

**“A New Perspective”**  
**5 Blind Spots Blocking God’s Work in You, Part 7**  
6/28 & 7/1/18

More & more research confirms the state of our minds & hearts has a lot to do with our **HEALTH**

If we hang on to these bad habits, they will keep us **STUCK** in our blind spots and **UNDO** our well-being

When we find that our potential is blocked by our self-defeating blind spots, learning to see the truth clearly is **NOT** as **SIMPLE** as we would like it to be

There are actually certain **BENEFITS** to living in the past:

- don’t have to participate fully in life because our blind spots cause us to see ourselves as **DAMAGED** goods
- justify not taking the **RISKS** involved in new relationships
- the hurts we experienced long ago become the **EXCUSE** for everything that we now do in **EXCESS**

**Change Your Thoughts, Change Your Life**

When we are willing to change our thinking, we become able to see that our blind spots are created not really by the trauma of the past but by our **REACTION** to it

More than we realize, it is our **THINKING** about events of the past that keeps us unhealthy, unhappy, and stuck

Proverbs 23:7 (KJ) “For as he [a person] thinketh in his heart, so is he.”

We need to change the way we **THINK** about the **PAST**

Romans 12:2 (GN) “Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God—what is good and is pleasing to Him & is perfect.”

Putting a new frame on the past will not change it, but it can change our **OUTLOOK** on the events that traumatized us

Jesus often removed people’s blind spots by helping them gain a new perspective on the **TRUTH**

(see Luke 21:1-4 & John 8:3-5&7)

Matthew 19:30 (NIV) “But many who are first will be last, and many who are last will be first.”

**Seeing Yourself & Those Who Hurt You from a New Perspective**

Become willing to give up the old **FRAME** in which you have **VIEWED** this person

**“Old Frame” View**

- The person who hurt me is all bad
- The person has no regrets
- The person is beyond redemption
- The person deserves nothing
- The person has nothing of value to offer this world
- The person is hopeless
- The person should say he or she is sorry before I move on
- The person is responsible for my misery

## *Steps to Gaining a New Perspective on the Past*

### **Step #1: Your own personal stance of HUMILITY**

Romans 3:23 (NLT) “For everyone has sinned; we all fall short of God’s glorious standard.”

Every one of us has messed up, and we are all fellow STRUGGLERS

Being hurt does not make us UNIQUE; we are not morally SUPERIOR to the one who hurt us

### **Step #2: Do exactly the opposite of what feels NORMAL – because we crave REVENGE**

Galatians 5:16 (NLT) “So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.”

We don’t have to live as slaves to our emotions and instincts, because we can tap into a greater power that can CONTROL these troublesome impulses – God’s SPIRIT in us

1 Corinthians 3:16 (NIV) “Don’t you know that you yourselves are God’s temple and that God’s Spirit lives in you?”

God’s Spirit empowers us to do what no one could do without SUPERNATURAL intervention  
Philippians 2:13 (NLT) “For God is working in you, giving you the desire and the power to do what pleases Him.”

### **Step #3: ACKNOWLEDGE that the person who hurt you was raised in a broken world & most likely was abused, abandoned, or hurt in some way that led to his or her becoming an abuser**

1 John 1:8 (NLT) “If we claim we have no sin, we are only fooling ourselves and not living in the truth.”

Changing our perspective removes the blind spot and enables us to see the truth – the other person is not all BAD, and we are not all GOOD

### **Step #4: Develop a GRACE-FILLED mindset that provides you with a new way of looking at the past & those who hurt you**

Ephesians 2:8-9 (NIV) “For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—<sup>9</sup> not by works, so that no one can boast.”

2 Peter 1:2 (NIV) “Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord.”

James 4:6 (NIV) “But He gives us more grace. That is why Scripture says: ‘God opposes the proud but gives grace to the humble.’”

This forgiving SPIRIT is a way of approaching all of life, but should not be confused with the actual ACT of forgiveness

Proverbs 19:11 (NLT) “Sensible people control their temper; they earn respect by overlooking wrongs.”

If you adopt this forgiving spirit, when the deeper hurts of life come along or linger, you tend to see them in a less PERSONAL way

Reaching a new perspective that will remove the blind spots blocking your potential is a COMBINATION of humility, awareness, spiritual focus, and grace

### *My Next Step Today Is:*

- I will memorize Proverbs 23:7 “For as a person thinketh in his heart, so is he.”
- I am asking God to help me work through *Steps to Gaining a New Perspective on the Past*

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