

PAST at PEACE

7
Steps

*Simple ways to convert your
past concerns to comfort*

Bimbo Ilori

Past @ Peace
***7 Simple Ways To Convert Your
Past Concerns To Comfort.***
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To peace and posterity.

Acknowledgement

I remain indebted to my friends and family; whose names are numerous to mention.

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Introduction

The past events in our lives have two-sided dimensions to them. It's not every past you would want to discard as well as it isn't all things in the past you would want to hold on to.

Past @ Peace puts the past in perspective and highlights the place of past scenarios as desirable or discordant, striking the balance of the past by revealing some approaches that help moderate or manage them.

Most often, people want to brush off or bury the past. This approach might be useful in some instances, but the concept of the past is not all for the grave.

Life itself is a succession of what existed; therefore, managing the past is best put in perspective for what it holds in the past, present and future.

Moreover, if the past was eventful and reminiscent of pleasures, enjoy what it brings.

There are past incidents that are uplifting and worthy of recall, this book seeks to encourage you to do exactly that.

Finding peace with our past occurrences and navigating them as milestones and landmarks to step onto the higher planes ahead of you.

This book speaks of faith and speaks to faith. It is an overflow from the understanding of the significance of the “Old Gate” as set out among the twelve gates that surrounded the city of God.

The Old Gate is a critical part of our life and a portal to a realm of experiences of the soul that needs to be guarded and governed. Its proper management impacts how you live life and well-being.

I have had and do have my share of past experiences, and learned resilience, relearning and reliving.

Past @Peace is a piece that speaks to your comfort, triumph, and hope, tying it all into the peace that keeps in perfect form.

I trust it will bring everything past into the zone of comfort and control.

Chapter One

1. Old Things - "Blunders that blind"

Bali carried the weight of regret with her every day. It had been three years since she made the mistake that changed her life forever. She had carelessly signed a heavy sum cheque without due diligence. She was tired and distracted at work that day.

The customer whose money went missing wept bitterly and eventually lost the opportunity that the money was designated to attain.

Though the customer's funds were eventually recovered following a swift and full-scale interrogation and intervention of the state criminal department, Bali's guilt and shame were not.

For years, Bali relived that day in her mind, wondering what she could have done differently.

One day, she received a thank you note from a gracious customer whose funds were stolen and recovered. It was a simple note, expressing

forgiveness and understanding. The customer acknowledged that he too, had made mistakes in life and knew the pain of regret.

Bali was taken aback. She had thought her blunder was unforgivable. She began to realize that she had been holding onto her past mistake for far too long. She also went for counselling and was able to receive the graciousness of God in the circumstances.

She picked her life and thoughts up and began to apply the truth of God's forgiveness to her thoughts to release and enjoy herself. She started rebuilding her life, reconnecting with friends and family, and pursuing new opportunities. The weight of regret slowly lifted, replaced by a sense of freedom and peace.

The burdensome thoughts dissipated with each passing day as she turned around to do the right things.

Letting go of past mistakes and forgiving oneself is essential for personal growth and healing. Holding onto regret and guilt can weigh you down, preventing you from moving forward and living your best life.

Old Things (blunders) like the above incident should be deleted. Render them obsolete on purpose. By intentionality, take a stand that pushes or relegates these flaws to your rear.

If anything could be done with this stuff, is to know that they do not define you, but befell you. It happened, but you were not created for it; you are meant for better and more.

Learn from the mistakes and misgivings in them, as lessons to be imbibed.

To become a better person, you need to learn from your mistakes and pay more attention in life.

If you want to become a better athlete, you need to learn from your mistakes and give practice proper attention.

That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; Ephesians 4:22-23

They could be actions, thoughts, mindsets, language etc.

Take off the old things you experienced that are not befitting of the Lord.

Therefore, if any man [be] in Christ, [he is] a new creature: old things are passed away; behold, all things are become new. 2 Corinthians 5:17

Moving Forward

- * **Acknowledge and accept:** Recognize your mistakes, accept them, and take responsibility for your actions.
- * **Learn from your mistakes:** Identify the lessons and growth opportunities hidden within your mistakes.
- * **Practice self-compassion:** Treat yourself with kindness, understanding, and patience, just as you would a close friend.
- * **Seek forgiveness and healing:** Reach out to those affected by your mistakes and seek their forgiveness. Also, prioritize your own healing and growth.
- * **Let go of guilt and shame:** Release the burden of guilt and shame, and instead, focus on making amends and moving forward.
- * **Cultivate gratitude and positivity:** Focus on the good things in your life, practice gratitude, and cultivate a positive mindset.
- * **Intentionally delete old things:** Make a conscious decision to let go of past mistakes, regrets, and negative experiences. Replace them with new, positive, and empowering thoughts and habits.
- * **Embrace your new identity:** Recognize that you are not defined by your past mistakes. You are a new, growing, and evolving individual, capable of positive change and growth.

