



# Healing from your Past and Direction for your Future

Episode 14  
with Steve

## READ

- Philippians 3:10-14
- Jeremiah 33:3
- John 1:1-5
- Jeremiah 31:21
- Genesis 12:7
- Jeremiah 29:11-14

## REFLECT

- What are the mile markers in your past that make up the building blocks of who you are?
- How do those mile markers currently affect your view of your future?
- What does backsight and frontsight look like for you in this current season of your life?

## REST

- Seek out 1-2 biblical truths from God's Word to meditate on and repeat to yourself at least 5 times per day for one week.

## REACT

- Identify stand out moments from your past that negatively impacted your outlook for the future.
- Seek out soundtracks to repeat that speak eternal biblical truths over those thoughts.
- Write down mile markers from your past that God has used for good in your current life.
- Speak out loud what you want to continue to grow in going forward.