



Focus Jesus died on the cross to make us brand-new and give us freedom from the regrets of our past.

Open Where was the last place you travelled? What was the purpose of the trip?

Read We all have things in our past that we wish had never happened. Sometimes, we're even haunted by the sins or mistakes of our past. Jesus died on the cross to completely remove the stains of our past and to make us new (Isaiah 1:18). Here are three truths to help us get past our past.

1. In Christ, we are completely forgiven.

When we surrender our lives to Christ, we are no longer defined by our imperfections. Instead, we are defined by the perfect sacrifice of Christ on the cross. He doesn't just "fix us up"; He makes us brand-new (2 Corinthians 5:17). Jesus paid for our sins in the past, the present and in the future. Forgiveness is something we receive, not something we achieve.

2. In Christ, we are valuable.

The value of something is determined by the price someone is willing to pay for it. We are valuable because God paid the price of His Son Jesus to redeem us (John 3:16). Our identity doesn't come from the mistakes of our past, but from the price that Jesus paid to bring us to God. We dishonor His sacrifice when we say that we aren't valuable to God.

3. In Christ, we are unconditionally loved.

A parent's love for their child is a picture of God's love for us. We don't love our child because they're always good. We don't love them because of their performance. We

love them because they're our child. God's love for us is the same—only better—because He is perfect and unchanging. It doesn't matter what we did in our past. Our Father is bigger than any mess we've made, and nothing can separate us from His love (Romans 8:38–39). He calls us to leave our past behind and step into the victorious life Jesus has for us.

- Talk**
1. Of the three truths presented in the sermon, which is the easiest for you to believe? Which do you find hardest to believe?
 2. Read 2 Corinthians 5:17. What are some of the ways you have changed since giving your life to Christ? What are some new ways He is growing you now?
 3. What do you have that is valuable to you? What did it cost you in effort or sacrifice to get it?
 4. Why do you think we often want to measure our value to God by how “good” we are or by how we perform?
 5. Tell about a time when you have seen God's unconditional love demonstrated to you. Maybe it was through an act of kindness by a friend, a gift you didn't feel like you deserved or an unexpected good outcome in a difficult situation. What did you learn from that experience?

Live Read Romans 8:38–39. Is there anything in your past that still causes you to feel separated from God's unconditional love? Surrender that memory and that regret to God. Ask God to heal you completely and remove your shame.

Pray Father, we thank You for forgiving us completely for everything in our past. We praise You, Jesus, because You were the perfect sacrifice for our sins. Holy Spirit, please help us to live every day with the knowledge that we are unconditionally loved. Help us to leave our past behind and live the victorious life You have planned for us.