



September 24th, 2017 | Sunday AM

Letting Go of the Past

Ephesians 4

1 *I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called,*

2 *With all lowliness and meekness, with longsuffering, forbearing one another in love;*

3 *Endeavouring to keep the unity of the Spirit in the bond of peace.*

4 *There is one body, and one Spirit, even as ye are called in one hope of your calling;*

5 *One Lord, one faith, one baptism,*

6 *One God and Father of all, who is above all, and through all, and in you all.*

7 *But unto every one of us is given grace according to the measure of the gift of Christ.*

8 *Wherefore he saith, When he ascended up on high, he led captivity captive, and gave gifts unto men.*

9 *(Now that he ascended, what is it but that he also descended first into the lower parts of the earth?*

10 *He that descended is the same also that ascended up far above all heavens, that he might fill all things.)*

1. _____

2. _____

A. _____ Problems

"Bitterness is drinking the poison and then wanting the other person to die!"

B. _____ Problems

C. _____ Problems

3. _____

Action Steps:

1. Identify your hurt.
2. Release your hurt upon Christ.
3. Receive forgiveness from Christ.
