



















Look Forward: Lessons from Lot's Wife



Explore Lot's wife's story and discover how fixing
our eyes on the past can hinder God's best for us.



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Introduction

Welcome to this 21-day journey where we delve deep into the story of *Lot's wife*, a figure whose moment of hesitation and backward glance cost her dearly. This study will help you understand how God calls us **forward** in our lives, often urging us to *leave behind* what anchors us to the past. As you explore the Scriptures, you will find wisdom on the dangers of clinging to old ways, memories, and sins when God is inviting you into a new season filled with hope and promise.

In the Bible, the story of Lot's wife is a sobering reminder that looking back can lead to consequences that prevent us from experiencing God's full blessings. As we study this across various passages, you will be encouraged to identify areas in your own life where you may be hesitating, doubting, or looking back instead of trusting in God's forward-moving plan.

Throughout these 21 days, you will engage with primary Scripture passages and supporting Bible verses, deepening your understanding of God's call to readiness, obedience, faith, and trust. Each day is designed with reflection questions and journaling prompts that encourage you to apply these lessons personally. You will also receive prayers to help you commit your heart to moving forward without regret or distraction.

Whether you find yourself stuck in a difficult situation, fearful of change, or looking back at past mistakes, this study offers hope. **God's grace covers the past**, but He calls you to live fully in the present, stepping confidently into the



future He has prepared. Join us as we learn not only from Lot's wife but also from numerous other biblical truths about faith, obedience, and trusting God's perfect timing.

Are you ready to stop looking back and move forward with faith? Let's begin.





Day 1: The Call to Obedience



Your Verse

Genesis 19:17 - 'As soon as they had brought them out, one of them said, "Flee for your lives! Don't look back, and don't stop anywhere in the plain!"

Supporting Scriptures

- *Hebrews 11:8 - 'By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going.'*
- *Isaiah 30:21 - 'Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."'*



Devotional: Obedience Requires Faithful Forward Steps

Obedience in God's timing is vital. In Genesis 19, God commanded Lot and his family to flee the doomed city of Sodom. The instruction was clear: "Don't look back." Yet, while the family hurried away, Lot's wife disobeyed and took a backward glance. This moment serves as a powerful lesson on the cost of hesitation and disobedience. *God calls us to move forward in faith, without looking back at what He's leading us away from.*

Obedience often requires trust in the unseen and action in uncertainty. Like Abraham, who obeyed without knowing his destination, we too must rely on God's promises rather than our own understanding. The voice behind us, as Isaiah says, directs us on the right path, but we must tune our ears to hear it and obey promptly. Today, let's open our hearts to hear God's direction clearly and to obey without hesitation.

Are there areas where you feel God is calling you to move but your heart wants to linger? God's grace meets us in obedience, not in regret. Trust His plan and step forward boldly.



Reflect and Apply

1. What does obedience to God look like in your current life circumstances?

2. How might hesitation or looking back affect your spiritual journey?

3. Can you identify an area where you are resisting God's call to move forward?



Day 1:  The Call to Obedience

Journaling Prompts

1. Write about a time when obeying God was challenging but rewarding.





2. Reflect on any fears that hold you back from forward movement.

3. List practical steps you can take today to obey God's call fully.



Day 1:  The Call to Obedience

Prayer for Today

Heavenly Father, thank You for calling me forward in faith and not backwards into regret. Help me listen to Your voice clearly and obey Your commands without hesitation. Give me the courage to trust You, even when the path is uncertain. Guide my feet to walk confidently where You lead, leaving behind all that can hold me back. May I keep my eyes fixed on Your promises and not the past. *In Jesus' name, amen.*    





Day 2: 👁👁 The Danger of Looking Back



Day 2: 👁️ The Danger of Looking Back

Your Verse

Genesis 19:26 - 'But Lot's wife looked back, and she became a pillar of salt.'

Supporting Scriptures

- *Luke 17:32 - 'Remember Lot's wife!'*
- *Philippians 3:13 - '...forgetting what is behind and straining toward what is ahead...'*



Devotional: The Cost of Looking Back

The tragic moment when Lot's wife looked back symbolizes the danger of clinging to the past when God is calling us forward. Her backward glance was not just a physical act but a reflection of her heart's attachment to what she was leaving behind. The consequence was severe—she turned into a pillar of salt, frozen and lifeless.

Jesus Himself reminded us to remember the warning in her story (Luke 17:32). It's a sobering call to evaluate what we are holding onto in our own lives. Are we, like Lot's wife, allowing nostalgia, fear, or old habits to paralyze us?

Paul encourages believers to forget what lies behind and strain forward — to pursue the new life God offers eagerly and without regret. When we look back, our focus shifts away from God's promises and forward movement. We risk becoming stuck, unable to fulfill God's plan for us. Today, reflect honestly on what “looking back” might mean in your life.

Are you ready to let go and move forward with faith?



