

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

Weekly Discussion Theme: Moving Forward

- **Leader shares:** Moving forward is not about forgetting the past or pretending painful things never happened. It is recognizing that while we cannot rewrite yesterday, we can choose how we respond today. Many of us carry grief over our own experiences or the suffering of people we love. We wish we could undo the trauma, erase the hurt, or protect them from the pain they endured. But dwelling on what cannot be changed often keeps us from fully living in the present. God invites us to acknowledge our pain without allowing it to define our future. He meets us where we are, offering hope, healing, and strength for the next step. Moving forward means releasing the burden of trying to change the past, embracing what we can do today, and trusting God with tomorrow.
- **Group shares:** Is there something from the past, either in your own life or in the life of someone you love, that you find yourself replaying or wishing you could change? How has that affected your ability to move forward?
- **Acknowledge:** THANK YOU for sharing!

Verse: Lamentations 3:22–23 (NIV) - *"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."*

- **Leader shares:** Jeremiah wrote these words during one of the darkest periods in Israel's history. He experienced deep grief and loss, yet he chose to place his hope in God's faithfulness. Although the past could not be changed, God's mercies were new every morning. The same is true for us. We may carry heartbreak over our own experiences or the pain of those we love, but we do not have to stay stuck in yesterday. Each new day brings fresh grace, renewed strength, and the hope of healing. Moving forward does not mean forgetting the past. It means trusting that God's faithfulness is greater than our pain and believing He will continue to lead us with hope into the future.
- **Group shares:** Have you ever looked back on a difficult season and realized God was working even when you couldn't see it at the time?
- **Acknowledge:** THANK YOU for sharing!

10 Ways to Keep Moving Forward

1. Acknowledge your pain without allowing it to define your future.
2. Pray honestly about the things you wish had been different.
3. Accept that you cannot change the past, but you can choose your next step.
4. Read Scripture that reminds you of God's faithfulness and promises.
5. Focus on what God is doing in your life today instead of what cannot be undone.

6. Extend grace to yourself and others, recognizing that healing takes time.
7. Talk with a trusted friend, mentor, or counselor when you feel stuck.
8. Celebrate small steps of growth, knowing that progress is often gradual.
9. Look for opportunities to encourage someone else through your own experiences.
10. Trust that God can bring purpose, healing, and redemption even from painful seasons.

Prompt Question: Which of these ways to move forward speaks to you the most? Is there another practice that has helped you keep moving forward in your own life?

Acknowledge: THANK YOU for sharing!

- **Leader shares:** Perhaps moving forward is not about leaving the past behind as much as it is about refusing to let it keep you from experiencing what God has for you today. We cannot change yesterday, but we do not have to miss today's blessings because we are still looking backward. God meets us with fresh mercy every morning, reminding us that each day is a new opportunity to grow, to heal, and to trust Him more deeply. No matter what yesterday held, His faithfulness remains the same. As you leave today, remember that moving forward begins with one simple choice: to embrace the hope God offers today and trust Him with tomorrow.
- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we conclude our group meeting, I encourage everyone to share any additional thoughts on your mind, or to request prayer.
- **Stay connected:** imperfectpaths.com

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