

## Stop Looking Back

Written by EssJee

Sunday, 11 July 2010 17:24 - Last Updated Sunday, 11 July 2010 18:32

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*Devotional done by EssJee from stand for your marriage*



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*When they had brought them outside, one said, "Escape for your life! Do not look behind you, and do not stay anywhere in the valley; escape to the mountains, or you will be swept away."  
Genesis 19:17*

When life's circumstances hit you, you tend to play the event over and over in your head, how you could have prevented it from ever happening. We waste hours and sometimes days on thoughts on the "What ifs". Why try to change something that has already happened and what you can do nothing about.

One of the classic bible stories that come to mind, when I wrote this devotional, was the story of Lot and his wife. Lot and his family choose to live in Sodom and Gomora. In those days it was the most immoral place one could live in, but Lot and his family choose to stay there. Lot was one of Abraham's nephews, and that city got so bad that the Lord was on His way to destroy the whole city (please note God is a God of love and this story was written in the context of the old covenant before Jesus came). Abraham pleaded that the Lord must spare Lot and his family. God agreed, and He sends two angels to go and save them before, Gods wrath came upon the city.

The angels gave Lot and his family one request, when they left the city, they must not look back. They must put there focus before them and not look back on all the havoc happening in the city, they left.

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*But Lot's wife looked back as she was following behind him, and she turned into a pillar of salt.  
Genesis 19:26*

Well, Lots wife didn't listen and she wondered what was happening behind her, and maybe also longing about what if. She payed a costly price, for her disobedience. So many of us stay and live in our past of despair and misery. Reminding ourselves of all our past failures, tormenting our minds. Well I have good news; Jesus came so that we can receive a new life and a new future. Jesus is telling you today, to let go of the past and to stop looking over your shoulder and start looking in front of you for what He has planned. His plan for you is Hope and a brand new future.

Give everything to Him, He will take your ashes and will give you a garment of praise. But it cost a price; you must trust Him and give all your pain to Him.

God heals and restores, make the decision today.

Look yourself in the mirror and say the following out loud:

- I am what the bible says I am
- I am not my past or present
- I am what Jesus says I am
- I am more than a conquer through Christ Jesus
- I am restored and redeemed
- I am made whole through the blood of my Lord and saviour Jesus Christ.

God bless and never give up.

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*<sup>11</sup> For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future **Jeremiah 29:11** (New International Version)*