Day 2: 👁️ The Danger of Looking Back

Reflect and Apply

1. What does your 'looking back' look like spiritually or emotionally?

2. What consequences have you witnessed or experienced from dwelling on the past?

3. How does focusing on the future with God change your perspective?



Journaling Prompts

1. Write about something from your past that you need to release to God.

2. Describe how holding on to the past has impacted your faith journey.

3. Write a prayer committing to trust God's future plan.



Day 2: 👁️ The Danger of Looking Back

Prayer for Today

Dear Lord, forgive me when I cling to the past instead of pressing forward in faith. Help me to release anything that hinders my obedience and trust in You. Renew my heart so I don't become paralyzed by regret but move boldly into the new plans You have for me. Strengthen my eyes to see only the path You've set before me. Thank You for Your never-ending grace. *In Jesus' name, amen.* 🙏❤️📖🔥





Day 3: 💡 Trusting God's Promises Forward



Day 3: 💡 Trusting God's Promises Forward

Your Verse

Jeremiah 29:11 – 'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.'

Supporting Scriptures

- *Proverbs 3:5-6 – 'Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.'*
- *Romans 8:28 – 'And we know that in all things God works for the good of those who love him...'*



Day 3: 💡 Trusting God's Promises Forward

Devotional: Faith in God's Hopeful Future

God's promises assure us that moving forward is for our good. It can be difficult when the future is unknown, but Scripture reminds us that God holds our future and has plans to prosper and not to harm us. Trusting these promises is essential to leaving the past behind.

Proverbs encourages us to trust God wholeheartedly and to submit to His ways rather than relying on our own understanding. When we do, God assures us that He will make our paths clear and straight. And in every circumstance, no matter how challenging, Romans reminds us that God is working for our good.

Today, allow the peace and hope found in Jeremiah's words to seep deeply into your spirit. Trust that God's forward plan for you is full of hope, and He is with you every step of the way. Let confidence replace fear and faith release hesitation.



Reflect and Apply

1. How do God's promises encourage you about your future?

2. In what ways have you relied on your own understanding instead of trusting God?

3. What practical steps remind you daily to trust God's direction?



Journaling Prompts

1. List specific promises from Scripture that encourage your faith.

2. Write about a situation where trusting God led to unexpected blessings.

3. Describe how you can remind yourself to trust God each day.



Day 3: 💡 Trusting God's Promises Forward

Prayer for Today

Father God, thank You for Your faithful promises that give me hope and a future. Help me to trust You with all my heart and lean not on my own understanding. Guide my steps and clear the path You have chosen for me. Even when I feel unsure, remind me that You work all things for my good. Strengthen my faith to follow You forward with confidence and peace. *In Jesus' name, amen.* 🙏 ✨ 📖 🏞️





Day 4: ✂ Letting Go of the Past



Your Verse

Ecclesiastes 3:1 - 'There is a time for everything, and a season for every activity under the heavens.'

Supporting Scriptures

- *Isaiah 43:18 - 'Forget the former things; do not dwell on the past.'*
- *2 Corinthians 5:17 - 'Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!'*



Day 4: ✂ Letting Go of the Past

Devotional: Embrace New Seasons God Provides

Life unfolds in seasons, and God's timing is perfect. Ecclesiastes reminds us there is a time and season for everything, including letting go of the past to embrace the new.

Isaiah urges us not to dwell on what's behind us but to move forward, knowing God is doing a new thing. This is more than just forgetting; it's about actively releasing the hold the past has on us so we can walk in freedom and purpose.

Paul's words in 2 Corinthians remind us that when we are in Christ, we are made new. The old has passed away, making room for the new life God wants us to live. Holding on to the old can weigh us down, but letting go opens the door to growth and blessings.

Today, reflect on what you need to release so you can step fully into the season God has prepared for you. Invite God to help you let go and embrace His newness.



Day 4: ✂ Letting Go of the Past

Reflect and Apply

1. What 'old things' might you be holding on to that hinder your spiritual growth?

2. How does God's promise of newness inspire you to let go?

3. What practical steps can you take to release the past today?



Day 4: ✂ Letting Go of the Past

Journaling Prompts

1. Describe areas where holding on is preventing your progress.

2. Write a goodbye letter to an old habit or fear you need to let go.

3. Journal prayers asking God for help in embracing new beginnings.



Day 4: ✂️ Letting Go of the Past

Prayer for Today

Lord, thank You that with You there is always a new season and fresh hope. Help me to release the past and the things that hold me back. Fill me with courage and grace to embrace the new life You offer. Teach me to recognize when it's time to let go, and give me peace as I step forward in faith. May Your Spirit guide me into the fullness of Your purpose. *In Jesus' name, amen.* 🙏🌿





Day 5: 💪 Strength to Move Forward



Day 5: 🦅 Strength to Move Forward

Your Verse

Isaiah 40:31 – 'But those who hope in the LORD will renew their strength. They will soar on wings like eagles...'

