

## Breaking Chains Of The Past

Outline – October 8, 2023

John 4:5-26; 2 Corinthians 5:17

### A Past Is Something We All Have

- I. **Jesus wants to break chains of our past, to launch our future**
  - A. Jesus will encounter you
    1. In worship/church
    2. In small groups
    3. In counseling
    4. In a circumstance
    5. In a revelation
  - B. Jesus encountered a woman at the well
    1. She was fearful, defensive
      - a. Tension
      - b. Prohibited from temple
    2. Almost scandalous in that culture
      - a. Jew and Samaritan
      - b. Man and woman
    3. She was probably not welcomed in some circles
      - a. At the well hottest part of the day
      - b. At the well alone
    4. She has been involved in multiple marriages
      - a. Ended in death creating grief
      - b. Ended in divorce creating loss, failures
  - C. Jesus prepares her for something amazing
    1. Will she be real with Jesus
    2. The chain of “let’s pretend” are linked to our past
  - D. Jesus reveals her past and she is amazed
- II. **Jesus helps her and you deal with your past**
  - A. To get free from our past we have to own it, and face it
    1. Forgetting our past is generally an impossibility
      - a. The brain stores everything
      - b. The brain recalls when triggered
    2. May not like or accept everything that happened, but we can’t pretend our way out of it
      - a. It did impact you
      - b. It did shape you
    3. It is your story
      - a. You can try to ignore it
      - b. You can try to pretend
      - c. You can try to change it

It will always be a part of your story

- B. We try so hard to remove our past, we get caught up in a cycle
- III. **How do we get free?**
  - A. It's not trying to forget it
  - B. It's not pretending
  - C. It's not by lying it didn't happen
  - D. It's not numbing yourself
  - E. It's staring right at it
  - F. It's owning your part
  - G. It's declaring I don't like it, but it's my story
- IV. **The problem of not facing our past**
  - A. If we don't look at it
  - B. If we don't deal with it
  - C. If we don't talk about it
  - D. It pulls us backwards and keeps us from moving forward
- V. **Had Jesus never mentioned her past**
  - A. She would not have unlocked the chains
  - B. She would not go forward
  - C. In her freedom story, she had to embrace her past
- VI. **God knows everything about your past, but He still has a future for you**
  - A. She had been hurt
    - 1. Emotionally
    - 2. Spiritually
    - 3. Relationally
    - 4. Just like you
  - B. God wanted to bring her into a new future, but He wasn't going to ignore her past
- VII. **The power of knowing Messiah as you encounter Him**
  - A. His cross is sufficient
  - B. He sets you free
  - C. Everything you have done and everything done to you on the cross
  - D. Jesus experienced every betrayal, broken promise, curse, forsaken of God
  - E. The work of the Cross catapults us out of the past
  - F. We don't forget it, but we leave it to something glorious
- VIII. **Jesus breaks the chains and writes a new chapter in our story**
  - A. Bible says, Mary believed in Messiah because of her testimony
    - 1. Everyone knew her past
    - 2. Now she had a freedom
    - 3. She had a future
    - 4. She had an encounter
    - 5. She had a testimony
  - B. That freedom was the fuel that restored her
  - C. She had a story to tell of a chain breaker

- IX. If anyone is in Christ, they are a new creation, old is past away, all things are new (2 Corinthians 5:17)
  - A. Best thing about the past is it is in the past
  - B. Through disappointments, doubts, disasters, divisions, you are here ...
  - C. In the House of God encountering the Spirit of God
- X. **You have a story to tell**
  - A. Your past is behind you, launching you into a new future
  - B. Chains are broken

**You Have A Story To Tell  
You Are Set Free  
By The Chain Breaker**