



DGM Message Summary: Overcoming Your Past Pt. 1 (8/30/15)

Message Summary: If you truly desire change in your life, you must look within. Change also requires you to strengthen your relationship in Christ so He can order your steps. And as your lifestyle and perceptions begin to change, your surroundings will follow suit.

Key Points:

- Once you change your thoughts, you have the power to change your mind
 - Change starts with knowing who you are; it's how you find your roots in God
 - When you rid yourself of religion, cultural conditioning and self-imposed limitations, you find God
 - Refrain from turning to people who don't even know who they are
 - What one thing can you change that will change you?
- Replace childhood scripts with adult strategies
- When you change your vision and lifestyle, you will change what you attract
 - Once you make a decision, the path that you travel changes
 - Once you pray, God orders your steps on that path
 - You may not change what you see, but you can change how you see it
- Most important relationships you have
 - God, Christ, Holy Spirit, Yourself
 - How you relate to yourself determines how people perceive you
- Life doesn't happen to you. You happen to life every day.
- God will never tell you to do something you don't have the power to do
- Rejection, shame and betrayal are the three hardest emotions to get past
 - To overcome these emotions, you must understand that forgiveness isn't for the person that hurt you. It's for you!
 - However, many are tempted to trust in themselves and live behind a wall rather than trust in God.
- To break those toxic relationships, you have to determine who you need in your life and why
 - Circle of trust- who belongs and who doesn't
 - Family- do they have the capacity to take you to the next level?
 - Do you trust yourself?

- Even if your past is tainted, your future is clean so stop using your past as a gauge of how your future will be