



The Jesus Way
Redeeming the Past

Ephesians 4:31-5:2

87,000 options!



A painting of a room with a window and a table. The room is dimly lit, with a window in the background showing a view of a building. A table is in the foreground, and the overall mood is contemplative and somewhat melancholic. The colors are muted, with a lot of blues and greys.

Ways we get stuck in the past

regret

A painting of a room with a window and a table. The scene is rendered in a soft, painterly style with a palette of muted blues, greens, and earthy tones. A window with a white frame is visible in the upper right, looking out onto a landscape. In the foreground, a wooden table is partially visible, and a chair is tucked under it. The overall mood is contemplative and slightly melancholic.

Ways we get stuck in the past

regret

bitterness

Misconceptions about forgiveness

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5. Forgiveness is the same as restoration

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 - Our willingness to forgive others ourselves
 - Our willingness to acknowledge our own sins
 - Our willingness to give God time to effect the redemption we long for