

4. In Genesis 3 after Adam and Eve had sinned, God came down and asked “Where are you Adam?” (vs 9). What was Adam’s response to God, and what parallels can we draw from his response to the way many people handle their past? (Note verse 8 as well.)

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5. How does Psalm 32:5 reveal what the first steps to dealing with our past wrongs?

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6. How does Matthew 6:12, 14-15 reveal how we should deal with those who have wronged us?

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7. What is the relevance of 2Corinthians 12:9 to being able to take the necessary action to help deal with our painful pasts?

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8. What is the promise found in Revelation 21:4 which gives us great hope about the relationship between our future and past?

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# 2.

Your past can be your worst enemy or one of your best friends. Learning how to deal with the past can help us to make life better. Often we hear of people who have gone through trying circumstances say that “time heals all wounds”. This is not true. Time doesn’t heal anything. Time is merely a vehicle for processing painful experiences. Therefore, its not time which heals but what you do with it. Depending on how we deal with the past will determine whether we get better or bitter.

Life can be great! But it depends on how we process the past which determines our future.

## how can we deal with the past?



1. Consider your life to this point. If you had a time-machine and could go back into the past there is no doubt there are aspects to your past which you would probably want to change. But what if you had just arrived from the distant future to the present day. What would you say to yourself to help you better navigate your future?

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2. Is there a difference between regret and remorse?

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Many people live in denial about their pasts. They lie to others about past hurts having no impact on them and feel that if they got real with others it would only add to their shame and pain. This is rarely the case. Yet others are too cathartic (they overly rehearse their past hurts, constantly seek sympathy from others rather than help, and relish in the attention it gives them).

3. How should we best respond to someone who shares from their heart about emotional wounds they may have received?

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“ He who covers his sins will not prosper,  
But whoever confesses and forsakes  
them will have mercy.”

Proverbs 28:13

There are times when we need acknowledge our past and our contribution to it. The principle of Proverbs 28:13 is that we admit our mistakes and learn from them. Perhaps we can see that our lives have gone in circles as the same issues seem to continually dog us. Perhaps we have lived with a sense of frustration that we have not fulfilled our potential. Maybe we get a painful glimpse from others about how they see us which causes us to redefine our past. Such was the case with the inventor of dynamite who then took the necessary steps to correct it.

“ I f I have a thousand ideas and only  
one turns out to be good,  
I am satisfied.”

Alfred Nobel



Alfred Nobel was born in 1833 in Stockholm, Sweden to a family of engineers. Nobel invented dynamite in 1866 and later built up companies and laboratories in more than 20 countries all over the world. A holder of more than 350 patents, he also wrote poetry and drama and even seriously considered becoming a writer.

When Nobel's brother died, the newspaper made a mistake and ran an obituary for Alfred Nobel. In the obituary they stated that he was known for creating the most destructive force known to mankind, dynamite. When Nobel read the obituary, he decided that he didn't want his family name remembered for destruction. As a result he began thinking about giving away his fortune as a means to recognize those that have made significant contributions in physics, chemistry, physiology or medicine, literature and peace.