



“You Got to Release It”

How to Start Over

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In order to make sure next time isn't like last time & to make sure next time is better than last time, here's 3 things you have to do:

- 1) Own **YOUR PIECE** of the problem.
- 2) Rethink it: Ask yourself, **WHAT WAS I THINKING?**
- 3) **RELEASE** it!

How far into your future do you intend to carry the **ANGST** created in your past?

To ensure next time won't be like last time, you got to release the **PAST** so the past can release **YOU!**

“In your anger do not sin. Do not let the sun go down while you are still angry.” Ephesians 4:26
- *“and do not give the **devil** a **foothold**.” Verse 27*

*“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, **forgiving each other** just as **Christ forgave you**.”*
Ephesians 4:31-32

If you're wanting to start over & want next time to be better than last time, 3 things you have to do:

- 1) **OWN IT**
- 2) **RETHINK IT**
- 3) **RELEASE IT**