

Rethinking Your Life



Dr. Jeff King
Christ Lutheran Church
Southwick, Massachusetts

Drop It

We've all had negative things happen to us. And because we're always looking back at those events, reliving the negative, we end up carrying around a lot of baggage with us that weighs us down.

You're not defined by your past; you're prepared by your past.

1. **Become _____ at dropping it.**

The Apostle Paul said, "I focus all my energies on this one thing, forgetting what lies behind and reaching to what lies ahead."
(Philippians 3:13)

2. _____ it, _____ it, _____.

Jesus said, "If you have anything against anyone, forgive him and let it drop – leave it, let it go." (Mark 11:25 Amp)

The reason Jesus said "leave it" is because you're going to be tempted to pick it back up again.

3. Don't get caught in the _____ .

Ahithophel served as a senior advisor to King David. What made him turn on David after so many years? Could it be that instead of forgiving David, poison simmered inside him. Ahithophel smiled on the outside, but inside something wasn't right. He ended up tragically taking his own life.

We're never going to understand everything. The Bible says, "Now we see just a poor reflection, but one day we will see in full." (1 Corinthians 13:12)

One couple's response to a tragic family event: "We made the decision that we weren't going to exchange what we know ... for what we don't know. We do know that God is good, that He's loving, that He's merciful, and that He's for us. We're not going to let one situation that we don't understand cancel all that out."

4. Have an " _____ " file.

When things come up that don't make sense, instead of trying to figure everything out, and getting confused and frustrated, just put it in your "I Don't Understand It" file and keep moving forward.

Remember what happened to President James Garfield. Don't keep probing your wounds.