

Don't Look Back
Resilient: Strength That Prevails
February 5, 2023

Notes

Father, Jesus, Holy Spirit, I give my Eden heart to You, Lord, and You alone. I'm so filled with longing, Lord, for things to be good again. I just want things to be beautiful. I want people to love one another. I want turmoil to cease and evil to stop.

Jesus, catch my Eden heart. I put my hope in the restoration of Eden when You return. I give my heart to You and look forward in confidence to Your return. You are the only safe place. You are the only one who satisfies my Eden heart.

I treasure You above all things. I now ask for the strength that prevails, the strength to escape the madness of this world. The supernatural strength that rises up from Jesus Christ who dwells within me. I ask for strength in my mental life, strength of heart, strength in my emotions, strength of will.

God, I choose You. I choose single-heartedness. Empower me to be wholly devoted, fully aligned with You. I give my Eden heart to you, Jesus. I turn my face from the distractions of this world and place my hope, my attention on You. Fill me with supernatural resilience for this hour. In your mighty name I pray. Amen.

(prayer adapted from Resilient Study Guide, pg 108)

Questions for Personal Reflection and Group Discussion

1. Read Genesis 19:16-17, 23-26 and Luke 17:32-33.

What do you learn about the character of God in this Genesis passage?

Why do you think the angels told Lot and his family to run and not look back?

What does Lot's wife disregard for the angel's instructions reveal about her?

Why does Jesus admonish his disciples to remember Lot's wife? What does her story have to do with our lives today? What do we need to learn from her?

When have you found yourself longing for the past? What was it that you wanted to return to?

What feelings rise up in you when you think about the future? Why?

2. Read Daniel 6:10.

How did Daniel respond when faced with a royal decree that demanded him to compromise his allegiance to God? How does his life reveal his resilience?

In what area of your life are you tempted to compromise your allegiance to God? Are you wholly devoted to Him or are the places where your heart is divided?

In what ways are you looking back rather than pressing forward?

3. Read Hebrews 10:39.

Can you read this verse aloud with confidence and boldness? If not, what do you need to do to deepen your resilience and more fully align your heart with the heart of Jesus?

What step will you take toward building your reserves, increasing your resilience, and walking forward into all that God has for you?

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