

CROSSFIT

Breaking the Power of Our Past
Pastor Derwin L. Gray – February 4, 2018

- Learning to live as a disciple in the family of God is about reality, not denial or illusion.
- Discipleship in the family of God is about learning how to break free from the destructive sin patterns we learned from our family of origin.

How Do We Break Free from the Past? REMEMBER...

1. God is EPIC. (Genesis 45:8 CSB)
2. Be honest about your pain, sadness, and loss. (Genesis 45:1-3 CSB)
3. Let God rewrite your story into His story. (Genesis 45:4-15 CSB)

Soul-tattoo:

1. Create a '10 Commandments of Your Family of Origin' chart.
2. Ask the Lord to heal you from your past.
3. Write a new family response.

2 Corinthians 5:17 CSB