

A close-up photograph of a hand turning a key in a lock on a dark wooden door. The hand is wearing a grey, textured sleeve. The door has a large, ornate brass handle and a keyhole. The text is overlaid on the image.

Locked In the Past.?

Learn to live in the
fresh newness of life

Brendan Mc Crossan

Its time to let go

PHILIPPIANS -3-13: I am not all I should be but **I am** bringing all **my energies** to bear on this one thing; **Forgetting the past and looking forward to what lies ahead.** I strain to reach the end of the race and receive the prize for which God is calling us up to heaven because of what Christ Jesus did for us.

When praying with people, time after time I have heard them say, I can't forget the past and what happened. A very sad fact of life is if you don't stop looking back at the past you cannot see your way forward. Try this sometime, walk a short distance with your head turned around looking behind you, after walking a little bit you will find it very difficult to keep on walking without wanting to turn and look at where your going. If walking in this way in the physical is difficult then try and imagine what it is like walking in the spiritual life with your head turned around all the time, because if you wont let go of the past you are spiritually looking back all the time. I know that it is sometimes very hard to let go of painful memories and past events, I know from experience how much pain, causes us to keep looking back. God has shown us a way to let go of the past and learn to live in the fresh newness of Christ Jesus.

Philippians - 3-10: Now I have given up everything else— I have found it to be the only way really know Christ and to experience the mighty power that brought him back to life again and to find out what it means to suffer and to die with him. **So whatever it takes.**

I will be one who lives in the fresh newness of life of those who are alive from the dead.

Lets look at what Paul is saying here in these scriptures. This one thing **I do" Who** does, Paul says **I do**, he is not waiting for someone else to do something he is saying **I do" There** is no point in you sitting around waiting for things to change, you've got to change things if you want change in your life.

Are you tired of the drudgery of life? Are you fed up living in depression, misery, and sadness all the time? Then **you can** do something about it with the grace of God. There is no one else in your life that can change you, only you. It makes no difference to God what kind of past life you have had, how many wrongs you done. Everything can be changed, but the past has to be let go of for change to come.

You could not get a drink of fresh water out of a glass that is already full of stagnant water, you have to empty the glass of stagnant water and clean the glass to fill it up with fresh clean water. Living in the past means that your living a spiritual stagnant life and God wants you to live a life that is full of excitement laughter and fun. Life with God has so many changes in it, God is so versatile, and that every day is can be a day of excitement of expectation, a life of heaven sent joy.

You need to have the spiritual man or woman ready and waiting to be filled with fresh newness every day. You need to make sure that there is nothing stagnant in your spiritual life holding you back. Living in the past will hold you back spiritually, whether its something you done wrong, or something that someone else done on you, either will stop your spiritual growth. So many Christians fail to find the fullness that God has waiting for them because they will not let go of past things, and so they can not be filled with new things from the Lord.

I will be one who lives in the fresh newness of life. Something about God that you should know, with God everything is choice, he gives us the free will to choose to do what we desire to do with our lives. We choose to get up in the morning or we choose to lie in bed either way the choice is ours! God does not make you get out of bed he lets you choose for your self, you and I choose to sin, or not to sin, God prefers us not to sin but he allows us to sin if we so desire.

Paul learned that secret of godly living he said. Whatever it takes, I will be one who lives in the fresh newness of life. He also said, I have given up everything else. He found the secret of happiness. He found that to be really happy he had to give up everything from the past whether it is good or bad.

Paul found that to experience God's power in his life he had to let go of past things, and it mattered not if there were his killing the Christians before his conversion or miracles that God done through him afterwards. Paul knew that to life to the full he had to forgive himself and others and to let them go out of his life forever. Do you want to be really happy? Then you need to let go of the past, whether it is sins you committed, [which Jesus forgave anyway] or hurts that were committed on you. [Which he also forgave those whom hurt you]

REGRETS AND EFFECTS

There are so many things that we do in our lives that have **an effect** on us and on others; we also suffer from so many **regret's**, if only I had never done it, things might have been different. They may have been, but you can never change what actually happened. Take Paul as an example. He was guilty of persecuting and killing Christian men women and children, before Jesus finally knocked him off his high and mighty horse and showed him the error of his ways. He thought that he was doing something that pleased the God he knew. Then God showed him that he was wrong. How do you think he felt when he realise that he was murdering Gods own people? The shock that he would have felt

must have been enormous. Can you imagine how you would have felt if that were you?

