

OLD HABITS ARE HARD TO BREAK

DAY THREE — STOP GOING BACK

SCRIPTURE

Philippians 3:13-14

“Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Sometimes breaking an old habit means doing something that doesn't feel natural at first:

Stop going back.

We can spend so much time looking behind us that we forget God is calling us forward.

We replay the mistake.

We remember the hurt.

We think about what someone said.

We regret the decision.

We wonder what would have happened if we'd done things differently.

And before we know it, we're living in yesterday while asking God to give us a new tomorrow.

The truth is, you can't move forward while constantly turning around.

Paul understood this. He had plenty in his past that could have defined him. But he made a decision to stop allowing yesterday to determine where he was going.

He said, **“Forgetting what is behind and straining toward what is ahead.”**

That doesn't mean pretending the past never happened.

It means refusing to let the past control your future.

Sometimes our oldest habits are connected to our oldest wounds.

We were hurt, so we learned to protect ourselves.

We were disappointed, so we learned not to expect much.

We failed, so we learned to believe we weren't capable.

We were rejected, so we learned to keep people at a distance.

Those responses may have once helped us survive something, but they may not be helping us live the life God has for us now.

You don't have to keep responding to today's circumstances with yesterday's pain.

God is doing something new.

And sometimes moving forward requires you to stop going back to the place, mindset, relationship, or behavior that God is asking you to leave behind.

You may stumble.

You may have a difficult day.

You may even fall back into an old pattern.

But don't stay there.

Get back up and keep moving forward.

Your past may explain some of your habits, but it does not have to determine your future.

LET'S MAKE IT PERSONAL

What keeps pulling you back into an old pattern?

Is there something from your past that you keep replaying?

Are you allowing yesterday's mistakes, hurts, or disappointments to influence today's decisions?

Today, when you feel yourself looking backward, remind yourself:

“God has more ahead of me than what is behind me.”

Then take another step forward.

PRAYER

God, help me stop going back to the things You are calling me to leave behind. Help me release the mistakes, hurts, disappointments, and old patterns that keep pulling me backward. When I am tempted to return to what is familiar, remind me that You are already working ahead of me. Give me the strength to keep moving forward, even when it is difficult. Help me focus on where You are taking me instead of where I've been. In Jesus Name We Pray, Amen.

REMEMBER:

Your past may be part of your story, but it does not have to be the ending. Keep moving forward.