

“Renew Your Mind: Stop Living
In Your Past Troubles”

Isaiah 43:18-19

March 22, 2026

- I. _____ your past troubles so you can
take _____ for your healing.

“I have told you these things, so that in me you may
have peace. In this world you will have trouble. But take
heart! I have overcome the world.”

John 16:33 (NIV)

1. _____
(2 Samuel 11:1)

2. _____
(2 Samuel 11:2-4)

3. _____
(1 Samuel 16:11)
(1 Samuel 17:17-18)
(1 Samuel 17:28-29)
(1 Samuel 17:32-33)

4. _____
(2 Samuel 11:18)

- II. You must _____ to _____.

1. _____

“a time to weep and a time to laugh,
a time to mourn and a time to dance,”

Ecclesiastes 3:4 (NIV)

2. _____

“forgiving each other, just as in Christ God forgave
you.”

Ephesians 4:32b (NIV)

3. _____

“First to those in Damascus, then to those in
Jerusalem and in all Judea, and then to the
Gentiles, I preached that they should repent and turn
to God and demonstrate their repentance by their
deeds.”

Acts 26:20 (NIV)

4. _____

(1 Samuel 17:34-36)

“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”

Genesis 50:20 (NIV)

III. Don't make the troubles of your past your _____ today.

“Or do you not know that wrongdoers will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor men who have sex with men nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God. And that is what some of you

were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God”

1 Corinthians 6:9-11 (NIV)

IV. You must replace wrong _____ with truth.

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Philippians 4:8 (NIV)

V. Do not replay your past troubles without it being reframed for _____, _____ and/or _____.

(2 Corinthians 4:7-18)

VI. Remember your past troubles are not your whole _____ and _____ get to write the next chapter and the rest of your story.

“But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Philippians 3:13b-14 (NIV)

VII. Remember you cannot change your past troubles but you can control your present _____!

“In your relationships with one another, have the same attitude as Christ Jesus.”

Philippians 2:5 (NIV)

“to be made new in the attitude of your minds;”

Ephesians 4:23 (NIV)

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.”

Psalms 139:23-24 (NIV)

VIII. Remember to keep God in the _____ of your life.

“He heals the brokenhearted and binds up their wounds.”

Psalms 147:3 (NIV)

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalms 23:4 (NIV)