



## Journal Prompts:

What regret does God want me to lay down?

What past voice or memory still shapes my identity?

What will it look like to trust God with an unplanted future?

### **POINT 1 — Release the Regret**

Personal Study Discussion / Reflection Questions

4. Do you find yourself rehearsing the past more than anticipating God's future?  
Why?
5. How might releasing regret create room for new identity, healing, or calling?
6. What spiritual "dead seeds" are you still holding onto, hoping they will produce something they were never meant to?
7. If you truly believed your past didn't disqualify you, what new step of faith might you take?