

TRICIA ZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 66 – Don’t Look Back

When we tend to look back at our past, often we’re unable to take steps forward because we keep rehearsing missteps. We look back at the sin, the pain, the shame, guilt, the embarrassment, the feelings of hopelessness, the rejection or abandonment, the grief, the loss, and we stare at it, remembering, rehearsing it, wanting to take it back, get a do-over, beating ourselves up.

1) What is something you keep looking back at in your past that you experienced, something you did, or something that was done to you?

2) What are you making this mean about yourself?

Maybe you’ve sinned or you’ve been wronged, or you’ve experienced something unbearable, debilitating, something that has shifted your entire life towards a trajectory you can’t even imagine. You can wallow in it and stay stuck there in that past. Or you can get your eyes off that rearview mirror and put your focus on what’s ahead.

It is critical that you stop allowing your past or something that has happened to you in the past, dictate who you are in life or where you are going. Instead, your future should be directed by the truth that you are a forgiven child of God, and your past doesn’t define who you are today.

If it’s sin in your past that you’ve since repented of, God doesn’t want you to keep looking back. If you have repented, then you’ve been forgiven by God. 1 John 1:9 says, “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

