



THE FORTY

40 days of prayer + fasting + reflection | JOHN 15:17

THE FORTY.

Emotionally Healthy
Spirituality
Day by Day



A 40-DAY JOURNEY *with the DAILY OFFICE*



Peter Scazzero

DAILY DEVOTIONAL

Looking Back to Go Forward

ACTS 3:21

The past in our lives is part of God's larger story.

Looking Back to Go Forward

If we keep our gaze focused in the past, then we are doomed to crash in our present.

Looking Back to Go Forward

PHILIPPIANS 3:13-14

I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Looking Back to Go Forward

Of hurtful incidents in your past, they can be:

1. Not your fault, but accidentally done to you
[Grieve with God]

Looking Back to Go Forward

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[Forgive in the manner and love of Jesus]

Looking Back to Go Forward

Of hurtful incidents in your past, they can be:

1. Not your fault, but accidentally done to you
[Grieve with God]
2. Not your fault, but done purposefully to you
[Forgive in the manner and love of Jesus]
3. Your fault. You brought it on or participated in it somehow
[Seek forgiveness and reconciliation]

Looking Back to Go Forward

Then, move forward in thankfulness and freedom, not allowing that past to be a shackle.

Looking Back to Go Forward

JOHN 15:1-5

“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you.”

Looking Back to Go Forward

JOHN 15:1-5

“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

Looking Back to Go Forward

When we stay close to Jesus and the story of God, we can start to look forward to a future with eyes of hope.

Looking Back to Go Forward

God can take our place of great pain and use it to be a place of great strength and effectiveness.

Looking Back to Go Forward

“My scars remind me that I did indeed survive my deepest wounds. That in itself is an accomplishment. And they bring to mind something else, too. They remind me that the damage life has inflicted on me has, in many places, left me stronger and more resilient. What hurt me in the past has actually made me better equipped to face the present.”

—Steve Goodier

Looking Back to Go Forward

“You can’t let your past hold your future hostage.”

—LL Cool J

Looking Back to Go Forward

1 CORINTHIANS 2:9

That no eye has seen or ear heard or mind can conceive what God has in store for those who love Him.

Looking Back to Go Forward

Your past hurts, challenges, and difficulties can actually be a pathway to a more intimate walk with God and a more effective life.

Looking Back to Go Forward

ISAIAH 43:18-19

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.