

⁹ Jabez was more honorable than his brothers. His mother had named him Jabez, saying, "I gave birth to him in pain." ¹⁰ Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.

1 Chronicles 4:9-10 NIV

There is a major difference between living in your past and facing your past.

The purpose of facing your past is to acknowledge its power and influence on your life.

⁴ "You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. ⁵ You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, ⁶ but showing love to a thousand generations of those who love me and keep my commandments." Exodus 20:4-6 NIV

Change requires that you make peace with your most painful wounds—you must choose to forgive.

²¹ Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?"

²² "No, not seven times," Jesus replied, "but seventy times seven! Matthew 18:21-22 NLT

Jesus said, "Father, forgive them, for they do not know what they are doing." Luke 23:34a NIV