

Serenity With Painful And Guilty Memories

Acceptance and Serenity - Lesson 6

“We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace.” (*Alcoholics Anonymous*, “Into Action”)

How does God give you the grace to let that happen? After all, we all have...

- Losses because of our bad choices
- Mixed feelings about decisions we felt we had to make
- Memories of pain that we caused other people
- Memories of pain that other people have caused us

Look at Joel 2:24-26—“The threshing floors will be filled with grain; the vats will overflow with new wine and oil. I will repay you for the years the locusts have eaten—the great locust and the young locust, the other locusts and the locust swarm—my great army that I sent among you. You will have plenty to eat, until you are full, and you will praise the name of the LORD your God, who has worked wonders for you; never again will my people be shamed.”

- What do you see God promising you about your regrets and painful memories?

Look at 1 Samuel 15:35—“Until the day Samuel died, he did not go to see Saul again, though Samuel mourned for him. And the LORD was grieved that he had made Saul king over Israel.”

- Do good decisions always make you feel good?
- Does it help to know that God himself sometimes feels bad as a result of the choices he’s made, even though those choices are right?

Look at Revelation 21:4-5—“ He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” He who was seated on the throne said, ‘I am making everything new!’”

- What do you see promising to do with your choices and your memories?
- How have you seen God’s grace “making everything new” already in this life?