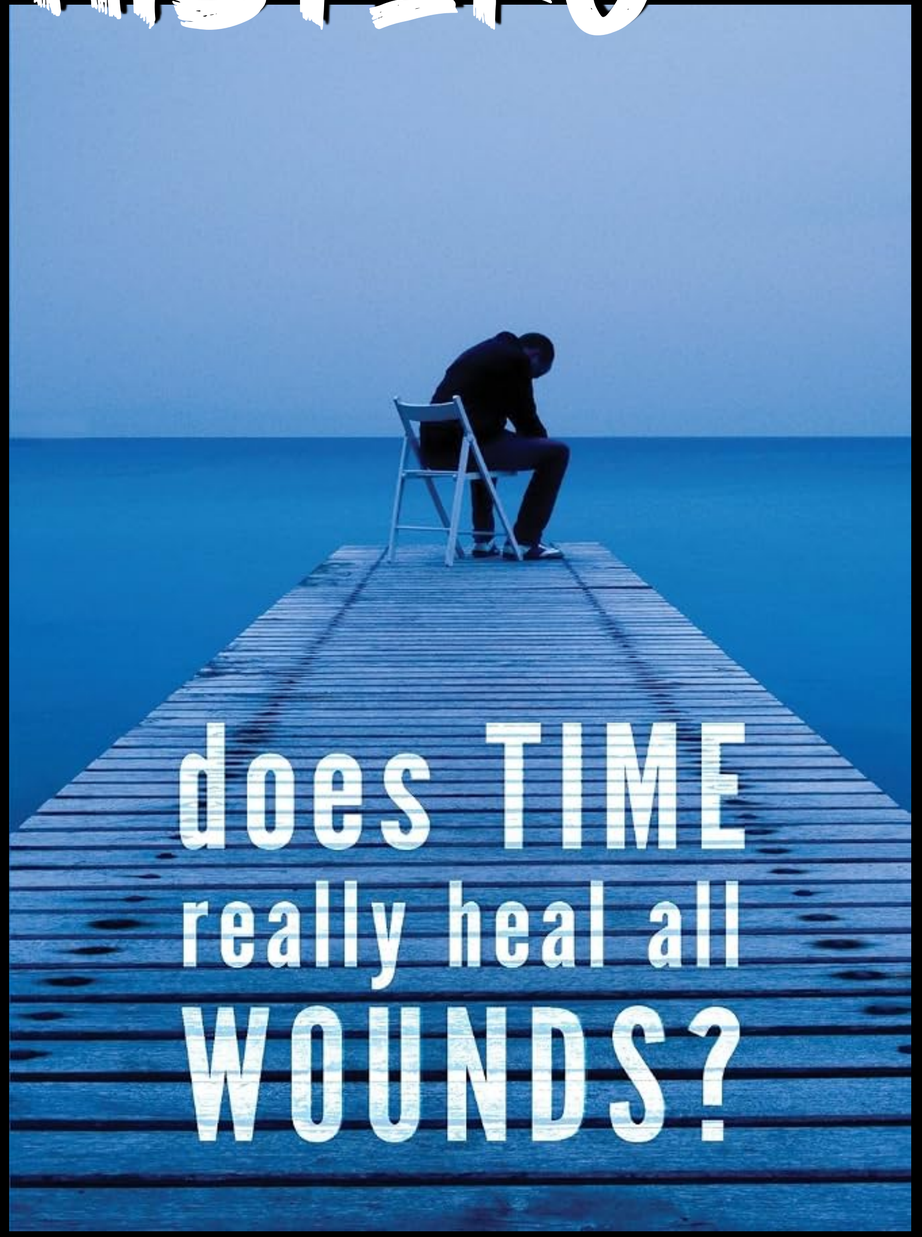
FACING YOUR PAST



HIDING FROM OUR HISTORY





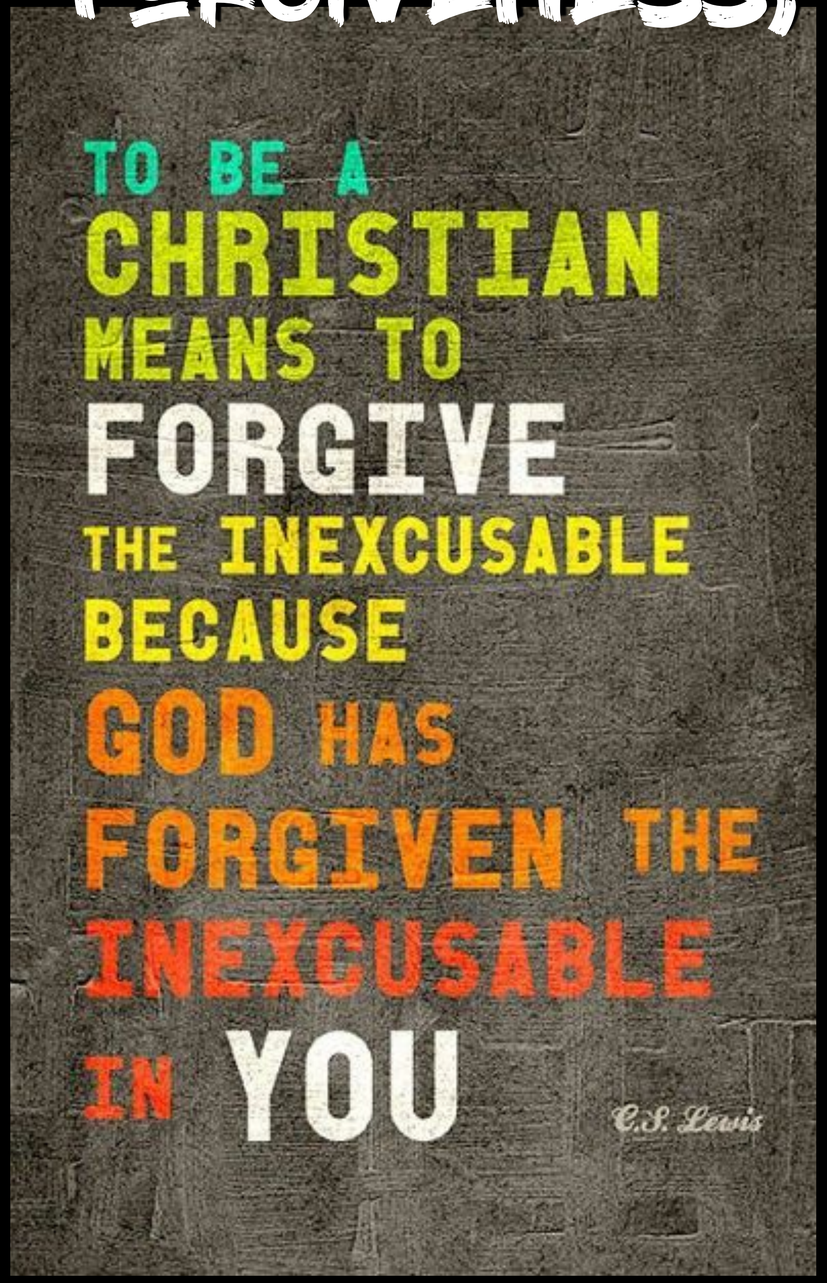
COMING FACE TO FACE

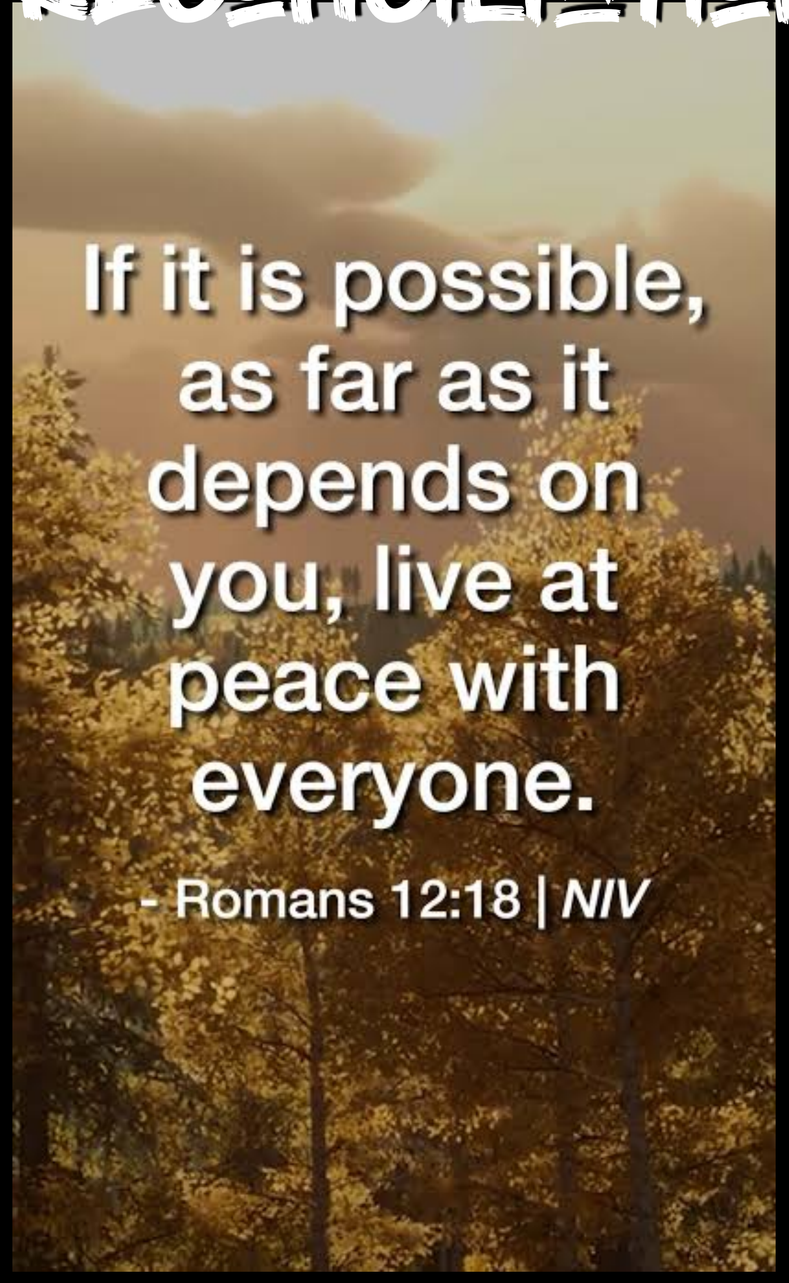


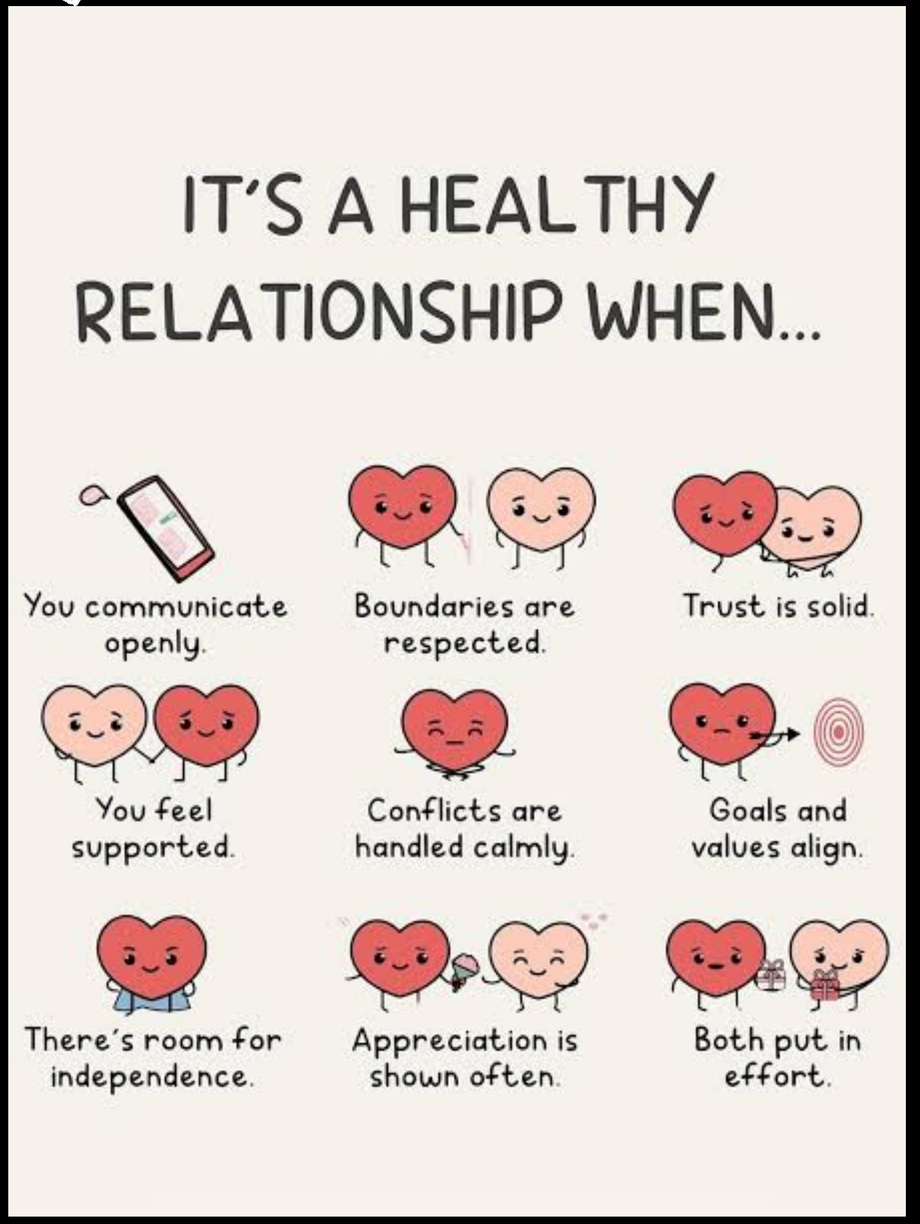




FORGIVENESS, RECONCILIATION, RESTORATION







MORE THAN WORDS

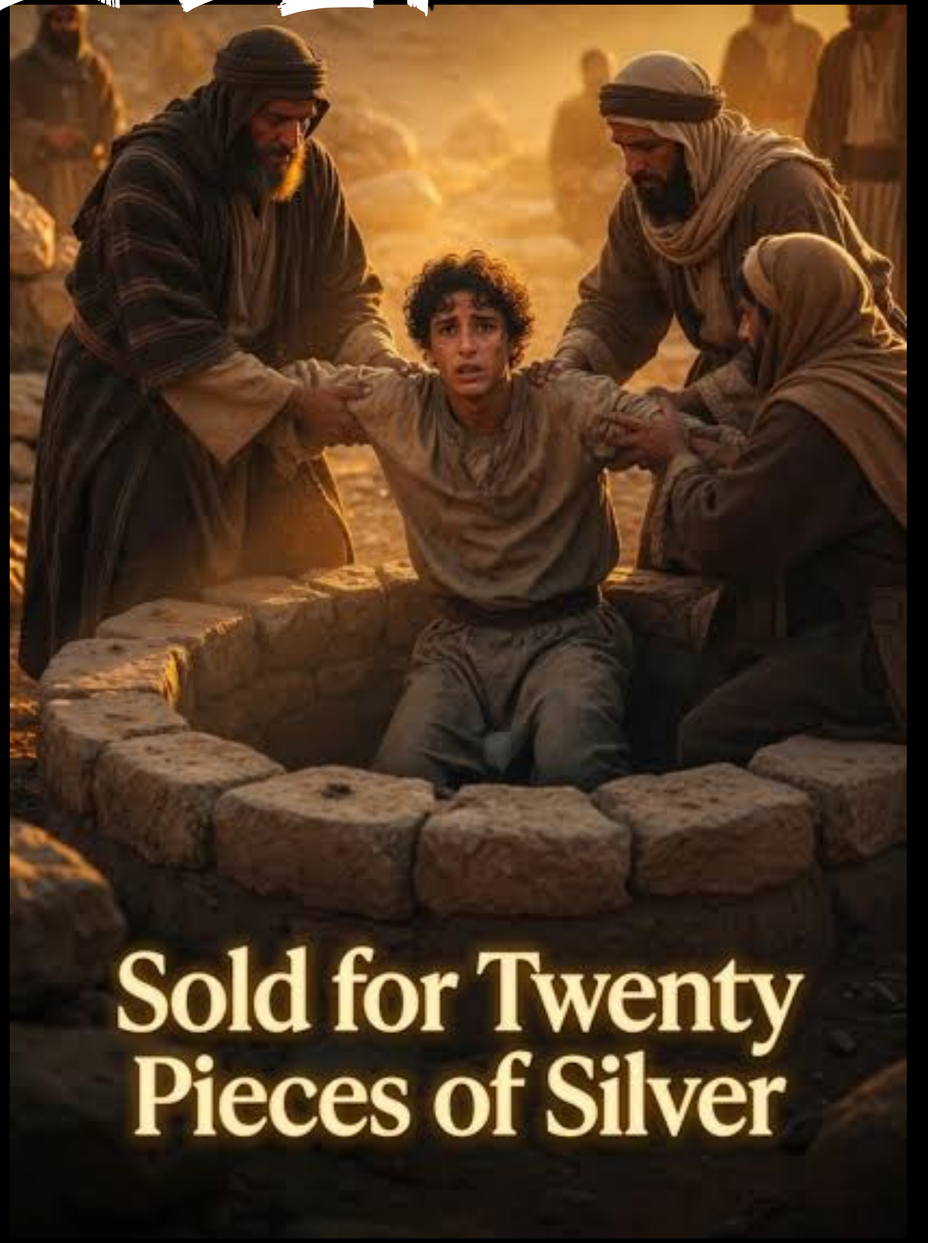
How to Take Personal Responsibility

