

Free To Grow



Breaking the Power of the Past

We don't have to cope with
our past, we can sort it out

Isaiah 61.1-4 (NIV11)

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners,

to proclaim the year of the Lord's
favour and the day of vengeance of
our God, to comfort all who mourn, and
provide for those who grieve in Zion -
to bestow on them a crown of beauty
instead of ashes,

the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendour.

They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations.

Luke 4.21 (NLT)

Then he began to speak to them. “The Scripture you’ve just heard has been fulfilled this very day!”

John 10.10 (NIV11)

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

We take hold of the whole
truth

John 8.31 (NIV11)

To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”

Ephesians 1.18-23 (NirV)

I also pray that your mind might see more clearly. Then you will know the hope God has chosen you to receive. You will know that the things God's people will receive are rich and glorious.

And you will know his great power. It can't be compared with anything else. It is at work for us who believe. It is like the mighty strength God showed when he raised Christ from the dead.

He seated him at his right hand in his heavenly kingdom. There Christ sits far above all who rule and have authority. He also sits far above all powers and kings. He is above every title that can be given in this world and in the world to come.

God placed all things under Christ's rule. He appointed him to be ruler over everything for the church. The church is Christ's body. It is filled by Christ. He fills everything in every way.

Matthew 6.33-34 (NIV11)

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

2Peter 1.3 (NIV11)

God's power has given us everything we need to lead a godly life. All of that has come to us because we know the One who chose us. He chose us because of his own glory and goodness.

We forgive from the heart

2Corinthians 2.10-11 (NIV11)

Anyone you forgive, I also forgive. And what I have forgiven - if there was anything to forgive - I have forgiven in the sight of Christ for your sake, in order that the satan might not outwit us. For we are not unaware of his schemes.

We have a need to forgive

It's essential for our freedom

So that no advantage can be
taken of us

To stop the pain