

## How to Put the Past Behind You for Good

*(This year can be your best year yet)*  
by Dr. David Foster

"What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record. There was a time when I wouldn't admit what a sinner I was. ***But my dishonesty made me miserable and filled my days with frustration.*** All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, 'I will confess them to the Lord.' And you forgave me! All my guilt is gone. *Now I say that each believer should confess his sins to God when he is aware of them, while there is time to be forgiven. Judgment will not touch him if he does.*" (Psa 32)

### How We Handle the Past

We try to **bury it.**

We try to **rationalize it away.**

We try to **compromise with it.**

We try to **shift the blame.**

We end up **beating ourselves up.**

"My guilt has overwhelmed me like a burden too heavy to bear."  
(Psa 38:4)

## My 2011 Resolutions

I resolve to **be redemptive.**

"Never pay back evil for evil. Do things in such a way that everyone can see you are honest clear through." (Rom 12:17)

I resolve to **be enthusiastic.**

"Never be lazy in your work, but serve the Lord enthusiastically. Be glad for all God is planning for you. Be patient in trouble, and prayerful always." (Rom 12:11-12)

I resolve to **be virtuous.**

"In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven." (Mat 5:16)

I resolve to **defy convention.**

"I am sending you out like sheep among wolves. Therefore be as shrewd as snakes and as innocent as doves." (Mat 10:16)

"Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me; and anyone who does not take his cross and follow me is not worthy of me." (Mat 10:34-38)

I resolve to **do my best.**

"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'" (Mat 25:23)

I resolve to **enjoy every sandwich.**

I resolve to **dance.**

"A time to weep, and a time to laugh; a time to mourn, and a time to dance;" (Eccl 3:4)