

# NOTES

## Momentum

Message 2 | #1 Spiritual Momentum Killer

Romans 12:18, Genesis 37:2b-5,19-20 \_\_\_\_\_

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Regret: a sense of loss and disappointment related to past decisions and actions.

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Three Choices That Unlock Spiritual Momentum:

1. Choose to forgive.

Matthew 6:14-15, Matthew 18:21-22, Ephesians 4:32 \_\_\_\_\_

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Who do you need to forgive?

<b>Forgiveness is....</b>	<b>Forgiveness is not....</b>
A choice; an act of one's will	A feeling
Based on God's forgiveness of us	Based on what is "fair"
Possible with only one party	Reconciliation—which needs both parties

2. Choose to pray.

Genesis 43:30, Genesis 45:4-7, Luke 23:34a \_\_\_\_\_

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What do you pray? Pray for God to heal their hurt and restore their lives.

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3. Choose to bless.

Romans 12:19-21, Luke 6:27-28, Genesis 50:20-21 \_\_\_\_\_

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What is God speaking to me today? Who can I invite to church? \_\_\_\_\_

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All Scripture is from the New King James Version (NKJV)  
of the Bible.

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