



***“Emotionally Healthy  
Spirituality:  
Blast From The Past”  
February 13, 2022  
Pastor Bear Clifton***

I. The journey of “sanctification” that Christ takes us on to make us like himself begins with this:

- I look *in*, opening my \_\_\_\_\_ to the Lord and allowing him to speak to me about anything he sees there.

Matthew 15:19 – “For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. These are what defile a person.”

*How does Jesus speak to me about my heart?*

II. What is the second part of the sanctification journey?

- I look *back*, at what happened to me as my character was taking shape, especially at my \_\_\_\_\_.

Exodus 20:4 – “I the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.”

III. How can I break free of the past’s grip on me?

- A. First identify your family’s “\_\_\_\_\_ and \_\_\_\_\_” – both good and bad.
1. What sinful traits did Abraham give his family?

2. Categories to consider:

- B. Then put off the sinful patterns and habits of your biological family and live as an \_\_\_\_\_ child in the family of God.

1. Where I receive the \_\_\_\_\_ of God.

2. And an extended family of \_\_\_\_\_ and \_\_\_\_\_.

*One Thing The Lord Spoke To My Heart Today:*