



Letting Go of the Old: Releasing Past Pain & Disappointment

THE CHOICE

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HIStory

It is difficult to RECLAIM that which you have not possessed or even known the possession is yours. Additionally, a crown signifies royalty, status, pedigree, influence, and power. As we have read throughout the Word of God, He has been relentlessly seeking to convince children of the earth, especially the household of faith, about who He is and who they are, as well to embrace their full sonship status and the Holy Spirit's leadership to manifest Christ in the earth. Let's look back at our HIStory!

**01. Before the Fall -
The God Man
Genesis 1:26-28**

**02. After The Fall -
The Sin Man (Crowns Given Away)
Genesis 2:16-18**

**03. Redeemed Royals - (Crowns
Regained) The Savior & Example
Romans 6:22 & 1 Peter 2:9**

**04. Kingdom Advancement - The
Holy Spirit : Conquering & Reigning**

Intention:

Is for us to CHOOSE to SURRENDER to the posture, position, and call of the Holy Spirit for us to OBEY HIM AND "LET GO!" Let go of the past pain and disappointment.

Let GO!

Letting go is spiritual, but maintaining it is a conscious mental choice.

Decide & Live

Change does not happen overnight; however, with each action based on a definite decision to obey God will lead to newness and freedom.

Release

Release is a result of knowledge and obedience!

The Word of God

Anchors for the Spirit, Heart, & Mind

Isaiah 43:18-19
Philippians 4:8
Romans 12:2
1 Peter 5:7
2 Corinthians 10:5

The Holy Spirit

Anchors for the Spirit, Heart, & Mind

St. John 14:16-18
St. John 14:26
St. John 16:13



Letting Go

Denotes – that one is holding on to something or attached to something, whether conscious or unconscious.

Go – is to exit from; leave

It also denotes that the thing held on to is not beneficial.

Pain

The result of an injury or illness whether physical or mental

It can present itself again.

Disappointment

sadness or displeasure caused by non-fulfillment of desire or expectation

prefix= “dis” (means away from; the opposite of; apart

root word = “appoint” (to officially choose someone for a specific job or position

suffix = “ment” (the action or process of doing something, the result of an action, or a state or condition

To be taken away from an official position and result.

Sister, How Do I Let Go?
Sis, Will the Need to Let Go Ever End?



POSTURING OUR MINDS

1. As a Christian Woman, How Do I Let Go of Past Hurt and Disappointment?

We MUST DECIDE:

a. Surrender the Pain to God, whether self inflicted or other inflicted

Scripture: "Casting all your care upon Him, for He cares for you." — 1 Peter 5:7

Explanation: Letting go begins with releasing the weight of the pain into God's hands. He invites us to give Him everything that burdens your heart.

b. Allow God to Heal Your Heart

Scripture: "He heals the brokenhearted and binds up their wounds." — Psalm 147:3

Explanation: Healing is not something we produce by effort; it is something God performs. Our role is to open your heart and receive, so He can heal and mend the broken places.

c. Renew Our Mind Daily

Scripture: "Be transformed by the renewing of your mind." — Romans 12:2

Explanation: Hurt loses its grip when our thinking is re-aligned with God's truth. Renewal weakens emotional strongholds and strengthens spiritual freedom.

d. Forgive as an Act of Obedience and Liberation

Scripture: "Forgive one another, just as God in Christ forgave you." — Ephesians 4:32

Explanation: Forgiveness sets us free. It releases the offender from our judgment to God's and releases us from emotional bondage.

e. Stop the Replay Pain-Button

Scripture: "Forgetting those things which are behind and reaching forward..." — Philippians 3:13

Explanation: Letting go requires us to be intentional in our thinking to refuse to relive the disappointment. We stop giving yesterday's pain permission to influence and shape our today.

f. Embrace God's Perspective of Our Life Story

Scripture: "And we know that all things work together for good..." — Romans 8:28

Explanation: Even painful experiences can be transformed into wisdom and purpose. God turns and uses every disappointment as part of our development and becomes a means to strengthen others.

g. We Must Rebuke the Adversary and Replace Painful Thoughts With the Word of God

Scripture: "Put on the whole armour of God..." Ephesians 6:10 and "Whatever is true... noble... right... pure... think on these things." — Philippians 4:8

Explanation: Remember we have an enemy roaming about to seize any opportunity to enter our souls and lives. Letting go is not passive—it is active. We replace negative cycles with God-centered truth.

2. Will the Need to Let Go Ever End?

Letting go is part of lifelong SPIRITUAL MATURITY & REFLECTING JESUS.

a. Life Continues to Bring New Challenges

Scripture: "In this world you will have trouble. But take heart! I have overcome the world." — John 16:33

Explanation: As long as we live, life will PRESENT OPPORTUNITIES for new hurts, disappointments, and challenges. Identification, truth, decision, and letting go becomes a spiritual muscle.

b. God is with Us in Each Season to Grow Us

Scripture: "From glory to glory..." — 2 Corinthians 3:18

Explanation: Growth is continuous. Each new level and encounter of our journey will require releasing old thinking, old habits, and old hurts.

c. Daily Cleansing Is Part of Walking With God

Scripture: "Give us this day our daily bread... and forgive us..." — Matthew 6:11-12

Explanation: Jesus taught us that forgiveness—and the letting go that comes with it—is a daily, ongoing spiritual practice.

d. God Continually Makes Space for New Blessings

Scripture: "Behold, I am doing a new thing... shall you not know it?" — Isaiah 43:19

Explanation: To receive the "new," we must continually release what no longer belongs.

