

Detox your Past 1 John 1:5 – 2:2

"Of all the invisible toxins that stop us enjoying our lives to the full, the memory of things we had done wrong in the past is one of the most debilitating. But feelings of guilt are God's gift to us. They are the way of prompting us to do something to repair the damage. Curiously, the fact that we feel guilt does not show what terrible people we are; it reveals that we are morally responsible people who want to do better.

One of the great joys of being a Christian is that Jesus has revealed the way to be completely free from the contamination. He says, 'I'll deal with that for you!'"

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The 3 R's

1. **Repentance**
2. **Reconciliation**
3. **Restoration**

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1. Repentance

- ❖ Need to **name (confess)** – what it is that we have done wrong
- ❖ **Admit** our sin, **take responsibility** for it
- ❖ **Turn to Christ** – change of heart and mind

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2. Reconciliation

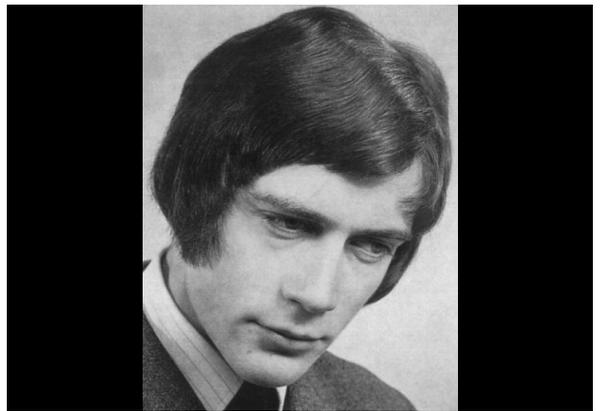
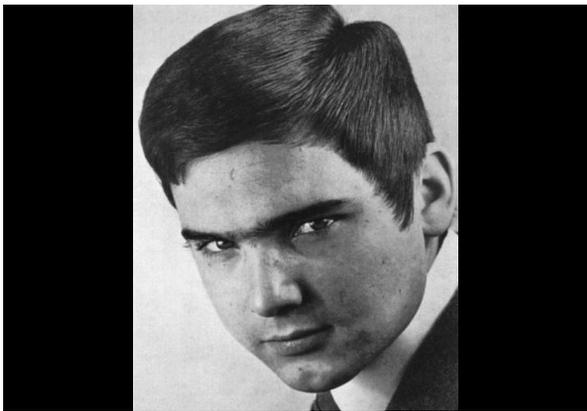
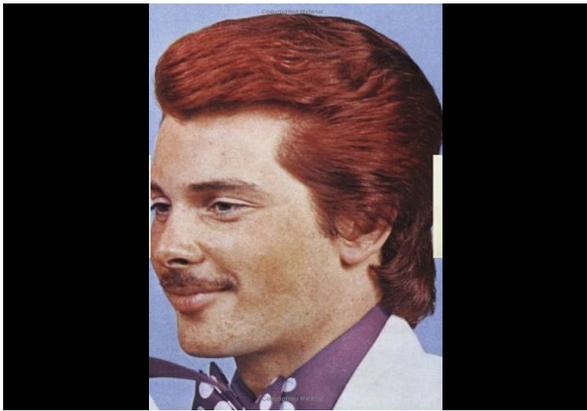
- ❖ God is faithful and just –
- ❖ He **forgives us** and **purifies us**

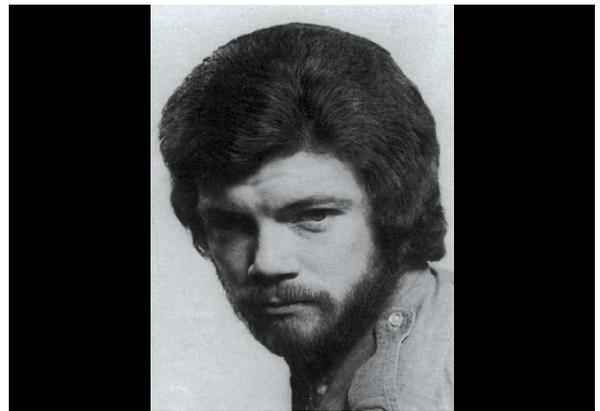
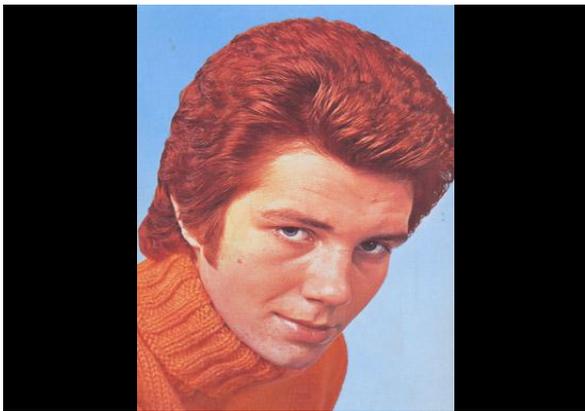
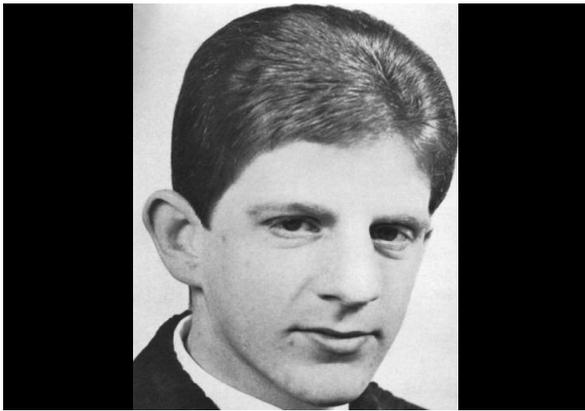
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3. Restoration

- ❖ We have a natural tendency to **reinterpret** the past







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3. Restoration

- ❖ We have a natural tendency to **reinterpret** the past
- ❖ We need to reinterpret the past through the **filter of the risen Christ** and his transforming power
- ❖ Nothing in our lives need be wasted – God can use it for good

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."
Romans 8:28

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3. Restoration

"What would it be like if your worst mistakes; your most grievous sins; the addictions that no one has ever known about, could get spun through Christ to the point that where instead of denying, repressing, avoiding, ignoring, you could actually tell about it in such a way that others could say "you mean Christ is retelling that in your life?"" Rob Bell