



# Future vs Past Focus

I find that one of the frequent reasons that many people get stuck is a focus on the past vs the present and future. It is important to evaluate your focus and determine if you are still mired in the past or moving forward toward healing, recovery and growth. While acknowledging the past is important, continued focusing on it does not usually help people achieve forward movement and positive transformation. The following scriptures can help you to refocus. Taking time to reflect on these can be helpful.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Create in me a pure heart, O God, and renew a steadfast spirit within me. Psalm 51:10

"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? Isaiah 43:18-19

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. Ezekiel 36:26

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 2 Corinthians 5:17

Brothers and sisters, 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. Philippians 3:13-14