Letting go is a doorway to God's next chapter for our lives.

e. Letting Go Leads to Lasting Peace

Scripture: "Great peace have they which love Thy law." — Psalm 119:165

Explanation: As we repeatedly let go, the Spirit shapes a mature, peaceful, and steady woman who is no longer easily shaken by disappointments or any such thing.

DO WE LIKE PAIN?

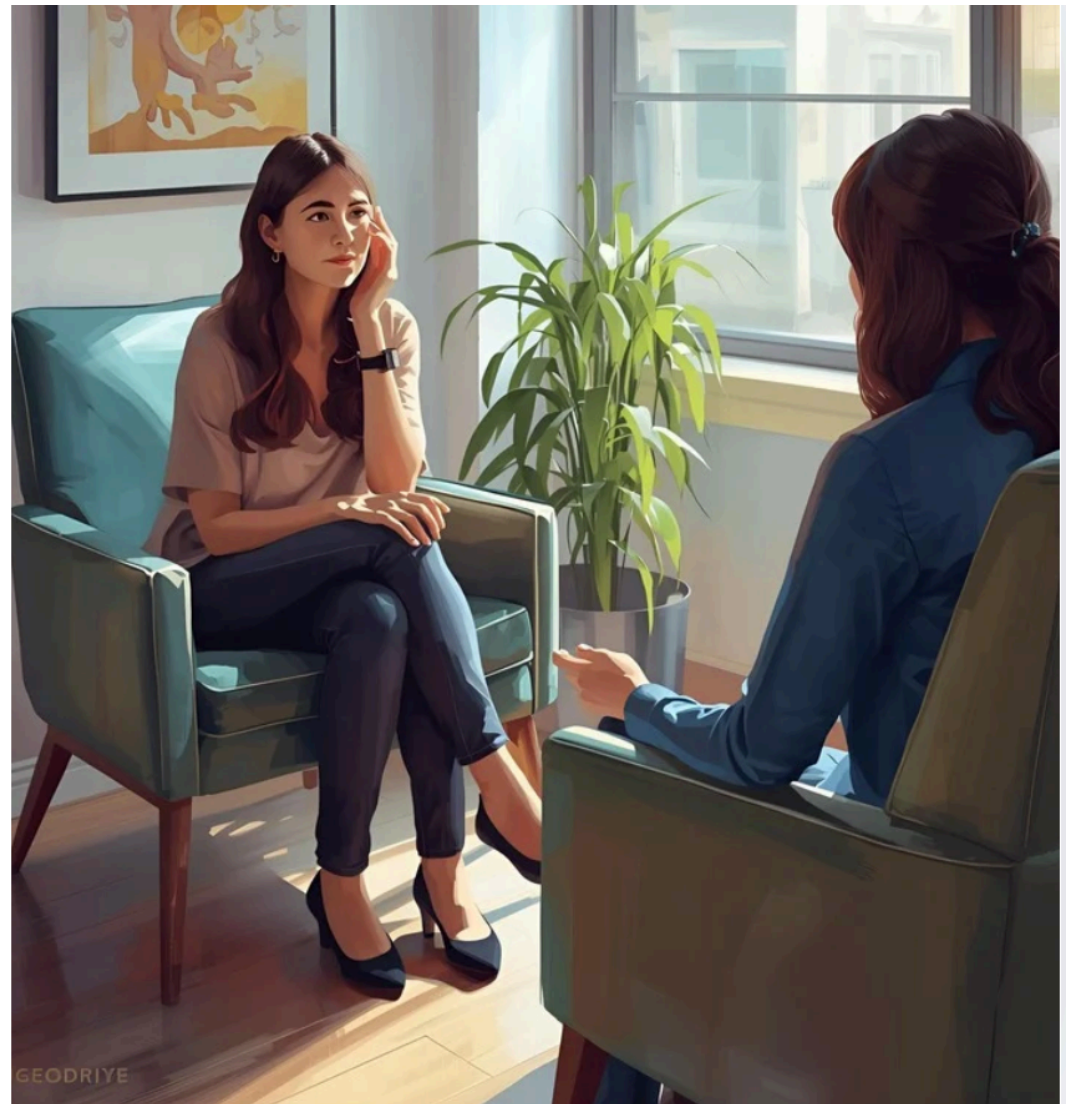
Why would you even ask this question, Juliet? No one LIKES PAIN & DISAPPOINTMENT?

