

Running to Win: Gold in the Old

Caleb Gait

Questions: What is your favourite board / card game?
Who has been most influential in your enjoyment of that game?

Where we come from has a profound influence on who we are today.

Question: How is dealing with our past a lot like panning for gold?

We can't fully invest in the new God has for us, until we let him help us find value in the old.

What does God teach us about the past?

1. It should remind us of where and who we came from

Read Genesis 2:7; Psalm 103:14; 1 Corinthians 15:47-49

Our family of origin is often the primary and most powerful system to shape us and influence who we are from a young age

Pete Scazzero from "Emotionally Healthy Spirituality"

2. It should remind us of God's goodness and promises

Read Deuteronomy 4:9, 23; Psalm 103:2-5

The power of remembering what God has done is that we get hope for what He can do.

3. It can be learned from to gain wisdom for today
Read Romans 15:4; 2 Timothy 3:16; John 16:33

Life can only be understood backwards; but it must be lived forwards.

Søren Kierkegaard

4. Some of it should be forgotten to take off unnecessary weight & shame

Read Hebrews 12:1, Philippians 3:13-14

Questions: What are your weights? What is the sin you deal with or confess?

No matter where you stand, we all need to realize that there is gold in our past - valuable lessons, testimonies of God's goodness and providence, mentors, friends and family that helped shape you for the better.

Question: What is the "gold" that you see in your life in each of these areas?

We are products of our past, but we don't have to be prisoners of it.

Rick Warren

Question: What's the first step you need to take so that you can step into the "new" God has for you this year?



Next steps and resources:

- Freedom Groups <https://generations.ca/freedom>
A ten week small group starting on January 26, 2013. The group culminates with a weekend conference.
- Emotionally Healthy Spirituality by Peter Scazzero
<https://a.co/d/8cxjFyW>
- Boundaries by Henry Cloud and John Townsend
<https://a.co/d/61OwwCs>