

ED TAYLOR

# LETTING

MOVE BEYOND REGRET, HURT,

# GO

AND RESENTMENT

# OF YOUR

THROUGH JESUS ALONE

# PAST

FOREWORD BY JOEL C. ROSENBERG

LETTING  
GO  
OF YOUR  
PAST

ED TAYLOR



HARVEST HOUSE PUBLISHERS  
EUGENE, OREGON



Unless otherwise indicated, all Scripture verses are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used with permission. All rights reserved.

Verses marked NLT are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used with permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

Verses marked MSG are taken from *The Message*, copyright © 1993, 2002, 2018 by Eugene H. Peterson. Used with permission of NavPress. All rights reserved. Represented by Tyndale House Publishers.

Verses marked PHILLIPS are taken from *The New Testament in Modern English* by J.B. Phillips, copyright © 1960, 1972 J.B. Phillips. Administered by The Archbishops' Council of the Church of England. Used with permission.

Verses marked ESV are taken from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used with permission. All rights reserved. The ESV text may not be quoted in any publication made available to the public by a Creative Commons license. The ESV may not be translated in whole or in part into any other language.

The information presented in this book is meant to be used for general resource purposes only. It is not intended to serve as a mental health or medical guide, nor should it substitute medical advice from a health care professional. If you have or think you may have a medical problem, speak to your doctor or health care practitioner immediately about your risk and possible treatments. Do not engage in any therapy or treatment without consulting a mental health or medical professional.


Cover design by Studio Gearbox

Cover images © Rita Soni / Shutterstock

Interior design by KUHN Design Group

For bulk, special sales, or ministry purchases, please call 1-800-547-8979.

Email: [CustomerService@hhpbooks.com](mailto:CustomerService@hhpbooks.com)

 This logo is a federally registered trademark of the Hawkins Children's LLC. Harvest House Publishers, Inc., is the exclusive licensee of this trademark.

## Letting Go of Your Past

Copyright © 2025 by Ed Taylor

Published by Harvest House Publishers

Eugene, Oregon 97408

[www.harvesthousepublishers.com](http://www.harvesthousepublishers.com)

ISBN 978-0-7369-9208-4 (pbk)

ISBN 978-0-7369-9209-1 (eBook)

Library of Congress Control Number: 2024952801

No part of this book may be used or reproduced in any manner for the purpose of training artificial intelligence technologies or systems.

**All rights reserved.** No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, digital, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

Printed in the United States of America

25 26 27 28 29 30 31 32 33 / BP / 10 9 8 7 6 5 4 3 2 1

## ACKNOWLEDGMENTS

My life's ministry and this book are dedicated to Jesus Christ.

I'm especially grateful for my wife Marie and kids, Joshua and Caitlin, with deep memories of our son Eddie and his son, our grandson Levi (#onedaylittleguy).

This book is for all those crippled by their past, tainted by sin, but hopeful for change. God is ready to work deeply in your heart, mind, and soul! Trust Him.

Thank you, Catherine McDaugale for the investment of time in helping me edit these Bible studies into a readable book format.

Thank you, Marie, Tonya, and Julie for your proofreading and suggestions.

Thank you, pastors Skip Heitzig, Chuck Smith, Jeff Johnson, Greg Laurie, Warren Wiersbe, and so many others, who have taught and mentored me through your ministries.

And a *huge* thank you to the fellowship family of Calvary Church, whose love and support mean so much to us.



*There is therefore now no condemnation to those  
who are in Christ Jesus, who do not walk according  
to the flesh, but according to the Spirit.*

ROMANS 8:1



# CONTENTS

Foreword by Joel C. Rosenberg . . . . .	9
1. We All Have a Past . . . . .	11
2. Dealing with Condemnation . . . . .	17
3. Dealing with the Law of God . . . . .	35
4. Dealing with Your Past . . . . .	53
5. Dealing with Forgiveness . . . . .	75
6. Dealing with Your Anger . . . . .	95
7. Dealing with the Present . . . . .	121
8. Dealing with Spiritual Warfare and the Devil . . . . .	141
9. Dealing with Spiritual Warfare—How to Wage the Battle . . .	159
10. Dealing with Your Identity . . . . .	177
Afterword . . . . .	197
Notes . . . . .	199







# FOREWORD

*Joel C. Rosenberg*

Ed Taylor is a dear friend, a loving and compassionate husband and father, and a wise and fruitful pastor and Bible teacher.

But it was not always so.

