HAUNTED HOUSE 4 - GHOST: THE PAST THAT HAUNTS YOU - How to Let Go of the Past and Move Forward With Jesus
Chris Fluitt | October 25, 2026
Texts: Exodus 14-15; Joshua 5:9; Numbers 14:4; John 3:3; 2 Corinthians 5:17; Romans 12:2; Matthew 4:19
Big Idea: The past may keep haunting you, but Jesus can make you new and lead you into a different future.

THE THINGS I TRY TO BURY

I have regrets. Disappointments.
Stories I don't particularly enjoy…
Things I've said…
Decisions… Some things I'd rather just bury.

But memories have a way of coming back: driving… lying in bed;
a song, familiar place, or someone's name;
Suddenly… I remember.

THE MOMENT IS OVER. THE FEELING ISN'T.

And the feeling comes back:
guilt, disappointment, embarrassment.

WE KNOW THE FEELING OF REGRET

We know what it's like to wish we'd done something differently. We replay conversations. We wish we'd spoken up - or kept our mouths shut. We wonder what life would look like if we'd made another choice.

This is a widespread problem.

REGRET BY THE NUMBERS:

- **82% experience regret at least occasionally**
- **57% reported a significant regret about something they did not do;**
- **44% frequently or constantly regret what they did.**

Full research results (PDF), Official survey results, How common is regret?, Why missed opportunities haunt us

Interesting numbers. But no surprise.
We know about regret.

WE CAN'T CHANGE WHAT HAPPENED.
BUT WE KEEP REPLAYING IT.

The problem isn't simply remembering. It's how the past keeps influencing our present.

We were betrayed, so we struggle to trust.
…failed, so we're afraid to try again.
…rejected, so we expect rejection.
…wounded, so we stay distant.
We made mistakes …keep punishing self.

We are living in the present, but still reacting to the past. And that's a problem.

Today we come to the final monster in our Haunted House.

GHOST: THE PAST THAT HAUNTS YOU
What makes a ghost frightening?
The ghost is something from your past showing up in your present.
So how do we get free from the haunting of the past?

ESCAPING THE GHOST OF EGYPT Israel had spent about 400 years in slavery.

Not a bad week… rough season.
Generations of oppression.

This was brutal.

- They were controlled.
- Worked hard.
- Treated like property.
- Beaten down.
- Their future was not their own.

This was not just hard.
This was slavery.

But God heard their cries.
Moses.
The plagues. The Passover.
Pillar of cloud and fire.
Pharaoh's army pursued them.
GOD DOES THE IMPOSSIBLE. The sea parts. They walk through on dry ground. The Egyptian army follows. The waters return.

GOD WASHED AWAY THEIR SLAVE MASTERS!
That day the LORD saved Israel from the hands of the Egyptians… Exodus 14:30 NIV
They are FREE! They have a worship service in Exodus 15.

Miriam grabs a tambourine. They sing, dance, celebrate. Miracles continue: manna, water from a rock, supernatural guidance and protection. Isn't God good?

Israel crosses the Jordan into the Promised Land. They camp at Gilgal. God says something interesting.

Today I have rolled away the reproach of Egypt from you. Joshua 5:9 NIV

WAIT A MINUTE. The reproach of Egypt? Didn't God already deal with Egypt? REMEMBER!? Why is God still talking about Egypt?

40 YEARS LATER!

Forty years at a place called Gilgal, God addresses the reproach of Egypt.

Gilgal (Hebrew) - "to roll"

At the Red Sea God washed away their slave masters.
At Gilgal God rolled away their reproach. Two supernatural moments, forty years apart.

YOU CAN HAVE A RED SEA MOMENT AND STILL BE HAUNTED BY EGYPT.

Israel was haunted by the ghost of slavery.

The oppressors were gone, but the ghost of their past was ruling their present.
It caused them to say silly things…

We should choose a leader and go back to Egypt. Numbers 14:4 NIV

GO BACK TO EGYPT?! God brought them out, but Egypt was still influencing how they responded to fear.

