

Let it Fall Away Releasing the old to make room for the



Tuesday, October 1, 2024 RECAP: Our topic was Forgiveness Part 2

KEY SCRIPTURE: JEREMIAH 30:17

- "Let it Fall Away" aligns with the current season of transition, drawing parallels to nature where God makes "letting go" appear beautiful, especially through the colors of the falling leaves.
- Just as nature prepares for winter, allowing new growth in spring, God calls us to release what no longer serves us in preparation for what He has in store.

Forgiveness Part 2: Exchanging Hurt for Healing.

- God desires to add and multiply in our lives, and when He asks us to release something, He intends to replace it with something better (Isaiah 61:3: beauty for ashes, joy for mourning, praise for heaviness).
- Jeremiah 30:17 emphasizes God's promise of healing and restoration.
- Many who have been hurt forgive because it is the right thing to do; however, true healing comes when we release the residual hurt, not just out of obligation but out of trust in God's love and restoration.
- Triggers show us areas in our lives that still need healing. They are not by accident but indicators of unresolved pain that God is bringing to our awareness so that healing can begin.
- Practical Application: Take a moment to reflect on something that recently triggered you. Imagine Jesus extending His hands toward you and offering you His strength (Read Isaiah 41:10). Then visualize handing over the hurt to God, knowing that He is on your side and is releasing your healing to you. Do this as often as needed.

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