There was Paul thinking he was doing God's will by killing these Christians, only to discover that they were his brothers and sisters in the Lord. The regrets he must have felt would have been horrific. God showed him that he could not change the past no matter how much he would have wanted to, but that he had to change himself and the effects his guilt had on him.

He more than likely met relatives of those he killed when he started preaching about Jesus, how would he have felt looking into their eyes as he preached forgiveness and God's mercy. He must have felt awful at times, like a hypocrite. Here he was preaching about the love of God and about showing mercy while the relatives of those he killed stood looking at him. But God taught Paul that he had to put his past behind him, leave it there and move on, leaving all the regrets behind him forever.

Paul suffered **regrets** but the people whom he killed suffered **the effects** of Paul's actions. They suffered death, and their families suffered bereavement and the loss of their loved ones. They suffered the loss of a father or mother, brother or sister, son or daughter. And no amount of repenting will ever bring them back, nothing anyone can do will ever bring back a murdered son or daughter or parent. They are dead and that is a **fact** that cannot be changed. You cannot go back and change the past, the past is exactly what it says it is, past, an event that has come to pass.

All of us have so many regret things that we done that we wished we never had. Wishing we could go back and change things. Every married couple has regrets wishing that they could go back and undo things they done and said. If only we could, how much pain that would erase. But the simple fact remains; we cannot undo time. Time alone is in God's hands and there's nothing we can do to erase or change it, only God has the power to change the **effects** and **regrets** of what happened in our lives.

Just say ten minutes ago I did a wrong, I regret it but I can't change it. I can wish I never done it, wish it would go away but it never will. I hurt someone, and all there is left for me to do is say, I am sorry, please forgive me. And hope to be forgiven. But the hurt remains until it eases within the person I hurt. Those ten minutes can never be brought back for me to get another chance. But I can do something about it from now on. I can learn never to say or do this thing again. I can change **me**. I can sit with all the regrets in the world or I can do something about it, namely change it by handing over to the only one who can take a bad thing and make it good.

Deuteronomy: 23:5: Instead he turned the intended curse into a blessing for you because he loves you.

God turns the bad in our lives into good when we hand it over to him to change. But he cannot Change it if we hold on to it, and keep bringing it up for examination, and keep looking at it and allowing the **feelings** that accompany it to rule over us.

Effects and regrets are accompanied by feelings and it is those feelings that keep us locked in the past. Feelings of anger, guilt, remorse, hatred bitterness, revenge and despair. These feelings and other feelings are a part of us. But we have control over our feelings, if we did not have control over our feelings we could do something terrible. Many a time a person felt like sticking a knife into someone who was giving them a terrible time but they held those feelings in check and did not stab that person, they were in control of their feelings. There are other people who were just dying to kiss someone and didn't, they keep their feelings in control. There are so many different things that I could give as an example but I think you understand what I am getting at.

What happened was the feeling was overruled by a decision? Decisions are what we make all the time. I must get up out of bed! No today I refuse to get up out of bed. A decision to do either was made. Ill go for a walk, or I'll just sit here and rest. I'll go to the pictures; I'll let down my neighbour's tyres.

Everything we do is a decision I will forgive, I won't forgive, I will let go of the past, and I won't let go of the past. All decisions. There is nothing that you do that was not a decision; think about this seriously, even doing that is a decision. Feelings are ruled or overruled by decision. By choice, choosing to do something. Here is where you make a choice regarding your life. Do you choose to let go of the past and all the hurts that went with it and release those hurts over to the Lord for healing? Do you choose to let go of the pain you carried from all your guilt of regrets? Do you choose to let go of all the effects you're past actions caused others or yourself to suffer?

