

THE FUTURE

DAY ONE — Stop Looking Back

Scripture: Genesis 19:26

“But Lot’s wife looked back, and she became a pillar of salt.”

There is something powerful about where we place our focus.

Lot and his family had been given an opportunity most people never receive—a fresh start. God had delivered them from destruction and gave one simple instruction: **Don’t look back.**

At first glance, that command can seem harsh. Why couldn’t she just take one last look?

Because sometimes looking back isn’t curiosity—it’s attachment.

Lot’s wife wasn’t just seeing where she came from; she was longing for it. Her body was moving toward safety, but part of her heart remained behind.

How many times do we do the same?

We replay old conversations.

We revisit old disappointments.

We keep carrying old labels someone placed on us.

We relive failures and wonder if we’ll ever move beyond them.

And while our calendar moves forward, our spirit stays parked in yesterday.

The enemy loves to convince us that our past is permanent. That what happened to us defines us. That one bad season means the rest of life will look the same.

But God says something different.

God never asks us to pretend the past didn't happen. He asks us not to live there.

There's a difference.

Your past may explain where you've been, but it doesn't decide where God can take you.

Maybe today you're looking back at:

- a relationship that ended,
- a mistake you still regret,
- a season you miss,
- words someone spoke over you,
- opportunities you feel you lost.

God's invitation is not to erase your memory. His invitation is to trust Him enough to loosen your grip.

You cannot fully embrace what God is doing ahead while holding tightly to what He already brought you through.

The windshield is bigger than the rearview mirror for a reason.

Reflection Questions:

1. What part of my past do I return to most often?
2. Is looking back helping me heal—or keeping me stuck?
3. What would trusting God with my future look like today?

Prayer:

Father, thank You that You are not finished with my story. Help me release what is behind me so I can receive what You have ahead. Heal places in my heart that still want to stay in old seasons. Give me courage to trust You with my future and faith to move forward one step at a time. In Jesus Name We Pray Amen.

Today's Challenge:

Take a piece of paper and write one thing you've been carrying from your past. Pray over it, then tear it up or place it in your Bible as a reminder that God is bigger than your yesterday.

Tomorrow: God Is Doing Something New