



242 Small Group Study Guide

Getting Past Your Past

Week 4: Leaving Your Past Behind

1. Describe a time when you lost a competition or a contest. What did you learn from your failure?

Read 1 John 1:9 and Jeremiah 31:34. These verses tell us that our sins are never too big for God's grace.

2. What are some of the lessons you've learned from your past failures?
3. In what ways are the personal failures of your past still impacting you today?

4. Why is it so difficult for us to forgive ourselves even after God has forgiven us of all our sins?

Read 2 Corinthians 5:17. This verse explains that our identity is not based upon what we have done, but rather whom God says we are.

5. Failure is an event - never a person. What does that statement mean to you and how can you draw strength from it?
6. What are some of the lies you have believed about yourself as a result of your past failures?

Read Philippians 3:12-15. This passage encourages us to realize that while we can't change our past, God can change our future.

7. Describe a past failure that you have fully overcome. How did you successfully overcome it?
8. What does God's grace and forgiveness mean to you? How has it changed you and helped you overcome your failures?

Because overcoming the pain of personal failures can be a difficult process for most people, take the first step of spending additional time with God in

prayer. Expand your prayer time with God over the next week and pray specifically that He will deliver you from the pain and bondage caused by your past failures. Allow Him to renew your mind as you pray.

One of the central themes found in the Bible is overcoming past failures. There are many great examples in God's Word of people who overcame their mistakes and embraced God's future, as well as verses that show us how to overcome our past failures. As you work towards overcoming your past failures, read the following verses and allow them to renew your mind:

Hebrews 4:14-16

Jude 1:24-25

Philippians 3:12-15

Joshua 7:1-15

Psalms 37:8

Romans 8:37