

Bible Study: **Elevating our Emotions through Resilience**

Text: **Philippians 3.13-14**

Elevating our Emotions through Resilience

Leaving the past in the past. Learning how to let go.

Resilience is possessing the aptitude to withstand difficult conditions. When you are resilient you recover quickly from difficult conditions. When life bends you out of shape, if you are resilient, you possess the capacity to recoil and spring back into shape. Being resilient is having the faculty to recover (**Prov. 24.16; 2 Corinthians 4:8-9**).

A challenge all will face in life is **Learning how to let go** and **Leave the past in the past**. If this is not mastered there will be areas of our lives where we will become stuck. We want to loosen our grip so we can move forward in a healthier, happier way, and start living a life full of more joy and freedom. A difficulty with letting go of the past will likely be related to one or more of the following key emotions: guilt, regret, or sadness/anger.

Guilt is an emotion that tells us we have violated some rule or norm. For example, “I should have done this” or “Why did I do that”. **Regret** communicates that we wish that something from the past could have been different. Lastly, **anger** is an emotion that tells us that we feel something was unjust or unfair. Anger can also be the result of feeling hurt, so it can also be related to sadness.

1. Don't hold on to what God delivered you from

There is a danger in holding on to what God is setting you free from. (Gen. 19.17, 26)

2. Don't dwell on the past (Is. 43.18-9, Lk. 9.62; Prov. 4.25-27)

3. Place your trust in the Lord (Prov. 3.5; Jer. 29.11; Ps. 94.19)

4. Know that you are a new creature (2 Cor. 5.17)

5. Give your cares to God (1 Peter 5.17)

6. Release yourself from guilt (1 John 1.19)

7. Don't give room to the enemy (James 4.7)

8. Pray for your enemies (Matt. 5.44)