Supporting Scriptures

- *Philippians 4:13 – 'I can do all this through him who gives me strength.'*
- *2 Timothy 1:7 – 'For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.'*



Day 5:  Strength to Move Forward


Devotional: Relying on God's Strength to Advance

Moving forward in faith requires strength, especially when the path is challenging or uncertain. Isaiah offers hope that those who place their hope in the Lord will be renewed in strength, rising above trials like eagles soaring.

Paul echoes this truth in Philippians, emphasizing that our strength comes through Christ alone. It's not by our own might but by God's power working in us that we can move ahead confidently. Likewise, 2 Timothy reminds us that God's Spirit equips us with power, love, and self-discipline—not fear.

When hesitation tempts you to look back, lean into God's strength. He will empower you to overcome doubts and fears, giving you the endurance to press on in obedience and trust. Draw close to Him and invite His strength to fill every part of your being.



Day 5:  Strength to Move Forward


Reflect and Apply

1. Where do you feel weak or fearful about moving forward?

2. How have you experienced God's strength in difficult times?

3. What spiritual disciplines help you stay strong in your faith journey?



Day 5:  Strength to Move Forward

Journaling Prompts

1. Write about a time God gave you strength in a challenging situation.

2. List ways you can depend more fully on God's power daily.

3. Journal prayers asking for renewed strength and courage.



Day 5: 💪 Strength to Move Forward

Prayer for Today

Father, I thank You for the promise that my strength is renewed when I hope in You. When I feel weak or afraid to move forward, fill me with Your power, love, and self-discipline. Help me to soar above my doubts like an eagle on strong wings, trusting that You equip me for every step. Let me rely on Your strength and not my own. *In Jesus' name, amen.* 🙏🦅💪📖





Day 6: Guarding Your Heart Against Regret



Day 6:  Guarding Your Heart Against Regret

Your Verse

Proverbs 4:23 – 'Above all else, guard your heart, for everything you do flows from it.'

Supporting Scriptures

- *Romans 12:2 – 'Do not conform to the pattern of this world, but be transformed by the renewing of your mind...'*
- *Psalms 34:18 – 'The LORD is close to the brokenhearted and saves those who are crushed in spirit.'*



Devotional: Healing from Regret Through God's Protection

Regret can steal joy and paralyze progress. Proverbs instructs us to guard our hearts carefully because it influences everything we do. When our hearts become weighed down by regret over past mistakes or missed opportunities, our faith and obedience can suffer.

Paul's instruction in Romans reminds us to renew our minds and not conform to worldly patterns—including guilt and regret that bind us. And the Psalmist offers comfort that God is especially close to the brokenhearted and those crushed in spirit.

Today, commit to guarding your heart by releasing regret and embracing God's forgiveness and healing. When regret threatens you, turn your thoughts to God's promises and allow His peace to restore your heart and mind.



Reflect and Apply

1. Are there regrets that weigh heavily on your heart right now?

2. How can guarding your heart help transform your spiritual walk?

3. What steps can you take to renew your mind and avoid negative patterns?



Journaling Prompts

1. Write about feelings of regret and how they have affected your life.

2. Describe ways God has comforted you in times of brokenness.

3. Journal affirmations of God's forgiveness and grace in your heart.



Day 6: 🛡️ Guarding Your Heart Against Regret

Prayer for Today

Merciful God, please guard my heart against the weight of regret that tries to hold me back. Heal my broken places and renew my mind according to Your truth. Help me release guilt and embrace Your forgiveness fully. May Your peace and love fill the deepest parts of my soul, so I can walk confidently in the freedom You provide. Thank You for being close when I am crushed in spirit. *In Jesus' name, amen.* 🙏💖🛡️📖





Day 7: Fixing Your Eyes on Jesus



Day 7:  Fixing Your Eyes on Jesus

Your Verse

Hebrews 12:2 - '...fixing our eyes on Jesus, the pioneer and perfecter of faith.'

Supporting Scriptures

- *2 Corinthians 4:18 - 'So we fix our eyes not on what is seen, but on what is unseen...'*
- *Matthew 6:33 - 'But seek first his kingdom and his righteousness...'*



Devotional: Eyes Fixed on Christ for Steadfast Faith

Focus directs our spiritual journey. The writer of Hebrews encourages us to fix our eyes on Jesus, who initiates and perfects our faith. When we focus on Him, the obstacles and fears that encourage us to look back diminish.

Paul reminds us that we should not be distracted by visible trials or setbacks but concentrate on the eternal unseen realities. Jesus Himself directs us to seek first God's kingdom and righteousness, assuring that everything else will fall into place.

When temptation arises to glance backward or question God's path, deliberately turn your gaze back to Jesus. His example, promises, and love will empower you to press forward with hope and confidence.



