



**THE REDEEMED CHRISTIAN CHURCH OF GOD**  
**CHRIST THE LORD PARISH**  
**LAGOS PROVINCE 20**  
**LEKKI PHASE 1**

**DATE:** TUESDAY MARCH 03, 2026  
**THEME:** A NEW BEGINNING  
**TOPIC:** LEAVING THE PAST BEHIND  
**TEXT:** PHI. 3:13-14 (NIV); IS. 43:18 (NIV)

### INTRODUCTION

To embrace a new beginning, we often need to let go of the weight of the past. This, however, doesn't mean forgetting what God has done, but releasing past hurts, mistakes, disappointments, lost opportunities, or painful experiences to move forward. Though the past cannot be changed, it should not be allowed to determine our future. The past is to be learned from, not to be lived in.

#### 1. THE DANGER OF HOLDING ON TO THE PAST

Holding on to the past can silently poison our future. Until we let go of the things behind us, we cannot fully lay hold of what lies ahead.

**a) It hinders spiritual progress (Hebrews 12:1):**

When we are weighed down by old wounds, failures, or sins, we cannot run the race God has set before us with endurance.

**b) It gives the enemy a foothold (Ephesians 4:27):**

Unresolved pain or bitterness opens doors for the devil to operate in our minds and relationships.

**c) It blurs our spiritual vision (Luke 9:62):**

Dwelling on the past distracts us from God's direction.

**d) It diminishes faith in God's ability to restore (Job 14:7-9):**

Constantly looking backward causes us to doubt that God can truly bring beauty out of our ashes.

**Biblical Example:** Lot's wife looked back and she became a pillar of salt, symbolising stagnation and lost destiny (Genesis 19:26).

#### 2. WHAT GOD SAYS ABOUT OUR PAST

God does not define us by our past failures, wounds, or history. He sees a new creature, a new you.

**a) He does not remember our sins anymore (Hebrews 8:12):**

When we repent, God wipes the slate clean and gives us a fresh start.

**b) He makes all things new (2 Corinthians 5:17):**

We are not defined by our past. In Christ, our identity is brand new.

**c) He restores what was lost (Joel 2:25):**

God has the power to compensate for the years of pain, sorrow, and delay.

**d) He uses our past for His glory (Romans 8:28):**

Even our worst moments can become testimonies of God's goodness.

**Biblical Example:** Paul, once a persecutor of the Church, became a mighty apostle through God's transforming grace (Acts 9:1-20).

### 3. HOW TO LET GO OF THE PAST

Letting go is not just a feeling—it is a decision and a spiritual process. God provides the tools and grace we need to walk out of the shadows of our past.

**a) Surrender your pain to God (1 Peter 5:7):**

Cast all your burdens upon Him, for He cares for you and is willing to carry the weight.

**b) Forgive others and yourself (Colossians 3:13):**

Unforgiveness keeps us chained to yesterday. Forgiveness is the key to our release.

**c) Renew your mind daily with God’s Word (Romans 12:2):**

God’s Word cleanses and reprogrammes our thinking for victory and joy.

**d) Focus on God’s promises and not your past failures (Isaiah 43:18–19):**

Forget the former things; God is doing something new and glorious in your life.

**Biblical Example:** Joseph let go of betrayal and pain, and as a result, God lifted him to the throne and used him to preserve nations (Genesis 50:20).

### 4. THERE IS POWER IN LEAVING THE PAST BEHIND

When we press on in God, we step into a realm of new possibilities, joy, and divine purpose.

**a) Forward movement releases destiny (Philippians 3:14):**

You begin to walk in your divine assignment when you stop living in reverse.

**b) It produces peace and joy (Isaiah 55:12):**

When you move forward with God, peace becomes your companion, and joy fills your soul.

**c) It opens doors to new opportunities (Revelation 3:8):**

God cannot open new doors if you’re still stuck behind old ones.

**d) It brings fulfillment and impact (John 15:8):**

Those who move forward in God bear much fruit and glorify the Father.

**Biblical Example:** Ruth chose to move forward with Naomi into a new land, and she stepped into the lineage of Jesus (Ruth 1:16; 4:13–17).

### CONCLUSION

In Philippians 3:13-14, Apostle Paul shares a powerful principle for victorious living, for experiencing a new beginning — forgetting those things which are behind and reaching forward to what lies ahead. This shows that to move forward with God and experience new beginning, we must learn to release the past and embrace the future.

God is calling us to progress and not to be trapped by regret or bitterness of the past. There is a “high calling” and a new beginning of joy and greatness for every believer, and we cannot attain it by looking back. We must press forward with faith, hope, and a renewed focus on God’s promises.

There is more ahead of us than what is behind us. Our future is greater than our failure. Let’s shake off the dust of the past and move forward by faith.