When the lord said through Paul forget the past, he did not mean erase it from your mind as if it never happened, no! He simply meant let go of all the wrongs done to you, and all the wrongs done by you, let go of the regrets, let go of the effects, hand them over to me for changing for your good. This is a decision not a feeling, remember you decisions overrule your feelings, you do this by choice.

Romans: 8: 28: And we know that all that happens to us is working for our good if we love the Lord and are fitting into his plans.

Do you love the Lord? Do you want to fit into his plans? Then decide to let go of the past effects and regrets, say to Jesus. **Jesus, I want you to take all that happened to me. All the bad that happened, and all its effects on me. The things that make me react the way I do, the memories and pain. All the regrets that I have over the wrongs I done. I decide to give them all to your loving care knowing I can not change them, but that only you can, for my future benefit and good.**

With God everything is possible, he makes the impossible, possible.

We need to accept the past as a part of us. Our past good or bad is now a living part of ourselves. We need to accept that the past can not be changed. It is events that happened in our lives shaping us and making us the people that we are. It is the effects and regrets of the past that we need to let go of and forget, by giving them to the Lord to change for our betterment, in his own good time. Terrible things happened to me over the last three years and because I gave them to the Lord to use. I have since learned to use a computer and learned to write these little books. Because I was unable to go out at that time, and so sitting in I started using an old computer to pass the time.

Through the Lord's prompting I learned to write what he has been teaching me and passing it on to you who read this and hopefully you will in turn pass it on to someone else. Thus the lord turned to good the bad that happened to me for his glory and for your benefit. Letting go of the past allows you to live in the **fresh newness of life.**

CONTACT DETAILS

About the author Brendan Mc Crossan, lives in Northern Ireland, He had a dramatic spiritual conversion. On 5 separate occasions God spared his life from imminent death. Since his conversion Brendan and his wife Rose have been involved in a healing ministry.

For the past twenty five years, Brendan and Rose have given talks at retreats and conferences, teaching on God's word and Healing, and on the Gifts of the Holy Spirit with practical teaching methods. Teaching peoples how to open up to the power of the Holy Spirit. Showing them how they can pray for the sick and see healing and miracles happen. They teach on spiritual subjects out of a rich source of practical experiences. Having had many experiences in their lives, and have been through it all with God's grace and love.

To Book Brendan or Rose for conferences

E-mail: Brenden.mccrossan@ntlworld.com

Or contact them at:

Brendan and Rose McCrossan Ministries
18 Dunree Gardens
Creggan Estate
Derry
Northern Ireland
BT48 9QF
Phone-02871-285873

Other titles available By Brendan McCrossan

Prayers from the Holy Spirit
5 Steps to growing spiritually strong
God! Where the hell are you?
How God sees us
Stop asking for what's already yours
7 Ways to have peace of mind and heart
Redundant Angels
God has feelings and emotions
Heart to heart with God
The power of God at work
Unforgiveness the price it costs you
God loves you and here's the proof
Removing the chains of guilt
Trust me in your times of trouble
Your Children are promised salvation
The devil is listening to you
What price heaven
The purpose of the Holy Spirit
Stop getting annoyed! Go and get Jesus
Spiritual blocks to God's Healing & Power
Healing the miscarried, stillborn or aborted children
Locked in the past – Learn to live in the Fresh newness of life.

A close-up photograph of a hand turning a brass door handle on a dark wood door. The hand is wearing a grey patterned sleeve. The background is slightly blurred, showing the texture of the wood and the shape of the handle.

About the Author

Brendan Mc Crossan, lives in Northern Ireland, He had a dramatic spiritual conversion. On 5 separate occasions God spared his life from imminent death.

Since his conversion, Brendan and his wife Rose have been involved in a healing ministry.

For the past twenty five years, Brendan and Rose have given talks at retreats and conferences, teaching on God's word and Healing, and on the Gifts of the Holy Spirit with practical teaching methods. Teaching people how to open up to the power of the Holy Spirit.

Showing them how they can pray for the sick and see healing and miracles happen. They teach on spiritual subjects out of a rich source of practical experiences. Having had many experiences in their lives, and have been through it all with God's grace and love