

Genesis 45 **Healing from the Past**

We can let our past be a guide to the future or a trap that keeps us bound in despair.

It is essential that we learn to let the past go and find peace to guide us into the future.

I. Forgiveness opens the door to peace.

“I am Joseph who you sold into slavery” (v. 4).

Choice: to forgive or to take revenge

Until we forgive, the past will continue to cripple us.

- Forgiveness is hard.
- Forgiveness hurts.
- Forgiveness costs.

II. We must live in the present.

“God has made me lord of all Egypt. Come down to me” (v. 9).

Stages of recovery:

1. Confusion and pain
2. Denial
3. Anger
4. Sadness
5. Acceptance & forgiveness

Living in the past paralyzes us in the present.

III. God can take our past to make us a better person.

“God sent me” (v. 5, 7) “God has made me” (vv. 8, 9)

Romans 8:28: “All things work for good for those who love God.”

Two dangers: 1) letting the past control us, 2) forgetting the lessons we can learn from the past.