



*Break the Power
of the Past*

Emotionally Healthy Discipleship 8

Philippians 3:12-14

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Philippians 3:12-14 (ESV)

¹²Not that I have already obtained this or am already perfect, but **I press on** to make it my own, because Christ Jesus has made me his own.

¹³Brothers, I do not consider that I have made it my own. But one thing I do: **forgetting what lies behind** and straining forward to what lies ahead,

¹⁴**I press on** toward the goal for the prize of the upward call of God in Christ Jesus.

Break the Power of the Past

1. Realize the Impact of Your Past

- “... I the LORD your God am a jealous God, visiting the iniquity of the fathers on the children **to the third and the fourth generation** of those who hate me, but showing **steadfast love to thousands** of those who love me and keep my commandments.” (Exodus 20:5-6)
- “... I myself have **reason for confidence in the flesh** also. If anyone else thinks he has reason for confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless. But **whatever gain I had**, I counted as loss for the sake of Christ.” (Philippians 3:4-7)

Break the Power of the Past

1. Realize the Impact of Your Past

- Genogram your family (EHD, p. 170-171)
- How would you describe each family member with two or three adjectives?
- How would you describe your parents' and grandparents' marriages?
- How was conflict handled in your extended family over two to three generations?
- What were some generational themes (addictions, abuse, divorce, mental illness)?
- How well did your family do in talking about feelings?
- What was considered "success" in your family?
- How was money handled? Spirituality? Relationships with extended family?
- How did your family's ethnicity, race, culture shape you?
- What traumatic losses has your family suffered?

Break the Power of the Past

1. Realize the Impact of Your Past

2. Recognize Your Identity as a New Person

- *“Therefore, if anyone is in Christ, he is a **new creation**. The **old has passed away**; behold, the **new has come**.” (2 Corinthians 5:17)*
- *“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be **made new** in the attitude of your minds; and to put on the **new self**, created to be like God in true righteousness and holiness.” (Ephesians 4:22-24, NIV)*

Break the Power of the Past

1. Realize the Impact of Your Past

2. Recognize Your Identity as a New Person

3. Reject New Iterations of Sinful Patterns

- *“Put to death therefore **what is earthly** in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.” (Colossians 3:5)*
- *“... But one thing I do: **forgetting what lies behind** and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” (Philippians 3:13-14)*

Break the Power of the Past

1. Realize the Impact of Your Past
2. Recognize Your Identity as a New Person
3. Reject New Iterations of Sinful Patterns



Discussion Questions

1. What troubles you and what gives you hope in Exodus 20:5-6?
2. When you look at your past, what do you consider blessings (positive) and burdens (negative)?
3. How have you seen God redeem (bring good out of bad or restore) some parts of your past?
4. What aspects of your identity as a “new creation” do you find to be most helpful and hopeful?
5. What perspectives or practices have you found helpful to put aside old sinful patterns and adopt new Christ-like lifestyle?