1. Own your actions and decisions
2. Stop blaming external factors
3. Embrace the lessons you learn
4. Follow through on your commitments
5. Admit your mistakes
6. Acknowledge your weaknesses
7. Focus on what you can control
8. Apologize when necessary
9. Don't expect others to rescue you
10. Set clear boundaries
11. Make your own decisions
12. Accept the consequences of your choices



THE PAST ON REPEAT





TAKE IT HOME:

- We want things to be resolved. We want broken relationships to be healed.
- We want people to apologize, to change, and to make things right.
- Sometimes we want those things so badly that we rush the process.
- But reconciliation takes more than a desire to put the past behind us.
- It requires all parties to be honest about what happened.
- It requires those who have caused harm to take responsibility for it.
- And it requires the rebuilding of trust, which takes time, effort, communication.

1. Is there something in your own past that you have been trying to avoid?

Is there someone you've hurt, a wrong you've never acknowledged, or something you need to take responsibility for? Don't just feel bad about it: Confession brings forgiveness and healing. Where it is appropriate take a step toward making things right.

2. Is there someone who has hurt you?

God calls us to offer them over to Him in forgiveness. He also asks us to pursue peace and reconciliation if possible. Do I even have the courage to speak the truth to the person who has hurt me? Do I have the patience to navigate the messy process of reconciliation?