

## **Get Real Part 1: Real People Have A Past**

### **Acts 9:10-15 NIV**

**Intro:** Many people can't get past their past.

- They live in the past
- They can bring issues from the past into the present
- They repeat the patterns of the past
- They still hold on to past regrets and shame
- They are impacted by words spoken to them in the past
- They are weighted down by baggage from the past

One fact about your past is that the past is one thing you have absolutely no ability to change.

Acts 9:10-15 tells about the calling of the Apostle Paul. Saul (as he was known here) was a persecutor of Christians, but as he was traveling to Damascus he saw a great light, was struck blind, and encountered Jesus in a radical way. God sent Ananias, who was a faithful disciple, to Saul in order to restore high sight. God revealed his plan to Saul and called him to be a great Apostle of the church even in spite of Saul's negative past. Paul's past could have and probably should have kept him from becoming an apostle.

Just as Paul had a past, so do we, but **OUR PAST IS NO MATCH FOR JESUS!**

### **THREE TRUTHS ABOUT YOUR PAST**

#### **1. Your Past Does Not DISQUALIFY You**

- Your past doesn't disqualify you because of God's FOREKNOWLEDGE
- Your past does not disqualify you because of God's GRACE

#### **2. Your Past Does Not DEFINE You**

- You must REALIZE what Jesus did for you.
- You must RELEASE the baggage of the past.
  - Let Old Wounds Heal – Process the pain of the past
  - Let Go of Regrets – Don't dwell on the 'if onlys'
  - Let People Leave – Let them leave your life, your mind, and your heart
- You must RECEIVE God's truth about who you are.

#### **3. Your Past Does Not DETERMINE Your Future**

- You can LEARN FROM YOUR PAST and use it as fuel for your future
  - Learn from Mistakes
  - Cultivate Empathy
  - Find Purpose in your Past
  - Practice Gratitude
  - Set Goals and Take Action