

## Travel Light

### Letting Go of Your Past

## TALK IT OVER

### Key Scriptures

*At that moment the Lord turned and looked at Peter. <sup>15</sup> When Jesus and his disciples had finished eating, he asked, "Simon son of John, do you love me more than the others do?"<sup>[a]</sup>*

*Simon Peter answered, "Yes, Lord, you know I do!"*

*"Then feed my lambs," Jesus said.*

<sup>16</sup> *Jesus asked a second time, "Simon son of John, do you love me?"*

*Peter answered, "Yes, Lord, you know I love you!"*

*"Then take care of my sheep," Jesus told him.*

<sup>17</sup> *Jesus asked a third time, "Simon son of John, do you love me?"*

*Peter was hurt because Jesus had asked him three times if he loved him. So he told Jesus, "Lord, you know everything. You know I love you."*

*Jesus replied, "Feed my sheep. <sup>18</sup> I tell you for certain that when you were a young man, you dressed yourself and went wherever you wanted to go. But when you are old, you will hold out your hands. Then others will wrap your belt around you and lead you where you don't want to go."*

<sup>19</sup> *Jesus said this to tell how Peter would die and bring honor to God. Then he said to Peter, "Follow me!"*

John 21:15-19 CEV

*If you have sinned, you should tell each other what you have done. Then you can pray for one another and be healed. The prayer of an innocent person is powerful, and it can help a lot.*

James 5:16 CEV

*Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ.*

Ephesians 5:32 CEV

Start talking. Find a conversation starter for your group.

- What are three positive things you can share about your past?
- Dean joked about Jesus using the name Simon instead of Peter to get the disciple's attention. What name did your parents use for you when you were in trouble?

Start thinking. Ask a question to get your group thinking.

- Think about your past self and your present self. Does it seem like two totally different people, a little different, or about the same? Why?
- You don't have to answer aloud, but what comes to mind when you hear the words "past mistakes"? Let the rest of the conversation help you with these areas.

Start sharing. Choose a question to create openness.

- Dean said that letting go of your past might be simple but it's not easy. Would you agree or disagree with this? Why?
- How might holding onto the past affect someone's future?
- Dean suggested four options for those who want to let go of the past: see a psychologist; confess your sins; grieve the gap; forgive. Which of these was most meaningful to you?

Start praying. Be bold and pray with power.

God, thank You for not just forgiving us, but for wiping clean our past. Thank You for saving us from our past so we can step into our future. We ask you to show us what those steps look like and to give us the strength to take them this week. We pray this by the power of Jesus' name, amen!

Start doing. Commit to a step and live it out this week.

- At the end of this year, when you look back, what do you hope you'll say about yourself? Add one daily action to your schedule to help you get there.