ON!**

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Don't **FORGIVE** them **GENERALLY...** **FORGIVE** them **SPECIFICALLY!**

A **PARDON** is not **PARTIAL...** it's **COMPLETE!**

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You have the ability to **PARDON** Your **PROBLEM(S)** from Your **PAST...**  
Because Your **PAST** has been **PARDONED** by the **BLOOD** of **JESUS CHRIST!**

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