Chapter Two

2. Old things - "Limitations To Tomorrow"

This represents the old that has stayed its course, e.g. past achievements.

The former things that you have achieved can be a limitation if you keep staying on them. Quit dwelling on the past, and look to the much more before you.

It's neither humble nor noble as an adult to keep referring to winning the staff award in your organisation ten years ago, while you are nowhere near the scale now.

Doubtless, a feather to your crown it was, but it appears irrelevant now. Perhaps, if you focus more on the present skills and how to excel you will repeat the feat. Then, you can make the connections.

No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. (Philippians 3:13-14)

Sometimes, it's the prestige and status that has come with a position that so inhibits the horizon, deterring you from moving ahead.

Learning to strip yourself of the emotional anchors or crutches of past milestones will be helpful to step into the clarity and call before you.

The decision could be for your health, to a better befitting expression of the purpose of your life, or even to be closer to things and people that are important to you.

Fear of missing out (FOMO) or of the unknown (FOTU), whichever it could be, must be dealt its blow or nail.

Likewise, your self-esteem or self-worth must not be tied to the labels, titles or positions of life, but to the grace and grits within you, from where the potential comes to reproduce and even rip past standards.

No one starts a new chapter, by rereading the last one.

Moving Forward

- Retrace success and keep the past achievements as stepping stones, instead of setting stones.
- Get off the hook of tangible reminders or strings to the past by putting such away or locked.

- Share and transfer your knowledge and experiences with others to help them move too.
- Set new goals for yourself that exceed what existed.
- Practice gratitude by being thankful for the blessings in your life.
- Put a closure to the nagging hangover by having a celebratory event and appreciation, as you highlight looking forward to the next chapter.

It's time to move from I was, to I am.

Chapter Three

3. Old things - Yearnings that never came

You do not get what you don't deserve. We should not condone a victim or cheated mindset. What you get is an outcome of what was due.

You might have been disadvantaged and disappointed, but the victory of winning after losing out is more pleasant than the win on the first attempt. Now you have processed, matured, and overcome in all senses of it.

"We remember the fish we used to eat for free in Egypt. And we had all the cucumbers, melons, leeks, onions, and garlic we wanted. But now our appetites are gone. All we ever see is this manna!"
(Numbers 11:5-6 - NLT)

The folly or irony of regret or negative wishes of this type is that it is deceitful and inaccurate.

Yet the people in the narrative above talked of Egypt's cheapness and the fish they ate there "freely" as if that cost them nothing when they paid dearly for it with hard service and enslavement.

Dwelling on what might have been would make you fail to recognize and brace up for the opportunities ahead.

Don't waste time dwelling on what might have been; rather, on what you can do now to make the most of today.

At this point, you would do well to move on from regret to refocus.

The choice for yearnings is either to relinquish or to rekindle the memories.

In the narrative of the Egypt experience above, it was a memory to relinquish and walk away from. You don't need to fantasise about what it could have been like you've got the world in your pocket.

The fact that you are no longer on that job doesn't equate to progress on the job. Neither would you have been better off as a family person if hooked to another person than your spouse.

Truth is, you don't know how much you have been saved or spared!

On the other end are the yearnings that are pure and restorative. They are desires that have been reactivated or rekindled because God wants to restore to you.

There are past issues that receded not because they were bad but because life happened.

We are responsible for playing a restorative or redemptive role in seeing to it that the breaches and gaps are bridged.

*Relationships that fell out but God is in it.

* Services you provided that stopped unplanned.

And they shall build the old wastes, they shall raise up the former desolations, and they shall repair the waste cities, the desolations of many generations. Isaiah 61:4

Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent. Revelation 2:5

We have a redemptive Covenant and the grace of God is sufficient. Let's reach out, build the walls and restore the paths.

