



Letting Go of Past Hurts
as presented by Mary Lowman
The Christian Working Woman Summer Session III
August 20 - 24, 2018

Day 5 – Friday, August 24, 2018

Two Seats:



Which one do you spend too much time in?

How can you get out of the seat of the offender?

- Take the first step toward reconciliation.
- Initiate a conversation
- Ask for forgiveness for your part.

Remember, you're not trying to prove who is right and who is wrong. Make sure you take ownership of whatever part you have played in this broken relationship, and make it clear that you want to restore it.

If it is possible, as far as it depends on you, live at peace with everyone. (Romans 12:18)

How do you get out of the seat of the offended?

- No one can get you out of this seat except you, by God's grace.
- Don't expect the person who offended you to get you out.
- Nothing or no one can keep you in the seat of the offended except you. It's your choice.

Bless those who persecute you; bless and do not curse. (Romans 12:14)



Pray a blessing on those who have hurt you. Do it out of obedience, not out of sympathy or good feelings.

When you sit in the seat of the offended, it is primarily because of pride.

But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the humble." (James 4:6)

Humble yourselves before the Lord, and he will lift you up. (James 4:10)

List some ways you can "humble yourself":

Conclusion:

Pray that you will choose every day not to sit in either one of these seats. Ask God to set you free from being the offender or the offended.

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. (Galatians 5:1)