

PHILIPPIANS 3:13-14

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# GETTING OFF PAST HURT

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ARNDELL PARK + FB LIVE

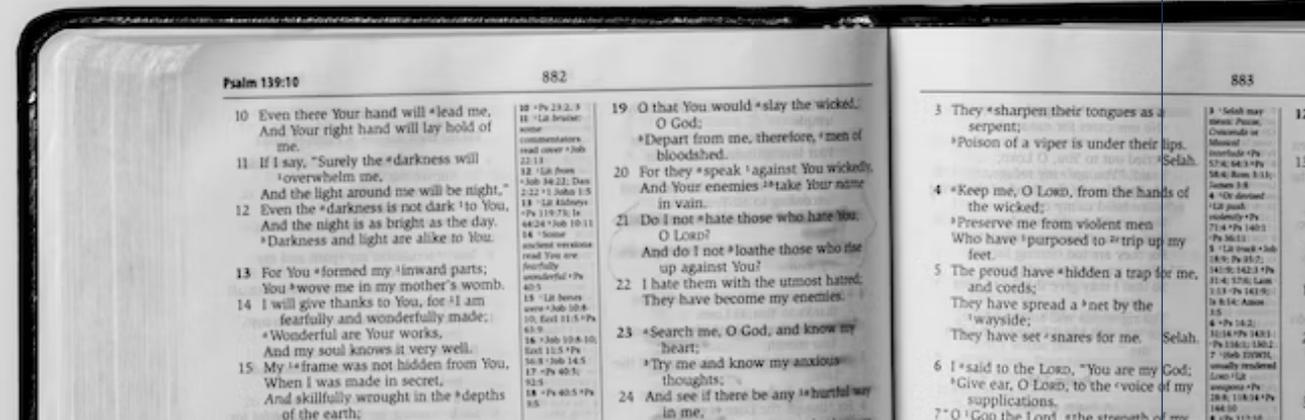


13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,

14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.



# Philippians 3:13-14





- **Philippians was written to God's Holy people. Phil 1:1**
- **It was written to Overseers and Deacons - Phil 1:1**





- **The word of God is for all, we don't outgrow it. No church title holder is above the word of God.**
- **Philippians 3 focuses on the Pursuit of Christ and how to gain him. This is the essence of our Christian faith, nothing more or less.**





- **Everything we do should be pointing towards this ultimate goal, otherwise, Christ will be absent, missing and we would become like a ‘sounding cymbal’.**





- **In this pursuit, race, or in this journey, there are distractions, pains, injuries, hurts or what we could deemed to be some poor judgment from the ‘whistleblower’, who is like the referee of our race.**





- **Apostle Paul summarised these as part of what he needed to forget or put behind him so he could win the prize.**



# 1. Why the hurts?

- *When we lose focus on Christ and dwell in the flesh, offences will be rampant.*

JAMES 4:1-4 GNT

“1 Where do all the fights and quarrels among you come from? They come from your desires for pleasure, which are constantly fighting within you.

2 You want things, but you cannot have them, so you are ready to kill; you strongly desire things, but you cannot get them, so you quarrel and fight. You do not have what you want because you do not ask God for it.



# 1. Why the hurts?

- *When we lose focus on Christ and dwell in the flesh, offences will be rampant.*

JAMES 4:1-4 GNT

3 And when you ask, you do not receive it, because your motives are bad; you ask for things to use for your own pleasures.

4 Unfaithful people! Don't you know that to be the world's friend means to be God's enemy? If you want to be the world's friend, you make yourself God's enemy"



# 1. Why the hurts?

- *It is normal and expected but God will not accept our excuses.*

MATTHEW 18:6-9 GNT

6 “If anyone should cause one of these little ones to lose his faith in me, it would be better for that person to have a large millstone tied around his neck and be drowned in the deep sea.

7 How terrible for the world that there are things that make people lose their faith! Such things will always happen—but how terrible for the one who causes them!



# 1. Why the hurts?

- *It is normal and expected but God will not accept our excuses.*

MATTHEW 18:6-9 GNT

8 “If your hand or your foot makes you lose your faith, cut it off and throw it away! It is better for you to enter life without a hand or a foot than to keep both hands and both feet and be thrown into the eternal fire.

9 And if your eye makes you lose your faith, take it out and throw it away! It is better for you to enter life with only one eye than to keep both eyes and be thrown into the fire of hell..”



# 1. Why the hurts?

- *God sometimes uses the hurt to build up our character: Our hurts shows us how weak we are and how strong God is.*

JAMES 1:2-3 NIV

2 “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,

3 because you know that the testing of your faith produces perseverance.”