They come by instructions and are not prompted or triggered by our present predicament or pressures.

These restorative desires will be affirmed with possibilities and progress.

Moving Forward

- **Let go of regrets and negative wishes:** Recognize that dwelling on past disappointments and regrets can be deceitful and inaccurate.
- **Focus on the present and future:** Instead of dwelling on what might have been, focus on what you can do now to make the most of today and create a better future.
- **Reframe your perspective:** View past experiences, even difficult ones, as opportunities for growth and learning.
- **Cultivate gratitude:** Appreciate what you have now and the opportunities ahead, rather than focusing on what's lacking.
- **Embrace restoration and redemption:** Recognize that God can restore and redeem past experiences, relationships, and opportunities.
- **Take action towards restoration:** Identify areas where you can play a restorative role and take concrete steps towards healing and rebuilding.
- **Trust in God's sovereignty and grace:** Remember that God's plans are often different from ours, and His grace is sufficient to help us navigate life's challenges.

Chapter Four

4. Old Things - Motivation that moves

There are past things to recall and set your mind on, like what God has done, to give you hope and expectation.

Remember the former things of old: for I [am] God, and [there is] none else; [I am] God, and [there is] none like me, Isaiah 46:9

They remind you to forge ahead. Knowing that God's mercies are new for each day.

We do need a good dose of these former things, like David;

David said moreover, The LORD that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine. And Saul said unto David, Go, and the LORD be with thee. 1 Samuel 17:37 (NIV)

God will do it again because he is the same.

Jesus Christ the same yesterday, and to day, and for ever. Hebrews 13:8

What truly can be held on to climb to the next level in life is only what God has done!

If it was you, or another man, it can't be guaranteed.

Then I remember something that fills me with hope. The LORD's kindness never fails! If he had not been merciful, we would have been destroyed. The LORD can always be trusted to show mercy each morning. Deep in my heart I say, "The LORD is all I need; I can depend on him!" The LORD is kind to everyone who trusts and obeys him. It is good to wait patiently for the LORD to save us. Lamentations 3:21-26

Never lose sight of the stories and the supernatural feats of God. They are the only source of reliable and lasting hope. They are the past narratives to keep in view.

Moving Forward

- Remember and Reflect on God's Past Mercies
- Recall God's faithfulness: Remember the times God has delivered, provided, and guided you in the past.

- Reflect on His supernatural feats: Think about the miraculous ways God has worked in your life and the lives of others.
- Draw hope and expectation: Allow these memories to fill you with hope and expectation for the future.
- Focus on God's Unchanging Nature
- Trust in God's consistency: Remember that God is the same yesterday, today, and forever (Hebrews 13:8).
- Rely on His kindness and mercy: Trust that God's kindness and mercy are new every morning (Lamentations 3:22-23).
- Depend on His faithfulness: Know that God can always be trusted to show mercy and kindness to those who trust and obey Him.
- Keep Your Eyes on the Past Narratives of God's Faithfulness
- Never lose sight of God's stories: Keep the stories of God's faithfulness and supernatural feats in your memory and heart.

- Use them as a source of hope: Draw on these memories to fill you with hope and expectation for the future.
- Share them with others: Pass on the stories of God's faithfulness to others, that they may also be encouraged and filled with hope.

Chapter Five

5. Old Things - Promises To Persevere

There is no better promise keeper than the one who does and is committed to doing all things for you. He is faithful who has called.

Faithful [is] he that calleth you, who also will do [it]. 1 Thessalonians 5:24

He is generational and translational. **Whatever promise you have received from God, no matter how rusty it has become, he will work it out shining his light and love through.**

God wants us to hold on to his word in faith and hope.

He says;

Long ago I told you what was going to happen. Then suddenly I took action, and all my predictions came true. Isaiah 48:3 (NLT)

For the vision [is] yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry. Habakkuk 2:3

Declaring the end from the beginning, and from ancient times [the things] that are not [yet] done, saying, My counsel shall stand, and I will do all my pleasure: Isaiah 46:10

God can be trusted even when the promise is protracted.

Moving Forward

1. *Be persuaded by the credibility of the promisor.*

- This step involves trusting in the reliability and trustworthiness of God, who made the promise.
- It requires a deep understanding of God's character, nature, and faithfulness.
- When you're convinced of God's credibility, you'll be more likely to have confidence in His promises.

