

# Life Steps

**The Happy Life:** Past My Past | February 6 & 7, 2021

## Day 1

**Philippians 3:12-14**

**Reflect:** What does Paul leave behind and to what is he “straining” towards? What is God saying to you through this passage?

**Prayer:** God of hopes and dreams, I trust you. Lead me toward your preferred future for my life.

## Day 2

**Proverbs 26:11**

**Reflect:** Write out this verse in your journal. What wisdom is being communicated? What is your personal application?

**Prayer:** God of hopes and dreams, keep my eyes focused on the new things you want to do in my life.

## Day 3

**Psalms 139:23-23**

**Reflect:** Write out these verses in your journal. What does it mean to ask God to search your heart? What is your personal application?

**Prayer:** Search me God. Know my heart. Reveal my worrisome and anxious thoughts. Lead me and show me the way towards your best for my life.

## Day 4

**Romans 8:28**

**Reflect:** Write out this verse in your own words. In your current life season, what is your personal application?

**Prayer:** God of yesterday, today and tomorrow. Teach me; help me learn from yesterday so I can embrace your planned tomorrow.

## Day 5

**Psalms 139:23-24**

**Reflect:** My Bad: something in my past from which I need to repent. Identify a mistake for which you need to take responsibility. What will be your first step? What can you learn from this mistake?

**Prayer:** I am sorry Lord. Forgive me, heal me, restore me and show me how to make amends for my past failures.

## Day 6

**Colossians 3:12-14**

**Reflect:** Your Bad: something or someone, from my past I need to forgive. Identify something for which you need to forgive another person. What will you do to begin forgiving?

**Prayer:** God of grace and mercy, help me to forgive those who have wronged me, even as you have forgiven me.

## Day 7

**Romans 8:28 | Philippians 3:10-11**

**Reflect:** It's Bad: something from my past in which I regret and need instead to have hope. What regrets do you need to let go of? Identify all of the good things and lessons learned from your regret laced experiences.

**Prayer:** God of yesterday, today and tomorrow, I step into this day trusting you are working for the good in my life.