Ed has a past—and not a good one.

During the years of our friendship, Ed has been courageously and refreshingly candid with me about his life before Jesus Christ saved him.

He's been honest with me about his life before the Lord gave him a hunger for the Word of God, before the Lord drew him into a solid Bible-believing church fellowship, before the Holy Spirit revealed to him the cost to himself and to his lovely wife, Marie, and to their kids the wrong and selfish and destructive choices that he'd been making in his youth.

It's not a pretty picture—with one beautiful exception: When I began to really understand Ed's painful past, I could not help but to rejoice in the power of God's grace and mercy. Because I could see just how radically the Lord has transformed Ed into the humble, kind, wise, and servant-hearted husband, father, shepherd, and friend that he is today.

The more I've learned about Ed's past, the more I love the Ed I know today—and the more I love the God who saved him, who saved me too.

To be clear: This book does not contain Ed's testimony.

Rather, it's a book that shares the very important and practical truths that Ed has learned over the years about how to trust the Lord to not get trapped and condemned by his past, but to walk in the freedom and joy and power of the Holy Spirit.

And that is why this book is going to be a great and helpful guide to so many who need to let go of their past as well.

I was so grateful when Ed sent me an advance manuscript copy of this book. So honored that he asked me to write a foreword. And so encouraged when I was able to make the time to read it cover to cover and see the immense eternal blessing it's going to be to everyone who reads it and applies the biblical principles it contains to their own lives.

Just one request: When you finish reading it and find yourself similarly blessed, please don't keep this treasure to yourself. Give a copy to family members and friends who are struggling with feelings of guilt and condemnation for choices they had made in their past and needing to find the healing power of Christ's full and forever forgiveness.

Thanks, and may the Lord God bless you as you let go of your past and embrace His beautiful plan and purpose for your future.

*I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.*

JEREMIAH 29:11 (ESV)

# WE ALL HAVE A PAST

Are you being taunted by your past? Do you feel condemned by the things you've done or by what has happened to you? If so, this is something you really need to hear. The Bible teaches us,

There is therefore now *no condemnation to those who are in Christ Jesus*, who do not walk according to the flesh, but according to the Spirit (Romans 8:1, emphasis added).

Did you catch that? You are not condemned if you're in Christ. In Christ is a great place to be.

- In Christ, your sin has been judged. The penalty has been paid by Jesus.
- In Christ, your sins have been forgiven and washed away. Your sins have been blotted out like a thick cloud (Isaiah 44:22). Blotted out; gone.
- In Christ, God hasn't dealt with you according to your iniquities. He has removed your sins as far as the east is from the west (Psalm 103:10, 12).

- In Christ, your sins have been cast into the depths of the sea (Micah 7:19).

It is great to be in Christ.

But you can sense there still remains a problem in your life. You have a past. It's like a shadow, a cloud that follows you around. You can tell yourself there's no condemnation because you're in Christ. But what should you do with your past now that you know that truth?

We all have a past, pasts that can mock and plague us. Ones that shoot arrows of condemnation at us. Our pasts try to undermine our faith. And our pasts follow us around wherever we go.

For example, let's consider music. It doesn't matter where you go today, '80s music can be heard playing in the background in many places. You could be in the supermarket, the mall, the doctor's office, the elevator—it's everywhere. You can't get away from it.

While '80s music may mean nothing to you, it means a lot to me and has an effect inside me. It takes me back to the 1980s. I need to let you know that the '80s was when I did the most damage to my life and to the lives of other people around me. There are certain episodes in my life that are tied to songs. When particular songs come on the radio, it takes me right back to specific days in my memory. I may not have thought about an event in 15 years, but when I hear certain songs, I'm right back there.

And that's happened to me quite a few times. I have needed to make a conscious decision in my life that I'm not stuck in the '80s anymore. Isn't that great? I have needed to tell myself: I don't live in the '80s. It's true. Today is the day of salvation. Today is the day that Jesus has redeemed me and changed me. Now, I don't care if I hear those goofy songs anymore. I'm not in the '80s. God has changed my life. The Ed of the '80s is dead.

It's the same for all of us. There are all sorts of reminders that are trying to drag you back to your past. Thoughts. Memories. Pictures.

The enemy has your number. He knows that you've tied a connection from a situation in your life to a specific song, scent, place, person, or whatever else. Satan knows that.

The situation is constantly being presented before you because the enemy knows that, if he can get you to look backward, you'll be stuck. And when you're stuck, you're not moving forward. You're only going down. And so, he wants to pull you back.