2. *Understand the promise as a Covenant.*

- A covenant is a binding agreement between two parties, often involving mutual obligations and responsibilities.
- Recognizing God's promises as covenants helps you understand the depth of His commitment and the seriousness of His obligations.
- This perspective encourages you to approach God's promises with reverence, respect, and expectation.

3. *Keep your part of the deal and obligation.*

- As a recipient of God's promises, you have responsibilities and obligations to fulfill.
- This might involve obeying God's commands, trusting in His sovereignty, or persevering through challenges.
- By keeping your part of the deal, you demonstrate your commitment to the covenant and position yourself to receive the promised blessings.

4. *Develop your threshold in faith.*

- Your threshold in faith refers to the level of trust and confidence you have in God's promises.
- Developing this threshold involves consistently exercising your faith, even in the face of uncertainty or adversity.
- As you grow in faith, you'll become more resilient, more confident, and more expectant of God's promises being fulfilled.

5. *Probe delays through questions, soul and heart searches.*

- When God's promises seem delayed, it's essential to explore the reasons behind the delay.
- This might involve introspection, seeking guidance from spiritual leaders, or praying for insight.
- By probing delays, you can gain a deeper understanding of God's timing, refine your faith, and position yourself for breakthrough.

6. *Be thankful and expectant.*

- Gratitude and expectation are essential attitudes when building faith through word study.
- Focus on the things you're thankful for, no matter how small they may seem.
- Cultivate an expectant heart, anticipating God's promises being fulfilled in your life.

Chapter Six

6. Old things - (Connections To Cherish)

There is the past in our interrelated roots, which transcends into the recognition and submission to authority.

They are existing bodies of knowledge that have produced for others, before you and are still potent for the present.

This underscores the presence and place of godly leadership or mentorship in the walk of life.

Remove not the ancient landmark, which thy fathers have set. Proverbs 22:28

For enquire, I pray thee, of the former age, and prepare thyself to the search of their fathers: (For we [are but of] yesterday, and know nothing, because our days upon earth [are] a shadow:)

Shall not they teach thee, [and] tell thee, and utter words out of their heart? Job 8:8-10

That ye be not slothful, but followers of them who through faith and patience inherit the promises. Hebrews 6:12

We need to identify the strings of ancient landmarks, pathways of faith by forerunners, and plugins.

We should neither fail nor forget to ask for the help of the Holy Spirit in showing and leading in this direction.

O LORD, I know that the way of man [is] not in himself: [it is] not in man that walketh to direct his steps. Jeremiah 10:23

Moving Forward

Precedents to Reference:

Identifying Your Knowledge Need

- Recognize the challenge or problem you're facing and define what you need to know or understand to address it.
- Clarify your goals and objectives to ensure you're focusing on the right knowledge need.
- Ask yourself questions like "What do I need to learn or understand to move forward?" or "What knowledge gap is hindering my progress?"

Discovering Insights, Patterns, and Prototypes

- Research and gather information related to your knowledge need.
- Look for patterns, prototypes, and insights that can help you better understand the challenge or problem.
- Analyze the data and information you've gathered to identify key takeaways and lessons learned.

*Finding Corroborating Scenarios

- Search through the scriptures to discover similar scenarios or characters and learn from their responses and be inspired by their outcomes.
- Seek out real-life examples, case studies, or testimonials that illustrate the insights and patterns you've discovered.
- Look for corroborating scenarios that can help you validate your findings and put them into perspective.
- Analyze these scenarios to identify common themes, success factors, and potential pitfalls.

• Making Informed Decisions Prayerfully

- Take time to reflect on your findings and consider the options available to you.
- Seek guidance from God through prayer, asking for wisdom and discernment.
- Weigh the pros and cons of each option, considering both the short-term and long-term implications.

- Settling for the Inspired Choice
 - Trust your instincts and the guidance you've received from God.
 - Choose the option that aligns with your values, goals, and priorities.
 - Be confident in your decision, knowing that you've leveraged precedents and sought guidance from God.

Chapter Seven

7. Old Lessons: Learnings to leverage

Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies. Philippians 4:9

"You don't learn from experiences. You learn from reflecting on experiences" Unknown.

Knowledge, learning and experiences are elements that have been instrumental in shaping one's life and outlook on life.

It is very vital not just to keep these resources but to apply them as essential tools that have been orchestrated to arm us through the terrains of the earth.

