

# The power of the past

*This article is from the "Among Friends" section of the Church of God Big Sandy's Web site, churchofgodbigandy.com. It was posted for the weekend of January 9-10, 2010.*

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BIG SANDY, Texas—It is edifying to learn how the power of the past and the power of the future influence the power of now.

In this article, let's consider the power of the past.

## Learning lessons

There are many scriptures in the Bible that remind believers to learn lessons from the past.

Here are just a few.

- "Remember the days of old, Consider the years of many generations. Ask your father, and he will show you; your elders, and they will tell you" (Deuteronomy 32:7).
- "For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope" (Romans 15:4).
- "Now these things became our examples . . . Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come" (1 Corinthians 10:6, 11).

## Can be crippling

People sometimes allow the past to keep them trapped in negative paradigms and negative emotional responses.

Here are excerpts from *One-Way Relationship Workbook* by Alfred Ells.

**From page 129:** "We have all been wounded and brokenhearted at some time in our lives. We all can recall some event or time in our lives when we felt a deep wound of spirit. Our inner being felt pained and pierced to the depths . . ."

**From page 134:** "Ever know someone who cannot let go of the past? The person still thinks about old relationships, experiences, or events frequently. This is usually an indication of an unresolved hurt. The wound is crying out for attention, and we are responding by remaining stuck to the event or

memory. Codependents are often stuck in the past. They may have trouble letting go of either the good or the bad parts of the past, and this holding on can interfere with present relationships.”

**From page 149:** “Most wounded people, although they keep it from showing on the surface, never really heal. The wound is tender and sensitive and can be easily reopened by subsequent rejections. The old sores get touched again and again, never getting a chance to heal. An oversensitive, codependent person who keeps reacting because of the unhealed wound is the result. However, the wounds that scar over can be the most dangerous. Scar tissue is not as resilient and pliable as healthy tissue . . .”

**From page 151:** “The wounds of life are imprinted as memories and mental images. The painful feelings associated with the memories need to be released for the wound to be healed. Our memory of what we saw, smelled, touched, or tasted will usually remain the same. But the negative feeling associated with the event needs to and can be changed. This is the basis for all inner healing . . .”

**From page 152:** “There are cases where the wounding is so longstanding and so deep that only with God’s help can we forgive. But God will not set aside our free will and magically cause us to forgive. He can empower the decision, but the choice must be ours. We need to let go and let God take over our injustice, pain and resentments.”

### Should be liberating

There are a few things that occurred in the past that can be liberating to your life.

Christ suffered and died for you. God raised Him from the dead.

■ “For as the heavens are high above the earth, so great is His mercy toward those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us” (Psalm 103:11-12).

■ “Do not remember the former things, nor consider the things of old . . . I, even I, am He who blots out your transgressions for My own sake; and I will not remember your sins” (Isaiah 43:18, 25).

■ “And He took bread, gave thanks and broke it, and gave it to them, saying, ‘This is My body which is given for you; do this in remembrance of Me’ ” (Luke 22:19).

■ “For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life” (Romans 5:10).