Let's think, if the Holy Spirit keeps giving us the same Word of God and wisdom over and over, and over, and over, and over; year after year, after year, and there is no CHOICE & ACTION to CHANGE, then we wanting and settling for what we are getting, even the Holy Spirit cannot do anything for us until we DECIDE & ACT - no matter how we FEEL emotionally or what has happened to us. IF we know that we will REAP what we SOW, then what is going on in our SOULS (Mind - Emotions - Will)? Why would we continue in the SAME THING?

There is a dire need for us to manage our BORN AGAIN SPIRIT WOMAN WHO NOW IS CREATED IN THE IMAGE & LIKENESS OF GOD!!!!!!

Hence, we must ask the Holy Spirit to help us search our souls to see if our not letting go is attached to rebellion towards Him, ignorance, lack of revelation in God's Word, or an evil heart of unbelief.

Wow, what just happened here? We are going deeper, past the surface, to find out WHY we are possibly resisting or struggling with NOT LETTING GO!!!!!! The Holy Spirit cannot help us until we are willing to allow Him to reveal our hearts, so that we can examine ourselves and allow Him help and strengthen us.



ACTIVITY

Name the Pain & Disappointment

HOW LONG HAS THIS EMOTION BEEN THERE?

DO YOU BELIEVE GOD & TRUST/REST UPON HIS WORD?

HAVE YOU APPLIED THE WORD OF GOD CONSISTENTLY?

DO YOU PRAY IN THE NATURAL AND IN THE SPIRIT (IN TONGUES)?

HAVE YOU ASSEMBLED YOURSELF UNDER THE WORD OF GOD (CHURCH)?

DO YOU HAVE TRUSTED MATURE SAINTS TO SHARE WITH & PRAY WITH?

HAVE YOU SOUGHT CHRISTIAN COUNSELING?

HOW DO YOU FEEL WHEN PEOPLE ARE SYMPATHETIC TOWARDS YOU?

WHAT ARE THINGS THAT THEY DO TO CONSOLE YOU THAT MAKES YOU
FEEL THE WAY YOU LIKE.

DO YOU PREFER TALKING TO PEOPLE ABOUT YOUR FEELINGS MORE
THAN ENTERING INTO PRAYER WITH GOD?

DO YOUR FEELINGS & YOUR HUMAN THOUGHTS OVERRULE WHAT
GOD'S WORDS SAYS AND THE DIRECTIONS OF THE HOLY SPIRIT?

ABBA HAS PROVIDED JESUS & EVERYTHING NEEDED TO REIGN IN LIFE, BOTH NOW & ETERNALLY

This is ABSOLUTE TRUTH – divine truth to REST our spirits, souls, and bodies upon. Because of the fall of Adam, mankind, even saints, will encounter circumstances and issues of life. However, we are not to think and fret like those in the world. That means, our souls can be hurt and can encounter disappointment, but our MINDS & PERSPECTIVES are to be brought into the DIVINE REALM of GOD. JESUS wants us to cast ALL CARES and THOSE OLD THINGS on HIM, then The Holy Spirit can empower us to RELEASE THE TRAUMA, TAKE BACK our VICTORIOUS CROWNS that Jesus died to give us, and MOVE FORWARD!

> 01.

Letting go is an INTENTIONAL CHOICE – often needing to be repeated daily.

> 02.

God cannot do a NEW THING if we cling to the OLD.

> 03.

Releasing pain opens the door for peace, purpose, and renewed expectation

> 04.

Pain loses power when it is brought into God's presence.

Let's pray!

Father, thank You for Your love and tender mercy unto us. The pains and disappointments have captured our minds for some time, now. We are ready to release the torment of these to You. We repent for holding on to this when we could sense and hear Your Spirit urging us to let it go, but we **CHOSE** to **KEEP THEM!!!!** We receive Your forgiveness, and we ask You, Lord, to heal every place in our souls that are injured and stuck in past pains and disappointments. Jesus because of You, we can expect help. You will **NEVER DISAPPOINT US!** Purify and cleanse our soul from the ravages of past, even present, pain and disappointment, which the enemy would delight to use to ensnare us and cause us to not walk as Your Royal Daughters who abide in Your Will. We forgive those who have hurt and disappointed us, we free them in our hearts and minds. We pray for their soul salvation and deliverance. Father, we want the **NEW THING** and all the **GLORY** that comes with **IT!!!!!!** Do the **NEW THING** in **US & THROUGH US, NOW, Father!!** Let it **GROW DAY BY DAY!!!!!!!** Father, we take **OUR CROWNS BACK** from the **ADVERSARY**, and by **YOUR GRACE, STRENGTH, & POWER**, we will wear it until we get the One for us in Heaven. **THIS** is **OUR CHOICE TODAY**, and **WE ACT** of that by **SAYING THANK YOU, FATHER!!!!!!** For as **YOU ARE, SO ARE WE** in this world!!!! In Jesus Name, **AMEN!**

RECLAIM YOUR CROWN CONFERENCE 2025

PRESENTED BY: CWF WOMENS' ADVANCE

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Love & Jesus Joy, Sisters,

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