Day 7:  Fixing Your Eyes on Jesus

Reflect and Apply

1. What distracts you from keeping your focus on Jesus?

2. How can fixing your eyes on Jesus change your reactions to challenges?

3. What does seeking God's kingdom first look like in your daily life?



Journaling Prompts

1. Write about times focusing on Jesus helped you overcome fear.

2. List distractions you need to minimize to keep your spiritual focus.

3. Journal commitments to pursue God's kingdom with intentionality.



Day 7: 🎯 Fixing Your Eyes on Jesus

Prayer for Today

Lord Jesus, help me to fix my eyes on You each day. When distractions and fears tempt me to look back or stray, draw me back to Your love and faithfulness. Teach me to seek Your kingdom first in all things and trust Your perfect plan. May my faith grow stronger as I learn to focus on You, the author and finisher of my faith. *In Your name, amen.* 🙏👁️🕊️📖





Day 8: 🕊️ Walking by the Spirit



Day 8: 🕊 Walking by the Spirit

Your Verse

Galatians 5:16 – 'So I say, walk by the Spirit, and you will not gratify the desires of the flesh.'

Supporting Scriptures

- *Romans 8:14 – 'For those who are led by the Spirit of God are the children of God.'*
- *Ephesians 5:18 – '...be filled with the Spirit.'*



Day 8:  Walking by the Spirit

Devotional: Let the Spirit Lead Your Steps

Walking by the Spirit keeps us aligned with God's direction. When Lot's wife looked back, she followed her own desires rather than God's command. Galatians challenges us to walk by the Spirit, which empowers us to resist fleshly desires like fear and nostalgia that pull us backward.

Paul teaches in Romans that those who follow the Spirit are true children of God, led by His guidance and strength. Ephesians instructs us to be continually filled with the Spirit, ensuring that our attitudes and actions reflect God's will.

Invite the Holy Spirit into your daily decisions and struggles so that you can respond rightly when tempted to look behind or stay stuck. The Spirit's power encourages obedience, peace, and joy as you move forward.



Reflect and Apply

1. How often do you consciously ask the Spirit to guide your decisions?

2. What 'desires of the flesh' hinder your forward movement with God?

3. In what ways can you cultivate sensitivity to the Spirit's leading?



Day 8:  Walking by the Spirit

Journaling Prompts

1. Describe moments when you felt led by the Holy Spirit.

2. Write about habitual struggles to trust God's direction over your feelings.

3. Journal prayers inviting the Spirit to fill and direct your heart.



Day 8: 🕊️ Walking by the Spirit

Prayer for Today

Holy Spirit, fill me anew and lead me every day. Help me walk by Your power, resisting desires that pull me backward. Teach me to listen closely to Your voice, guiding my steps in obedience to God. Let Your peace, joy, and love overflow in my life as I follow You wholeheartedly. *In Jesus' name, amen.* 🙏





Day 9: Breaking Free from Bondage



Day 9: 🌀 Breaking Free from Bondage

Your Verse

Galatians 5:1 - 'It is for freedom that Christ has set us free.'

Supporting Scriptures

- *John 8:36 - 'So if the Son sets you free, you will be free indeed.'*
- *Romans 6:14 - '...sin shall no longer be your master.'*



Devotional: Embrace Christ's Freedom Today

God's call forward is a call to freedom. Lot's wife was bound by attachment to her past, which ultimately cost her freedom and life. Galatians reminds us that Christ set us free, and we must live in that freedom, not in captivity to past sins, regrets, or fears.

Jesus emphasizes in John that if He sets us free, we are truly free. Romans teaches us that sin should no longer reign as master over us when we live in Christ.

Holding on to the past can feel comfortable but creates invisible chains. Today, claim the freedom Christ offers and break every chain that hinders your forward walk. Choose liberation over captivity and life over decay.



Reflect and Apply

1. What areas of your life still feel like bondage to the past?

2. How does Jesus' freedom change your identity and daily choices?

3. What does living free in Christ look like practically for you?



Journaling Prompts

1. Write about what freedom in Christ means to you personally.

2. Describe any chains or patterns you want God to break.

3. Journal your prayers committing to walk in freedom.



Day 9: 🌀 Breaking Free from Bondage

Prayer for Today

Jesus, thank You for setting me free from sin, fear, and the weight of the past. I choose today to embrace Your freedom fully and reject anything that tries to chain me down. Help me to live as a new creation and walk boldly in the liberty Your love provides. May Your Spirit strengthen me to be free indeed. *In Your mighty name, amen.* 🙏🔓🕊📖





Day 10: 🌀 Hope for the Future



Day 10: 🌈 Hope for the Future

Your Verse

Psalm 39:7 – 'But now, Lord, what do I look for? My hope is in you.'

Supporting Scriptures

- *Romans 15:13 – 'May the God of hope fill you with all joy and peace as you trust in him...'*
- *Lamentations 3:22-23 – 'Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning...'*



Day 10: 🌈 Hope for the Future

Devotional: Anchor Your Soul in God's Hope

Hope anchors our souls. In Psalm 39, the psalmist expresses a deep longing and resolves to place hope firmly in the Lord. When the future feels uncertain or scary, hope in God provides stability and peace.