What the ghost can sound like:
"I'm not good enough."
"Nothing will change."
"I'll always fail."
"It's safer to go back."
"This is just who I am."

THERE ARE PEOPLE WHO ARE NO LONGER IN YOUR LIFE, BUT THEIR VOICES ARE STILL IN YOUR HEAD.
A person who belittled you is gone - but those words haunt you.
A relationship is over
A failure is years behind you
The situation ended.
The ghost keeps showing up.

SOMETIMES WE INHERIT GHOSTS WE DID NOT CREATE.

Our families: anger, abuse, addiction, fear Our churches: old conflicts and wounds

Our culture and people groups: injustice, oppression, prejudice and distrust can echo across generations.

We may not have created these ghosts. But we do not have to keep handing them to the next generation.

WHAT HAUNTED US DOES NOT HAVE TO BE WHAT WE HAND DOWN.

Make that decision. We need a crossover.

TWO RIVERS. TWO CROSSOVERS.

- **RED SEA - God brought them OUT of slavery.**
- **JORDAN RIVER - God brought them IN to the promise.**

What do you need to move OUT of/INTO?
Ghosts refuse to cross over.
They remain stuck in what was.

Israel crossed over twice. But how often do WE stay stuck in yesterday?

You can come out and still need to move forward.

WHAT KIND OF MOMENT DO YOU NEED TODAY?
A Red Sea moment to come OUT?
A Jordan River moment to step IN?
You can't change what happened.
But you can respond to God in this moment. CROSSOVER
And here is the good news gospel:
Jesus does more than help us move on.
He makes us new.

JESUS MAKES YOU BRAND NEW

How do we deal with ghosts? Bury them deeper? Pretend they do not exist? Jesus offers more than managing your past: He can make you brand new.

1. A NEW BIRTH
Very truly I tell you, no one can see the kingdom of God unless they are born again. John 3:3 NIV
You can't change your first birth.
-childhood. -what happened to you.
But Jesus offers you a new birth.
Ghost - who you used to be;
Jesus invites you into new life.

2. A NEW IDENTITY

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 2 Corinthians 5:17 NIV

The ghost says "You'll never change"
Jesus gives you a new identity.
Failure does not define you. Jesus does.

3. A RENEWED MIND

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:2 NIV

Your past teaches you to expect rejection, failure, and betrayal. Haunted!
The Spirit renews your mind through God's truth.
The Ghost gives you nothing new.
Jesus makes all things new.

"I AM MAKING EVERYTHING NEW!" Revelation 21:5
WILL YOU FOLLOW HIM?

Follow ghosts? shame, fear, and voices from people long gone.
But Jesus calls us to cross over from...
Death to Life!
old identity into new life! - and to follow HIM.

musicians

WILL YOU FOLLOW HIM? Have you ever decided to follow Jesus? Not just attend church - surrender your life. If not, make this your day. RED SEA MOMENT!

Already following Him? When was your last actual step?
Ghosts remain stuck in yesterday. JORDAN RIVER MOMENT! Gilgal – roll reproach.

STOP FOLLOWING YOUR GHOSTS. START FOLLOWING JESUS.

1. RED SEA MOMENT - COME OUT

What has kept you captive - sin, shame, fear? Stop running. Bring it into the light of Jesus. Come pray with someone.

2. BREAK THE SILENCE - START A CONVERSATION

Receive forgiveness, a new identity and a renewed mind. What ghost are you still allowing to speak?

3. JORDAN RIVER MOMENT - CROSS OVER

Roll you're your reproach away. BE MADE NEW!
Start a new life



KEEP THE CONVERSATION GOING

Ghost | Your past does not have to decide your future.

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STOP FOLLOWING YOUR GHOSTS. START FOLLOWING JESUS.

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Help people FIND & FOLLOW Jesus Christ.