

## ***Study Guide***

The following questions are designed to stimulate discussion. You may not wish to address every question but choose which questions you relate to.

***Ice Breaker:*** What is your favorite memory? Who has been the greatest influence in your life?

### ***Part 4***

- Does your praying attempt to tell God what to do?
- Do you think your understanding of God exceeds your past experiences?
- Think about toxic relationship or experience you have found yourself in. What did you learn about yourself from that?
- Consider Philippians 3:13-14; discuss how you 'forget what is behind and press toward what is ahead'?
- Is your thinking predominately oriented in the past, present or future?
- What would you like God to in your life today? What are your prepared to let go of to accomplish this?

### ***Prayer Thoughts:***

Lord, help me to let go of memories which trouble me. I ask for wisdom to know how to relate to people who have disappointed me. Teach me to be stronger than my past. Amen.

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