Paul prays that God, the source of hope, fills believers with joy and peace as they trust Him. Even in difficult seasons, Lamentations reminds us that God's compassion is renewed every morning, giving us fresh mercies to face the day.

Let hope in God be your anchor today. Release fear of what lies ahead and fix your trust on His enduring love and faithfulness. God is crafting your future, and His hope will sustain you.



Day 10:  Hope for the Future

Reflect and Apply

1. How does hope in God change your outlook on life?

2. What fears about the future can you surrender to God today?

3. How does God's daily compassion encourage your faith?



Journaling Prompts

1. Write about what gives you hope in challenging times.

2. List verses or experiences that remind you of God's faithfulness.

3. Journal prayers asking God to increase your hope and trust.



Day 10: 🌈 Hope for the Future

Prayer for Today

Lord of hope, fill my heart with joy and peace as I place my trust in You alone. When I am fearful or uncertain, remind me of Your never-failing compassion and new mercies each morning. Help me to hold fast to the hope You provide, knowing You are working all things for my good. *In Jesus' name, amen.* 🙏





Day 11: 🕒 Patient Endurance



Your Verse

James 1:12 – 'Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life.'

Supporting Scriptures

- *Romans 5:3-4 – '...we also glory in our sufferings, because we know that suffering produces perseverance...'*
- *Hebrews 10:36 – 'You need to persevere so that when you have done the will of God, you will receive what he has promised.'*



Devotional: Persevere with Purpose and Joy

Endurance is essential on the journey forward. Often, moving forward means facing trials that test our faith and patience. James blesses those who persevere under trial, promising eternal rewards.

Paul teaches that suffering is not pointless but produces perseverance, character, and hope. Hebrews encourages us to endure, knowing that God's promises come through perseverance.

When entitlement or discouragement tempts you to look back or give up, remember the eternal crown awaiting those who stand firm. God uses every challenge to refine you and strengthen your walk toward His purpose.



Reflect and Apply

1. What trials have tested your faith recently?

2. How can you view suffering as an opportunity for growth?

3. What motivates you to endure rather than look back or quit?



Journaling Prompts

1. Describe a trial where you experienced God's faithfulness.

2. Write about ways you can cultivate patience during hardships.

3. Journal prayers asking for strength to endure with hope.



Day 11: 🕒 Patient Endurance

Prayer for Today

Gracious God, help me to persevere through trials with joy and faith. Teach me to see suffering as a refining fire that produces endurance and hope. Strengthen me when I feel weak or tempted to turn back. Remind me of the crown of life You have promised. May Your Spirit uphold me every step of the way. *In Jesus' name, amen.* 🙏🔥💪📖





Day 12: Keys to Spiritual Renewal



Day 12:  Keys to Spiritual Renewal

Your Verse

Psalm 51:10 - 'Create in me a pure heart, O God, and renew a steadfast spirit within me.'

Supporting Scriptures

- *Ezekiel 36:26 - 'I will give you a new heart and put a new spirit in you.'*
- *Titus 3:5 - '...he saved us through the washing of rebirth and renewal by the Holy Spirit.'*



Day 12:  Keys to Spiritual Renewal

Devotional: Receive God's Gift of Renewal

Renewal is a gift God offers continually. After sin and failure, David's prayer in Psalm 51 models a heart seeking cleansing and steadfast renewal. The heart's purity and spirit's steadfastness are keys to moving forward without being held hostage by past mistakes.

Ezekiel prophesies that God will give us a new heart and spirit, an act of divine transformation. Paul in Titus confirms that salvation involves rebirth and renewal by the Holy Spirit, not by our own effort.

When you feel weighed down by your past, come to God asking for renewal. Let Him create in you a fresh heart and a spirit that remains firm no matter what.



Reflect and Apply

1. In what ways do you need heart renewal today?

2. How does understanding God's work in renewal change your approach to mistakes?

3. What spiritual practices help maintain a steadfast spirit?



Journaling Prompts

1. Write a prayer asking God to renew your heart and spirit.

2. Reflect on past experiences of spiritual renewal.

3. List habits that nurture ongoing renewal and closeness to God.



Day 12: 🔑 Keys to Spiritual Renewal

Prayer for Today

Holy God, create in me a pure heart and renew a steadfast spirit within. I need Your cleansing and transformation to move forward in faith. Thank You for the new heart and spirit You give through Your Holy Spirit. Help me to walk in continuous renewal and trust Your grace in every step. *In Jesus' name, amen.*





Day 13: Growing in Grace



Your Verse

2 Peter 3:18 - '...grow in the grace and knowledge of our Lord and Savior Jesus Christ.'

Supporting Scriptures

- *Colossians 1:10 - '...grow in the knowledge of God.'*
- *Ephesians 4:15 - '...grown up in all ways into him who is the head, that is, Christ.'*



Devotional: Mature in Grace and Knowledge

Growth in grace transforms our spiritual journey. Peter urges believers to mature by growing in both grace and knowledge of Jesus Christ. This growth strengthens faith and helps us stay forward-focused.

