

I AM AN OVERCOMER



PRECEPT

ROMANS 8:1-4

¹ So there is now no condemnation awaiting those who belong to Christ Jesus.

² For the power of the life-giving Spirit—and this power is mine through Christ Jesus—has freed me from the vicious circle of sin and death. ³ We aren't saved from sin's grasp by knowing the commandments of God because we can't and don't keep them, but God put into effect a different plan to save us. He sent his own Son in a human body like ours—except that ours are sinful—and destroyed sin's control over us by giving himself as a sacrifice for our sins. ⁴ So now we can obey God's laws if we follow after the Holy Spirit and no longer obey the old evil nature within us.

PROMISE

Have you ever been trapped by your past? Sometimes our past can trap us and leave us feeling hopeless, thinking we can never change and are stuck in our situation forever. When we are reminded of our dark past, it can leave us feeling discouraged, despite trying our best to get over it. This can hinder us to move forward. There are times that the enemy wants us to re-live our past in order to stop us from doing great things for God. Our bad past, like failures, traumas, and sins, can lead us to live a guilty life and draw away from the Lord if we do not let go of them. On the other hand, our good past can also trap us if we are stuck in the good old days, having a hard time moving forward in the present reality.

There are certain indications that can tell us if we are trapped in the past. First is when we keep on comparing our present self to our past. The Bible tells us in Ecclesiastes 7:10, *"Don't long for 'the good old days.' This is not wise."* Comparison can steal our joy and make us ungrateful. We will be like the Israelites in the wilderness where they complained to Moses when he took them out of Egypt (Exodus 16). Secondly, some of us keep on condemning ourselves and feel guilty and ashamed of what we have done. We have to remind ourselves what Romans 8:1 says, *"So now there is not condemnation for those who belong to Christ Jesus."* Be reminded that Jesus already paid for our sins with His own body and blood, and defeated sin when He has risen. If you truly belong to Christ, you must have repented from sins, turned away from your sinful lifestyle, and live a life dependent on Him.

Isaiah 43:18-19 instructs us what to do about the past that does not serve us anymore. It says, *"¹⁸ But forget all that—it is nothing compared to what I'm going to do! ¹⁹ For I'm going to do a brand-new thing. See, I have already begun! Don't you see it? I will make a road through the wilderness of the world for my people to go home, and create rivers for them in the desert!"* Philippians 3:13-14 tells us also, *"¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."* We might have not reached our goal yet because we are still dwelling on the past, but we are commanded to forget the past and look forward to what lies ahead. Take the time to consider all the ways the Lord has changed you over the years and continually let Him transform you. In Him, we can declare that we are a new creation and He is continuing to redeem all parts of our life, including our past.

To forget is also to forgive and receive forgiveness, and not allow our past to dictate our present or ruin our future. Overcoming being stuck in the past can be a challenging process, but with God's help, it's possible to move forward and have peace. Jesus is far greater than we can ever imagine! We must not let our past ruin our present and future. Let us release the past, embrace a brighter future, and be an overcomer!

PRACTICE

1. Overcoming the Past. What's one thing in your past that you want to overcome?

2. You're an Overcomer. How did you overcome your past? How did you put the past behind you?

PRAYER

I. World

- Pray for the wars around the world to cease and may nations know Jesus as their Lord.

II. Hope

- Thank God for the hope that we have in Him, in His faithfulness, and goodness.

III. Mental Health

- Pray for healing and guidance for those people battling mental illnesses.

IV. Healing

- Pray for God's healing grace upon the bodies of those suffering from diseases.

V. Provision

- Pray that God may give us the heart to share our resources & blessings to those in need.

VI. Joy

- Pray that we will be filled with joy coming from the Lord, especially when times are hard.

VII. Courage

- Pray that we will always have courage to obey God at all costs, through His power.