git status

git reset HEAD~2 or whatever

<https://stackoverflow.com/questions/19573031/cant-push-to-github-because-of-large-file-which-i-already-deleted>

i.e.

Here's something I found super helpful if you've already been messing around with your repo before you asked for help. First type:

git status

After this, you should see something along the lines of

On branch master

Your branch is ahead of 'origin/master' by 2 commits.

(use "git push" to publish your local commits)

nothing to commit, working tree clean

The important part is the "2 commits"! From here, go ahead and type in:

git reset HEAD~<HOWEVER MANY COMMITS YOU WERE BEHIND>

So, for the example above, one would type:

git reset HEAD~2

After you typed that, your "git status" should say:

On branch master

Your branch is up to date with 'origin/master'.

nothing to commit, working tree clean

From there, you can delete the large file (assuming you haven't already done so), and you should be able to re-commit everything without losing your work.  
I know this isn't a super fancy reply, but I hope it helps!