Paul encourages growth in knowledge of God and maturity in Christ.

Growing spiritually involves gaining wisdom, developing character, and becoming more like Christ in all aspects.

As you study God's Word and experience His grace, you become better equipped to resist looking backward and to walk steadily forward. Growth requires intention, patience, and reliance on God's Spirit.



Reflect and Apply

1. How would you describe your current spiritual growth?

2. What areas of grace or knowledge do you desire to deepen?

3. How does spiritual maturity affect your ability to move forward?



Journaling Prompts

1. Write about ways you want to grow in your relationship with Christ.

2. List spiritual disciplines that foster growth in grace.

3. Journal about moments when growth helped you overcome setbacks.



Day 13: 🌱 Growing in Grace

Prayer for Today

Lord Jesus, help me to grow continually in grace and knowledge of You. Teach me to mature spiritually and become more like You each day. Strengthen me to live out my faith boldly, moving forward with wisdom and love. Thank You for Your patience and guidance on this journey. *In Your holy name, amen.* 🙏





Day 14: God's Guidance Throughout Life



Your Verse

Psalms 32:8 - 'I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.'

Supporting Scriptures

- *Isaiah 58:11 - 'The LORD will guide you always; he will satisfy your needs...'*
- *Proverbs 16:9 - 'In their hearts humans plan their course, but the LORD establishes their steps.'*



Devotional: Trust God's Loving Guidance Daily

God's guidance is consistent and loving. Psalm 32 assures us that God instructs and teaches us personally, caring deeply for our direction. His eyes are lovingly on us as we walk life's path.

Isaiah promises that God continually guides and satisfies our needs, ensuring we do not walk alone. Proverbs reminds us that while we plan, it is ultimately God who establishes our steps.

Trusting in God's guidance helps us resist looking back with fear or doubt. He is intimately involved in every decision, leading us safely through every season.



Reflect and Apply

1. How have you experienced God's guidance recently?

2. What worries or doubts hinder your trust in His direction?

3. How can you better listen and submit to God's counsel?



Journaling Prompts

1. Write about a time when God clearly guided your steps.

2. List areas where you seek God's direction today.

3. Journal prayers asking for sensitivity to God's leading.



Day 14:  God's Guidance Throughout Life

Prayer for Today

Faithful God, thank You for instructing and guiding me every step of the way. Help me to trust Your loving eye upon me, even when I cannot see the entire path. Teach me to submit my plans to You and to listen carefully to Your counsel. Lead me forward with confidence and peace. *In Jesus' name, amen.*





Day 15: 🔥 Pure Heart, Steadfast Spirit



Day 15: 🔥 Pure Heart, Steadfast Spirit

Your Verse

1 Timothy 1:5 - 'The goal of this command is love, which comes from a pure heart and a good conscience and a sincere faith.'

Supporting Scriptures

- *Psalms 51:12 - 'Restore to me the joy of your salvation and grant me a willing spirit.'*
- *Romans 12:11 - 'Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.'*



Day 15: 🔥 Pure Heart, Steadfast Spirit

Devotional: Serve with a Pure, Zealous Heart

A pure heart and steadfast spirit fuel our journey. Paul points out that love flows from a pure heart, good conscience, and sincere faith. This trio enables us to serve God wholeheartedly.

David prays for restoration of joy and a willing spirit, reflecting the heart posture God desires. Romans encourages believers to maintain zeal and spiritual fervor as they walk in obedience.

Ask God to purify your heart and renew your spirit. Let love be the motivation that drives you forward without distraction or turning back.



Day 15: 🔥 Pure Heart, Steadfast Spirit

Reflect and Apply

1. What does a pure heart mean to you in your faith journey?

2. How can you cultivate zeal for serving God each day?

3. What motivates your love for God and others presently?



Day 15: 🔥 Pure Heart, Steadfast Spirit

Journaling Prompts

1. Write a prayer for heart purity and renewed zeal.

2. Describe ways you express love through service.

3. Journal how love impacts your willingness to move forward.



Day 15: 🔥 Pure Heart, Steadfast Spirit

Prayer for Today


Lord, create in me a pure heart and a steadfast spirit that loves You sincerely. Restore the joy of Your salvation and ignite zeal in my service. May my love for You and others be the foundation that propels me forward. Let me serve with willing and joyful heart. *In Jesus' name, amen.* 🙏❤️🔥📖





Day 16:  Leaving the Past Behind



Day 16:  Leaving the Past Behind


Your Verse

Philippians 3:13 - 'Forgetting what is behind and straining toward what is ahead,'

Supporting Scriptures

- *2 Corinthians 5:17 - 'If anyone is in Christ, the new creation has come.'*
- *Isaiah 43:18 - 'Forget the former things; do not dwell on the past.'*



Day 16:  Leaving the Past Behind


Devotional: Forget the Past, Embrace New Life

Pressing forward means letting go completely. Paul's declaration to forget the past and strain toward the future challenges us to release all that weighs us down. In Christ, we are made new creations, free from the chains of the past.

