

# POWERS OF THE PAST

Week 6 of Becoming Emotionally Healthy

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Spiritual maturity is having a healthy relationship with God, myself, & others

You have to know what is emotionally unhealthy to know what is emotionally healthy

**YOU FEEL STUCK.**

We often feel stuck in our PAST.

Such as family, because we start in our family in our past.

**JESUS HAS THE ABILITY TO break the power our yesterdays & yesteryears have over us.**

**GOD WASTES nothing!**

no matter what has happened, what we have done it is not wasted.

**MATTHEW 11:28-30**

- come to Jesus
- his yoke is easy
- he gives rest
- ~ his burden is light

Ezekiel 18:19-22

- people will be rewarded for their OWN righteousness
- people will be punished for their OWN wickedness

Generational sin, family sin, "messes". We blame the inherited sin. Exodus 20:4-6

The heavy burdens we have are self inflicted or from other people, like family.

**BUT READ VERSE 6 - God lavishes on love.**

We learn from our family certain behaviors  
↳ LEARNED BEHAVIORS

parents, siblings, friends, coworkers, etc.

**ALL FAMILIAL CONCEPTS & BEHAVIORS ARE VERY POWERFUL.**

John 9:1-3

- why was this man blind
- not his parents sin or his sin
- it was to show the power of God

**EVERYTHING THAT HAS HAPPENED IS TO SHOW THE GLORY & POWER OF GOD CAN BE SEEN IN YOU**

**HEALING, REDEMPTION, WE ARE BEING MADE HOLY BY GOD**

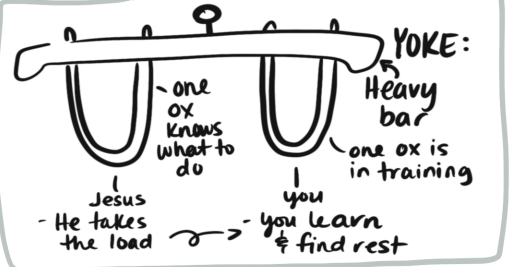
↳ **GOD'S GLORY & POWER IS SEEN!**

all family environments have positives & negatives.

we don't always remember the truth perfectly.

God knows the truth & He says come to him.

Rest for soul



**JESUS WANTS TO TAKE OUR BURDEN & GIVE US REST FOR OUR SOULS.**

**All family environments are designed by God to teach us, grow us, and mature us into the very image of Christ, no matter how difficult.**

• Will  
• Soul  
• Mind  
• emotions

Ephesians 1:4-5

**GOD ADOPTS US INTO HIS FAMILY!**

↳ having us in His family gives Him great pleasure!

God chose you to be in his family.

Ephesians 4:3 - It's God's will for you to be holy.

He sees us as holy, it's His will so we can't mess it up!  
**WE WILL BE MADE HOLY**