

# WEDNESDAY

## WEEK 3

### READ & OBSERVE

- Philippians 3:12-14
- Hebrews 12:1-2
- Luke 3:8, 15:10
- Acts 2:38, 3:19
- Romans 2:4
- 2 Corinthians 7:9-11
- Matthew 6:9-13
- Word Study (next pages)

### INTERPRET & APPLY

- What does it mean to repent and what are some characteristics of repentance? check out [bit.ly/G3340](https://bit.ly/G3340)
- What is something from the past that that is still affecting your present and keeping you from moving forward? How can you "throw off" that entanglement?



# WORD STUDY

## **METANOEO, G3340**

translated "repent"

to change one's mind, for the better, to heartily amend with abhorrence of one's past sins

More about repentance and the verses it's mentioned at [bit.ly/G3340](https://bit.ly/G3340)



# THROW IT OFF

## HOW DO WE 'FORGET'

Overcoming our past is not a matter of denying it, it's a matter of disarming it. Our past has power over us when we a) walk in shame and condemnation for our failures or b) walk in unforgiveness and bitterness towards those who've failed us.

Our weapons to disarm both are 1) repentance and 2) forgiveness.

We can repent and forgive because Jesus BECAME sin. He was tormented to the point of death to satisfy God's wrath against sin. There's no punishment left for you... or for those who've hurt you.

Confessing your sin is the door to receiving forgiveness, and receiving forgiveness gives power for releasing forgiveness. This disarms your past by laying it to death with Christ, and allowing new life to come... because the same power that raised Christ from the dead lives in you!