Now, your past might not be as bad as mine. My past might not be as bad as yours. But we all have a past. And you likely have something in your life that you would wipe away if you had the chance. If you could, you would permanently erase it. For many, it's a constant shadow in their life.

I know I'm not proud of my past. There's a lot that I wish I would have avoided. I don't like it. At some time, you've likely asked yourself that popular philosophical question: *If you could do anything to change your past, would you do it?* My answer is of course! I would want to avoid a lot of my pain that has been caused by sin. I wouldn't want to hurt people like I did.

But at the same time, I'm who I am today as a culmination of my past. So if changing my past meant not being where I am today, then the answer is no. It's a trick question. The answer, in truth, is to accept my life as from the Lord.

Sure, I wish a big portion of it wasn't there. But my past is a testimony that God has done an amazing work. There's no question that God has done a work in my life.

I don't know what's in your past. You may have had a very difficult past and made some bad choices. Or you may have taken a relatively moral path and chose to do the right thing most of the time even before you came to Christ.

Regardless of what is in your past, we're all touched by sin. We all have difficulties. Whether you grew up in a hopeless situation or were raised in a godly home, the enemy will use your past against



you. The enemy will bring up the way your dad treated you, the way your mom spoke to you, or the way you treated people. Your past has a way of following you.

I remember the first time my past was used against me. Years ago, I had made mistakes while under the influence and I had a criminal record from those mistakes. I applied for a job and the organization ran a background check. When I was asked about my record, I told the administrator that I was a born-again Christian and didn't live that way anymore. But he said, "Well, we don't hire thieves here." And that was it. He didn't even give me a chance.

It was devastating. It was a reminder that although God is quick to forgive us and forget our sins, our world is not so quick to forgive or forget. And we're not always so quick to forgive ourselves.

As your past follows you, you'll need to learn how to navigate your world as a believer in Jesus Christ, even if some of the navigation is only in your own mind. You can enjoy freedom from a past that follows you, taunts you, and even condemns you.

Although you can't change your past, you can hold on to the glorious truth from Romans 8:1. Let's read it again,

There is therefore *now* no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit (emphasis added).

The word *now* in that verse is so important. "There is therefore *now*"—every time you read it, every time you meditate on it, every time you think about it—"no condemnation." Now. *In...this...moment*. Every second of every minute. There is no condemnation for your past. Meditate on this truth.

If you look at this verse in the New King James Version, you'll notice a little asterisk. The asterisk means that the last part of that verse—*who do not walk according to the flesh, but according to the*

*Spirit*—is present in some, but not all, of the earliest manuscripts that we have of Romans. Even though some manuscripts did not record this phrase in verse 1, we can have confidence in it because it's repeated in Romans 8:4.

You can only fully experience the freedom this truth brings when you're walking in the Spirit. Although you're not condemned as a born-again believer, when you're *not* walking in the Spirit, there are consequences. When you're in the flesh—caught up in yourself and not in the Spirit—you beat yourself up. You heap loads of condemnation on yourself. We don't need someone else to do it for us. We are often our own worst critics.

And even when we *do* walk in the Spirit, there's the challenge of the enemy of our souls who accuses us and tries to condemn us. However, in Christ, there's freedom and safety.

So living with the reality that our past does not go away, a question remains: What do you do with your past?

The good news is that, if you're in Christ—if you're a born-again believer—you don't need to remain in your past. Because there's no condemnation from God, you don't need to be stuck there. You don't need to be trapped or paralyzed by it. You don't need to relive it in your mind on repeat. You don't need to be defined by it.

In Christ, you can move forward. You can live in the present. Jesus has already set you free from your past. You only need to walk in that freedom.

This book will show you how to walk in the freedom that comes from being *in Christ*. You'll learn how to deal with your past through applying biblical wisdom and address the hurt, anger, disappointment, resentment, and regret that consumes you because of the things you've gone through or the things you've done. It's possible to walk in forgiveness and freedom, living moment by moment in Jesus.

**REFLECTION/DISCUSSION QUESTIONS**

1. What triggers or reminders do you need to surrender to the Lord (like for me, it is music of the '80s) so that the enemy can no longer use them against you?
2. Think about a time in your past that you would really like to erase, but now you can see that the Lord used it powerfully. How did the Lord move in that?
3. What is something from your past that the Lord has forgiven you for, but you still need to forgive yourself for? Do that now; surrender it fully to the Lord.