

A man with a grey beard and hair is shown in profile, looking into a mirror. The scene is dimly lit, with a warm, glowing lamp hanging above him. The title text is overlaid on the image.

I'M STILL LOOKING IN THE MIRROR OF THE PAST



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Introduction

Beloved, today we gather to explore a profound truth: the struggle of looking in the mirror of the past. Many of us find ourselves trapped by memories of yesterday—mistakes, failures, and traumas that haunt our minds. Yet, the Word of God offers us a path to freedom and renewal through the blood of Jesus Christ.

The Mirror of the Past

Meaning of the Mirror of the Past

The “mirror of the past” serves as a metaphorical representation of how we reflect on our previous experiences, decisions, and traumas. It symbolizes the tendency to dwell on what has already happened, often leading to regret, shame, or nostalgia. This reflection can distort our perception of the present and hinder our ability to move forward.

Metaphorical and Poetic Meaning

Poetically, the mirror represents a barrier that separates us from our potential. It reflects not only our past mistakes but also the lessons learned, the growth achieved, and the strength gained. It can be a source of wisdom if we choose to learn from it, or

it can become a prison if we allow it to define our identity.

Rabbinical and Sage Commentary

Rabbi Abraham Joshua Heschel once said, “The past is a guidepost, not a hitching post.” This wisdom reminds us that while our past provides direction, it should not anchor us to a place of stagnation. Similarly, sages teach that the act of forgetting is not merely about erasing memories but about transforming them into stepping stones for spiritual growth.

The Mirror of the Past: A Spell of Witchcraft

“Mirror, mirror on the wall, who’s the fairest of them all?” This iconic phrase from fairy tales symbolizes the deceptive nature of appearances and the danger of being entranced by reflections that do not represent reality. The “mirror of the past” can be likened to a spell—an enchantment that binds us to our former selves, trapping us in cycles of regret, shame, and sorrow.

Witchcraft of the Past

The witchcraft of the past is the spell that holds us

captive, preventing us from moving forward into the fullness of life that Jesus offers. Just as a witch casts a spell to control her victims, the memories of our past can cast a shadow over our present and future. These memories can distort our self-image, whispering lies that we are unworthy, unforgiven, or incapable of change.

Breaking the Spell in Jesus' Name

But today, we declare that we will break the spell of the past in Jesus' name! Through the power of His blood and the authority of His name, we can shatter the chains that bind us.

Isaiah 10:27 (KJV): “And it shall come to pass in that day, that his burden shall be taken away from off thy shoulder, and his yoke from off thy neck, and the yoke shall be destroyed because of the anointing.”

The anointing of the Holy Ghost empowers us to break free from the enchantment of our past. We need to recognize that the mirror reflects only a fragment of who we are. It does not define our identity; rather, our identity is rooted in Christ.

The Power of Declaration

As we confront the mirror of the past, we must make

powerful declarations:

1. "I am not defined by my past!" - We refuse to let our history dictate our identity.
2. "I am free from the chains of regret!" - We proclaim liberation from the burdens that weigh us down.
3. "In Jesus' name, I break the spell of the past!" - We declare victory over any witchcraft that seeks to hold us captive.

Examples and Illustrations

1. Lot's Wife: In Genesis 19, Lot's wife looked back at the burning city of Sodom and was turned into a pillar of salt. This story illustrates how longing for the past can lead to spiritual and personal demise.
2. The Rich Young Ruler: In Mark 10:17-22, a young man approached Jesus seeking eternal life. He was told to sell all he had and follow Christ. He turned away, unable to let go of his possessions, thus losing the opportunity for a transformed life.
3. The Prodigal Son: In Luke 15:11-32, the prodigal son initially squandered his inheritance and lived in regret. However, upon returning home, he realized that his past did not define him; reconciliation and redemption were possible.

Biblical Examples of Captivity to the Past

1. Moses: After fleeing Egypt, Moses spent 40 years in the wilderness, haunted by his past failure to save his people. Yet, God called him to lead the Israelites to freedom, showing that our past does not define our future.

2. David: King David committed grave sins, including adultery and murder. However, he repented and sought God's forgiveness, becoming a man after God's own heart. His past mistakes did not prevent him from fulfilling his divine destiny.

3. Peter: After denying Christ three times, Peter could have been consumed by shame. Instead, he was restored and became a foundational leader in the early Church, demonstrating that forgiveness opens the door to new beginnings.

The Science of Memory

The human mind is wired to remember, often clinging to painful experiences. Neuroscience shows that traumatic memories can create strong neural pathways, making it difficult to forget. However, through the power of the Holy Spirit, we can transform our minds.

2 Corinthians 10:4-5 (KJV): "For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; casting down

imaginings, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.”

The Power of Forgiveness

Forgiveness is a powerful tool for breaking free from the mirror of the past. When we forgive ourselves and others, we open the door to healing and renewal.

Romans 8:1-2 (KJV): “There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”

The Full Plan of Salvation

The Bible outlines a clear path to salvation that includes repentance, baptism in Jesus’ name, and receiving the Holy Ghost. This transformative process allows us to leave our past behind and embrace a new identity in Christ.

- Acts 2:38-39 (KJV): “Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.”

The Authority to Forget

God empowers us with the authority to take every thought captive. The Holy Ghost ignites a fire within us, burning away the memories that torment us.

Isaiah 26:3 (KJV): “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”

Fables of Letting Go of the Past

1. The Story of the Oak Tree: An oak tree once stood tall and proud, but it was burdened by the weight of its fallen leaves. Each autumn, it would mourn the loss of its leaves and refuse to let go, stunting its growth. One day, a wise old owl perched on its branches and said, “Let go of the past, for new leaves will come.” The oak learned to release its burdens and thrived in the spring.

2. The Farmer and the Weeds: A farmer noticed that weeds were choking his crops. Instead of pulling them out, he kept watering them, hoping they would change. One day, he realized that he must uproot the weeds to allow his crops to flourish. This story teaches us that sometimes we must actively remove the negative influences in our lives to grow.

Old Testament Figures Who Let Go of the Past

1. Joseph: After being sold into slavery by his brothers, Joseph faced years of hardship. Yet, he ultimately forgave his brothers and recognized that God had a purpose for his suffering. He declared, “You meant it for evil, but God meant it for good” (Genesis 50:20).

2. Rahab: A former prostitute in Jericho, Rahab chose to help the Israelite spies. By letting go of her past, she became part of the lineage of Christ (Matthew 1:5), demonstrating that our past does not determine our future.

3. Naomi: After losing her husband and sons, Naomi returned to Bethlehem, changing her name to Mara, meaning “bitter.” However, through her daughter-in-law Ruth, she found joy and restoration, illustrating that even in loss, new beginnings are possible.

Conclusion: Breaking Free

Today, I urge you to break free from the mirror of the past. Declare with me: “I am free! I have New Testament Bible salvation!” No longer will I be a prisoner of my thoughts or memories. The blood of Jesus has washed my sins away, and I am a new creation.

Let us pray for the fire of the Holy Ghost to consume the remnants of our past, allowing us to walk in the freedom and liberty that Christ has provided.

Reflection Questions

1. What memories from your past are you holding onto?
2. How can you apply the principles of forgiveness in your life?
3. In what ways can you remind yourself of your new identity in Christ?

My booklet serves as a guide to reflect on the power of letting go of the past and embracing the freedom found in Jesus Christ. May it encourage you to live boldly and purposefully in the present.