Isaiah confirms this freedom by urging believers to forget former things and embrace God's new work. Living forward requires intentional forgetting – not denial, but choosing God's present and future above past failures or regrets.

Today, commit to releasing the past and chasing after God's purposes with vigor and hope. God's new creation life awaits your full embrace.



Day 16:  Leaving the Past Behind

Reflect and Apply

1. What old things do you struggle to forget?

2. How does being a new creation help you move forward?

3. What actions can you take to strain toward what lies ahead?



Journaling Prompts

1. Write about a past event you need to release to God.

2. Describe what pursuing the future God offers looks like.

3. Journal a commitment statement to live forward in faith.



Day 16: 🏠 Leaving the Past Behind

Prayer for Today

God of new beginnings, help me to forget what lies behind and strain toward what is ahead. Thank You for making me a new creation in Christ. Enable me to live fully in Your promises and purpose each day, free from the past's burdens. Strengthen my will to pursue Your plans wholeheartedly. *In Jesus' name, amen.* 🙏🌅🌟📖





Day 17: ☁️ Trusting God in Change



Day 17: ☀️ Trusting God in Change

Your Verse

Ecclesiastes 7:13 – 'Consider what God has done: Who can straighten what he has made crooked?'

Supporting Scriptures

- *Isaiah 41:10 – 'Do not fear, for I am with you...'*
- *Jeremiah 1:19 – 'They will fight against you but will not overcome you.'*



Day 17: ☁️ Trusting God in Change

Devotional: Embrace Change Confidently in God

Change is often uncomfortable but necessary. Ecclesiastes reminds us to consider God's sovereignty over all situations, even when life seems crooked or out of control.

God's words through Isaiah encourage us not to fear because He is with us. Jeremiah promises that though challenges will come, they will not ultimately defeat us.

Trusting God through life's twists and turns gives us peace to move forward even when change is disorienting. God's presence and power remain constant. Embrace change as part of God's perfect plan and walk with confidence.



Reflect and Apply

1. What changes are you currently facing or fearing?

2. How does God's sovereignty help you trust during uncertainty?

3. What fears can you surrender to God today?



Journaling Prompts

1. Write about a recent change you've struggled with and God's role in it.

2. List promises that help you trust God during uncertainty.

3. Journal a prayer releasing fear and embracing God's plans.



Day 17: ☀️ Trusting God in Change

Prayer for Today

Almighty God, help me trust You in the midst of change and challenge. When life seems crooked or uncertain, remind me that You are sovereign and in control. Remove my fears and strengthen my faith, knowing You fight for me and will sustain me. Lead me confidently forward in Your perfect love. *In Jesus' name, amen.* 🙏 ☀️ ✝️ 📖





Day 18: 🕒 Waiting with Hope



Day 18: 🕒 Waiting with Hope

Your Verse

Psalm 27:14 – 'Wait for the LORD; be strong and take heart and wait for the LORD.'

Supporting Scriptures

- *Lamentations 3:25 – 'The LORD is good to those whose hope is in him...'*
- *Isaiah 40:31 – 'But those who hope in the LORD will renew their strength.'*



Day 18: 🕒 Waiting with Hope

Devotional: Strengthen Your Heart While Waiting

Waiting on God is an act of faith and strength. Psalm 27 encourages us to wait patiently, being strong and courageous while trusting God's timing.

Lamentations reminds us of the Lord's goodness to those who place their hope in Him. Isaiah reaffirms that hope in God renews our strength to keep going.

Waiting can feel hard, but it is a sacred time to deepen trust in God's plan. During moments of waiting, lean into His strength and hope, knowing renewal comes to those who wait on the Lord.



Day 18: 🕒 Waiting with Hope

Reflect and Apply

1. What are you currently waiting for God's timing on?

2. How do you handle impatience or doubts during waiting seasons?

3. How can hope renew your strength now?



Day 18: 🕒 Waiting with Hope

Journaling Prompts

1. Write about your experiences with waiting on God.

2. List ways to cultivate strength and courage in waiting.

3. Journal prayers seeking patience and renewed hope.



Day 18: 🕒 Waiting with Hope

Prayer for Today

Patient God, teach me to wait on You with strength and courage. When waiting feels long and difficult, renew my hope and fill me with peace. Help me trust Your perfect timing and rest in Your goodness. May my heart be steadfast as I wait faithfully on You. *In Jesus' name, amen.* 🙏⌚❤️📖





Day 19: 🦶 Following Jesus Daily



Day 19: 🦶 Following Jesus Daily

Your Verse

Matthew 16:24 - 'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.'