"Experience is not the best teacher except it's learned from". Unknown.

Let all experiences and knowledge count, whether;

Moving Forward

- Let all experiences and knowledge count...
- Whether an experience is transformative, a hard lesson, a growth opportunity, or a fond memory, it has the potential to teach us something valuable.

Transformative or Hard lessons to bear

- Transformative experiences can change us profoundly, helping us grow and develop in significant ways.
- Hard lessons, on the other hand, can be challenging to endure, but they often provide valuable insights and wisdom.

- **Growth opportunities**

- Growth opportunities are experiences that challenge us to learn, adapt, and improve.
- These experiences can help us develop new skills, gain confidence, and build resilience.

- **Fond memories**

- Fond memories are experiences that bring us joy, happiness, and a sense of nostalgia.

- Reflecting on fond memories can help us appreciate the good times, cultivate gratitude, and find inspiration.

Good or bad times

- Both good and bad times can provide valuable lessons and insights.
- Reflecting on our experiences, regardless of their nature, can help us grow, learn, and develop wisdom.

Proud achiever's moments

- Proud achiever's moments are experiences that give us a sense of accomplishment, pride, and fulfillment.
- Reflecting on these moments can help us build confidence, recognize our strengths, and stay motivated.

- **Career milestones**

- Career milestones are significant events or achievements in our professional lives.
- Reflecting on these milestones can help us appreciate our progress, identify areas for improvement, and plan for future growth.

- **Relationship management**

- Relationship management involves navigating and nurturing our relationships with others.

- Reflecting on our relationships can help us develop empathy, improve communication, and build stronger connections with others.

- **Adventures through nature**

- Adventures through nature can provide opportunities for growth, reflection, and connection with the world around us.

- Reflecting on these experiences can help us appreciate the beauty of nature, cultivate a sense of wonder, and develop a deeper connection with the environment.

- **Love and laughter**

- Experiences of love and laughter can bring us joy, happiness, and a sense of fulfillment.

- Reflecting on these experiences can help us appreciate the importance of relationships, cultivate gratitude, and find inspiration.

- **Pain and pressure**

- Experiences of pain and pressure can be challenging to endure, but they often provide valuable insights and wisdom.
- Reflecting on these experiences can help us develop resilience, build empathy, and find ways to heal and grow.

- **Mentorship and leadership**

- Experiences of mentorship and leadership can provide opportunities for growth, learning, and development.
- Reflecting on these experiences can help us develop leadership skills, build confidence, and identify areas for improvement.

- **Memories and all the past**

- Our memories and past experiences shape who we are today and inform our decisions about the future.
- Reflecting on our memories and past experiences can help us appreciate our journey, identify patterns and themes, and gain wisdom.

Be very careful, then, how you live not as unwise but as wise, Ephesians 5:15 (NIV)

Conclusion

Life is about balance and the old or previous things of life are a good reminder that there are moments we turn right and other times to the left, either one by the Spirit of God.

There are things we must repent of, like the old vile ways, as well as holding onto past achievements that may want to becloud the pathway ahead of us.

While on the other side of the divide, we tilt to the former things of God, that we need to hold on to, like the landmarks, testimonials of the Lord, promises we are looking to see, practices or habits that we let slip.

The past is not always about forgetting or moving away.

Standards, as important as can be, are merely of the past. They are historical achievements or measures from the past to regulate the present or future.

The choice is ours to make of the past and what it needs to be to us.

Optimise the pain for profit and pleasure.

It's a wrap

- I always round up my books by giving opportunities to readers to take a life transforming decision, which I did some decades back, and has helped me this far.

Prayer for Salvation and Baptism in the Holy Spirit

Heavenly Father, I come to you in the name of Jesus. Your word says, "Whosoever shall call on the name of the Lord shall be saved" (Acts 2:21). I am calling on You. I pray and ask Jesus to come into my heart and be the Lord over my life according to (Romans 10: 9-10): "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart, man believeth unto righteousness, and with the mouth, confession is made unto salvation". I do that now. I confess that Jesus is the LORD, and I believe in my heart that God raised Him from the dead.

I am now reborn! I am a Christian—a child of Almighty God! I am saved! You also said in your word;

(Luke 11:13) - If ye then, being evil, know how to give good gifts unto your children: how much more shall [your] heavenly Father give the Holy Spirit to them that ask him? Therefore, I ask you to fill me with the Holy Spirit.

