

# Dealing with the Past, Present, and Future

Pastor Steve Highlander

1. The new year is a natural time to take a break and spend some time being mindful.
  - a. WHERE HAVE I BEEN?
  - b. WHERE AM I GOING?
  - c. WHAT DO I NEED TO DO TODAY TO FACILITATE CHANGE IN MY LIFE?
2. Practice Mindfulness
  - a. Prov 20:27 spirit of man candle of the Lord
  - b. Mindfulness is the practice of being aware of what is going on in and around you.
  - c. Business causes us to rush through life without thinking.
  - d. MF allows us to stop and contemplate the things of our life on a deeper level
  - e. MF allows the Holy Spirit to guide our thoughts and make connections between causes and actions (symptoms).
  - f. MF allows you to act rather than react.
3. Paul's attitude and desire drives him. Philippians 3:7-11
  - a. Paul's lack of confidence in his flesh
  - b. His desire for genuine righteousness (not self-righteousness)
  - c. His desire to KNOW Christ
  - d. His desire to experience the power of Christ
  - e. His understanding of suffering as it relates to Christian service and maturity
  - f. His Understanding that He had been "APPREHENDED" for a purpose by Christ
  - g. His desire to "apprehend" the purpose for which he had been "apprehended for."
4. Paul's personal strategy for sustained growth Phil. 3:11-16 Dealing with the Past, Present, Future
  - a. The Attitude
    - i. Awareness that there is more, we have not yet obtained the prize.
    - ii. Commitment to pressing on, pressing in. Effort.
    - iii. Tag!!! The goal is to fulfill your God-ordained destiny. (Eph. 2:10)
  - b. The Actions: Three wrapped in one experience
    - i. Dealing with the past
      1. Chained to the past: you can only go so far. (Dog and rubber band illustrations)
      2. Spiritual, emotional and physical energy directed backward.
      3. Forgetting (adjusting the importance) those things which are behind: good and bad
      4. Forgiveness: my own, myself, God, others

5. Not reminiscing about the glory days
- ii. Dealing with your future--Reaching forwards
  1. Reaching requires effort: stretch yourself.
  2. Vision: Jer. 29:11-13 expected end
  3. Proverbs 29:18 without vision people run unrestrained
  4. Ephesians 2:10 You are Gods workmanship, created for good works
  5. Vision gives us a goal and keeps us focused.
- iii. Dealing with the present: through diligence
  1. Pressing into the vision
  2. Practicing what you know Philippians 3:16
  3. Examine yourself occasionally. Evaluating where you are.
    - a. 1 Corinthians 11:28 11:28 Lets a man examine himself
    - b. 2 Corinthians 13:5 Examine yourselves...
    - c. Galatians 6:4-5 don't compare yourself to others.  
2 Corinthians 10:12

**Download a free copy of the 16-page study guide, which includes more notes, thought provoking questions, and two special sections on the 6 areas of forgiveness we all must deal with and how and why to create boundaries with people who negatively impact your life.**

<https://ottawafoursquare.org/2024/12/29/dealing-with-your-past-present-and-future/>