

Phil 3:13 (NLT)

No, dear brothers and sisters, I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead,

Most, if not all of us, have a past that we are not proud of. People ask us about it and we tend to shy away from it or not tell them everything we did because it was just too terrible. Passages like today's give us a comfort and hope that we can forget about our past and move forward in our walk with Jesus.

† *Forgetting the past and looking forward to what lies ahead,*

But one thing we seem to forget is that last night, this morning or even ten minutes ago was the past. But when it comes to sin we seem to hold onto it like it's the present, even though we have asked for the Lord's forgiveness just minutes ago.

Paul knew this all too well and said: *"I am still not all I should be."*

But still, he didn't allow his distant past or even near past of five minutes ago ruin his day, instead he pressed on and said: *"but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead."*

So stop focusing your energies on the past that has been holding you back, and let it go. But also let go of what you just did ten minutes ago, confess it to the Lord and press onward towards the prize.

† **Phil 3:14 (NLT)** *I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.*