

Back to the Future

Dealing With Your Past

1. We can hide the truth

Psalm 32:5 Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone. (NLT)

Proverbs 18:21a The tongue has the power of life and death. (NIV)

2. We can lie about the truth

1 John 1:5-6 This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. ⁶ If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. (NIV)

Psalm 107:2a Let the redeemed of the Lord tell their story. (NIV)

Revelation 12:11a They triumphed over him by the blood of the Lamb and by the word of their testimony. (NIV)

1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (NIV)

3. We can be healed by the truth

John 6:37 All those the Father gives me will come to me, and whoever comes to me I will never drive away. (NIV)

Philippians 1:6 And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. (NLT)

Psalm 103:10-12 He does not treat us as our sins deserve or repay us according to our iniquities. ¹¹ For as high as the heavens are above the earth, so great is his love for those who fear him; ¹² as far as the east is from the west, so far has he removed our transgressions from us. (NIV)

Community Group Questions

1. How does hiding our past potentially keep us from being healed from our past? How does confessing the sin of our past to God help relieve us from our guilt like David talked about in Psalm 32:5?
2. In what way does sharing our testimony help us overcome our past? How can telling our story of God's forgiveness and healing from our past help others experience the same thing in their lives?
3. Why do some people feel that they have to clean up their own lives before coming to God? Why can anyone come to God no matter what they have done in their past? What does God do with our past according to Psalm 103:10-12, and how does this encourage you?