## 2. Let Go and Let God.

- *Remember that you have been shown mercy.*

MATTHEW 18:21-33 GNT

21 Then Peter came to Jesus and asked, “Lord, if my brother keeps on sinning against me, how many times do I have to forgive him? Seven times?”

22 “No, not seven times,” answered Jesus, “but seventy times seven,

23 because the Kingdom of heaven is like this. Once there was a king who decided to check on his servants’ accounts.



## 2. Let Go and Let God.

- *Remember that you have been shown mercy.*

MATTHEW 18:21-33 GNT

24 He had just begun to do so when one of them was brought in who owed him millions of dollars.

25 The servant did not have enough to pay his debt, so the king ordered him to be sold as a slave, with his wife and his children and all that he had, in order to pay the debt.

26 The servant fell on his knees before the king. 'Be patient with me,' he begged, 'and I will pay you everything!'



## 2. Let Go and Let God.

- *Remember that you have been shown mercy.*

MATTHEW 18:21-33 GNT

27 The king felt sorry for him, so he forgave him the debt and let him go.

28 “Then the man went out and met one of his fellow servants who owed him a few dollars. He grabbed him and started choking him. ‘Pay back what you owe me!’ he said.

29 His fellow servant fell down and begged him, ‘Be patient with me, and I will pay you back!’



## 2. Let Go and Let God.

- *Remember that you have been shown mercy.*

MATTHEW 18:21-33 GNT

30 But he refused; instead, he had him thrown into jail until he should pay the debt.

31 When the other servants saw what had happened, they were very upset and went to the king and told him everything.

32 So he called the servant in. 'You worthless slave!' he said. 'I forgave you the whole amount you owed me, just because you asked me to.'



## 2. Let Go and Let God.

- *Remember that you have been shown mercy.*

MATTHEW 18:21-33 GNT

33 You should have had mercy on your fellow servant, just as I had mercy on you”



## 2. Let Go and Let God.

- *God is not interested in our offering above our bitterness and unforgiveness.*

MATTHEW 5:23-24 GNT

“23 So if you are about to offer your gift to God at the altar and there you remember that your brother has something against you,

24 leave your gift there in front of the altar, go at once and make peace with your brother, and then come back and offer your gift to God.



## 2. Let Go and Let God.

- *Vengeance belongs to God*

ROMANS 12:14, 17-21 GNT

"14 Ask God to bless those who persecute you—yes, ask him to bless, not to curse.

17 If someone has done you wrong, do not repay him with a wrong. Try to do what everyone considers to be good.

18 Do everything possible on your part to live in peace with everybody.



## 2. Let Go and Let God.

- *Vengeance belongs to God*

ROMANS 12:14, 17-21 GNT

19 Never take revenge, my friends, but instead let God's anger do it. For the scripture says, "I will take revenge, I will pay back, says the Lord."

20 Instead, as the scripture says: "If your enemies are hungry, feed them; if they are thirsty, give them a drink; for by doing this you will make them burn with shame."

21 Do not let evil defeat you; instead, conquer evil with good."



## 2. Let Go and Let God.

- *Forgiveness is not feelings.*

It has to be deliberate and not motivated by feelings. Once we trust him, he supplies the grace.

2 CORINTHIANS 5:7 NIV

“For we live by faith, not by sight.”



## 2. Let Go and Let God.

- *There is no more condemnation.*

You need to forgive yourself of past hurt or mistakes because God has not condemned you.

ROMANS 8:1 NIV

“Therefore, there is now no condemnation for those who are in Christ Jesus,”



## 2. Let Go and Let God.

- *God's healing process may be progressive and gradual.*

God will never leave us alone, he will go through the fire with us, through the waters, through the storms, etc. His healing touch and corrections may be gradual and progressive.



## 2. Let Go and Let God.

- *God's healing process may be progressive and gradual.*

ISAIAH 43:2 NIV

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze



## 2. Let Go and Let God.

- *God's healing process may be progressive and gradual.*

PSALM 147:3 NIV

"He heals the brokenhearted and binds up their wounds."

2 CORINTHIANS 4:16 NIV

"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day."



**Apostle Paul is reminding us of the things we should let go today. We should not dwell on the past and present hurts; they will hinder us from running the Christian race. Remember Lot's wife who looked back at Sodom and became a pillar of salt.**



*Conclusion*

**23 The sun was rising when Lot reached Zoar.  
24 Suddenly the Lord rained burning sulfur on  
the cities of Sodom and Gomorrah  
25 and destroyed them and the whole valley,  
along with all the people there and everything  
that grew on the land.  
26 But Lot's wife looked back and was turned  
into a pillar of salt.”**

GENESIS 19:23-26 GNT

*Conclusion*





# Prayer

Lord, please take over  
my hurts, grace me to  
show others mercy and  
heal my broken heart.



# Connect with us!



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