Supporting Scriptures

- *Luke 9:23 - '...take up their cross daily and follow me.'*
- *John 8:12 - 'I am the light of the world. Whoever follows me will never walk in darkness...'*



Day 19:  Following Jesus Daily

Devotional: Commit to Daily Walk with Jesus

Discipleship means daily commitment. Jesus calls His followers to deny themselves, take up their cross daily, and walk in His footsteps. This is a continual call to forward movement, a daily surrender rather than occasional turning back.

Luke repeats this call, emphasizing the daily nature of following Jesus. John promises that following Jesus brings light into our lives, dispelling darkness and fear.

Commit to following Jesus step by step each day. Surrender past burdens and future worries by entrusting every moment to Christ's guidance and love.



Day 19:  Following Jesus Daily

Reflect and Apply

1. How consistent is your daily commitment to follow Jesus?

2. What does 'taking up your cross' look like in your life today?

3. How does Jesus' light encourage your forward journey?



Day 19: 🦶 Following Jesus Daily

Journaling Prompts

1. Write about what daily discipleship means to you personally.

2. List challenges and joys of following Jesus daily.

3. Journal prayers for strength to surrender daily.



Day 19: 🦋 Following Jesus Daily

Prayer for Today

Jesus, help me to deny myself and take up my cross each day to follow You faithfully. Fill me with Your light that I may never walk in darkness or fear. Guide my steps and renew my commitment daily to walk in Your love and truth. *In Your holy name, amen.* 🙏 ✝️ 💡 📖





Day 20: ✨ Living With Eternal Perspective



Day 20: ✨ Living With Eternal Perspective

Your Verse

Colossians 3:2 - 'Set your minds on things above, not on earthly things.'

Supporting Scriptures

- *2 Corinthians 4:18 - '...focus on what is unseen, since what is seen is temporary.'*
- *Matthew 6:19 - 'Do not store up for yourselves treasures on earth...'*



Day 20: ✨ Living With Eternal Perspective

Devotional: Keep Your Mind on Eternal Things

Perspective shapes how we journey. Paul calls believers to focus on things above, keeping eternal realities front and center.

Since earthly troubles and possessions are temporary, focusing on them can distract us from God's higher purposes. Jesus warns against storing earthly treasures that fade away, instead encouraging us to invest in eternal riches.

Today, intentionally set your mind on eternity. Let this shift help you resist looking back at temporary things and move forward energized by eternal hope.



Reflect and Apply

1. How often do you think about eternal realities?

2. What earthly attachments may distract you from following God fully?

3. How can cultivating eternal perspective change your daily decisions?



Journaling Prompts

1. Write about what treasures you want to store in heaven.

2. List areas where you need an eternal perspective shift.

3. Journal prayers asking God to help you focus on Him.



Day 20: ✨ Living With Eternal Perspective

Prayer for Today

Heavenly Father, help me to set my mind on things above, not earthly distractions. Teach me to invest in treasures that last forever. Shift my focus from temporary worries and fears to Your eternal promises. Keep my heart anchored in Your kingdom and purposes. *In Jesus' name, amen.* 🙏 ☁️ 🌀 📖





Day 21: 🎉 Celebration of Forward Faith



Day 21: 🎉 Celebration of Forward Faith

Your Verse

Hebrews 12:1 - '...let us run with perseverance the race marked out for us,'

Supporting Scriptures

- *2 Timothy 4:7 - 'I have fought the good fight, I have finished the race, I have kept the faith.'*
- *Philippians 3:14 - 'I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.'*



Day 21: 🎉 Celebration of Forward Faith

Devotional: Finish Strong, Run with Confidence

Today we celebrate the journey forward. Hebrews calls us to run the race God has set with perseverance, and Paul reflects on finishing well by keeping faith.

Pressing on toward the heavenly prize requires intentional faith daily. This study concludes with a call to continue forward confidently, trusting that God completes the good work He began in you (Philippians 1:6).

Celebrate your growth, your struggles, your victories. Commit anew to running your race with eyes fixed on Jesus, leaving backward glances behind.



Reflect and Apply

1. How has this study helped you move forward in faith?

2. What encourages you to persevere in your spiritual race?

3. How can you continue to press on toward God's heavenly prize?



Journaling Prompts

1. Write a summary of your spiritual growth during this study.

2. Set goals for continuing forward movement in faith.

3. Journal a prayer of thanksgiving for God's faithfulness.



Day 21: 🎉 Celebration of Forward Faith

Prayer for Today

Father, thank You for guiding me through this journey of faith. I commit to running the race You have marked out with perseverance and strength. Help me to finish well, keeping my eyes on Jesus and pressing on toward the prize You have called me to. May my life glorify You in every step forward. *In Jesus' name, amen.* 🙏 🏁 🕊 📖





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