

## **Forget the Past**

### **Ready:**

Brothers, I do not consider myself to have taken hold of it. But one thing I do: forgetting what is behind and reaching forward to what is ahead, I pursue as my goal the prize promised by God's heavenly call in Christ Jesus. — Philippians 3:13–14

### **Set**

As a high school basketball coach, I often notice that my players are influenced by the past. After a winning streak, they can begin to believe that they are better than they actually are. Such overconfidence often leads to deflating defeats. Of course, the same deflation typically occurs after a losing streak because the team loses confidence.

In order to avoid either extreme—overconfidence or none at all—many coaches encourage the team members to stay focused. In our program, we remind our players to focus on what lies ahead rather than on the past. After each game, we say, “The season starts tomorrow.” This helps us remember all we can achieve as a team.

The same principle applies in spiritual matters as well. We are sometimes pulled down in despair when we recall past sins. As the accuser, Satan attempts to make us feel that our sins are too great to ever be forgiven or forgotten, and that we are unworthy to be called Christians. However, the truth is that we are indeed unworthy, and that's what makes the gospel such good news. We are all sinners, but because of Christ, we are loved by God. Salvation is never something we earn; God loves us just because He chose to love us, which is why Jesus paid the ultimate price on the cross so that we could be saved.

God can do great things with us regardless of our past, and He wants each of us to know that life begins today because He loves us. In return, the greatest gift we can offer others is the good news that God looks beyond our past to give us grace for the future. Let's reach out and receive this great gift.

### **Go**

1. What do you need to let go of from your past?
2. What changes does God want to make in you?

### **Workout**

Jeremiah 29:11; 2 Corinthians 4:7–9; 5:17; 1 John 2:12

### **Overtime**

Lord, thank You that You forgive me and love me and have redeemed me by Your death and resurrection so I can move forward with You. Amen.

**Bible Reference:**

1 John 2



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