I believe I shall forthwith, speak in new tongues, according to your word in;

(Acts 2:4) And they were all filled with the Holy Ghost and began to speak with other tongues, as

the Spirit gave them utterance. Begin to praise God for filling you with the Holy Spirit. Speak those words and syllables you receive not in your language but in the language that was given to you by the Holy Spirit. You have to use your voice. God will not force you to speak; don't be concerned with how it sounds; it is a heavenly language. Continue with the blessings God has given you and pray in the spirit every day.

You are a born-again, Spirit-filled believer. You will never be the same.

Find a good Church that boldly preaches God's Word and obeys it. Become part of a church family who will love and care for you, as you love and care for them.

We need to be connected. It increases our strength in God, and it is God's plan for us.

Make it a habit to communicate with God daily, through prayers, and read your bible to grow.

You are most welcome to contact us via our contact details provided.

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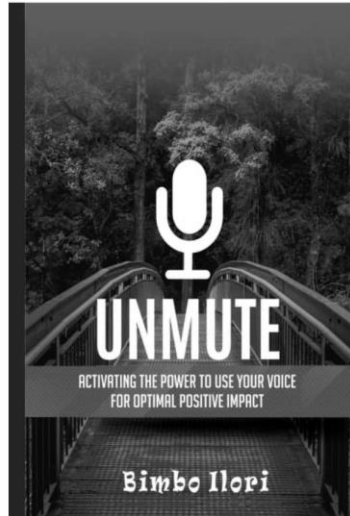
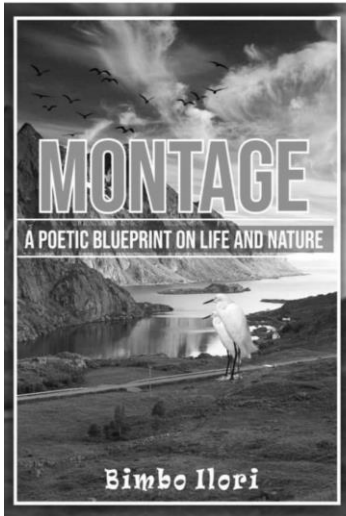
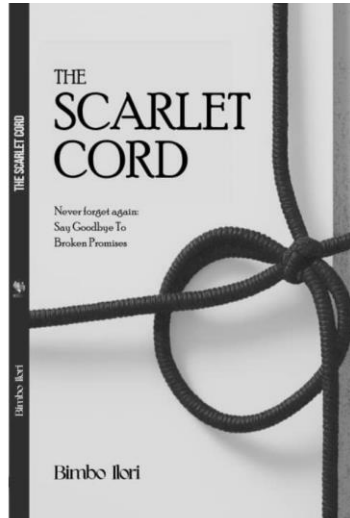
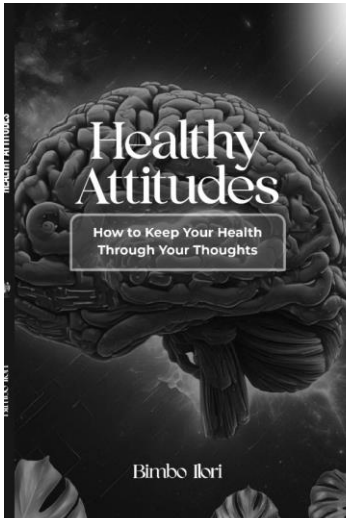
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Other books by the author





About the Author

Bimbo Ilori is an author with a purposive drive in her context. She has written over 35 books including bestsellers.

She is a master's holder in Administration, a fellow, the chartered administrators professional, and a certified life and purpose coach.

She teaches, writes and speaks about her passion, which includes Administration, a purpose-led life, and giving perspectives on the essentials of life.

She is married to Bisi Ilori and they are blessed with children.

About the Book

Confronting the intricate and often challenging histories from our past is a common experience; if left unaddressed, these memories can seep into our present and even jeopardize our future.

Mismanagement of the past can hinder the joy and abundant life that God has planned for you. By adopting a thoughtful approach, we can recognize and address these issues in a way that promotes healing for today and generations to come.

Each of us carries remnants from our past that deserve careful consideration and management.

Past @Peace, explores essential strategies for navigating the past, ultimately guiding you toward greater wholeness.



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