

## WEEK 2 Prayer

“Lord, I release what I cannot carry anymore.

Show me which old seeds have expired and which thoughts must be surrendered.

Clear the soil so I can receive what You are planting.”

### POINT 1 — Release the Regret

Personal Study Discussion / Reflection Questions

1. What regret comes to mind first when you read Isaiah 43:18, “Do not remember the past events” — and what makes it hard to release?
2. How have past failures, disappointments, or missed opportunities shaped the way you see yourself today?
3. What would it look like to trust God with the version of your story you wish you could rewrite?