



Moving Forward Series- Episode I

Resilience for the Restart

“**Trust in the LORD** with **all your heart**; do not depend on your own understanding. **Seek His will in all you do**, and **He will** show you which path to take.” **Proverbs 3:5-6** (NLT)

You can’t **move forward** when you’re always **looking back**.

God is always **moving forward**.

“**Remember not** the former things, nor consider the things of old. 19 Behold, I am doing a **new thing**; now it springs forth, do you not perceive it? **I will make a way** in the wilderness and rivers in the desert.” **Isaiah 43:18-19** (ESV)

“The thief comes only to steal and kill and destroy; I have come that they may have **life**, and have it **to the full**.” **John 10:10**(NIV)

Loving God. Loving People. **Loving Life**.

“But whenever someone turns to the Lord, the veil is taken away. For the Lord is the Spirit, and **wherever the Spirit of the Lord is**, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more **like Him** as we are **changed into His glorious image**.” **II Corinthians 3:16-18** (NLT)

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep **moving forward**.” -Martin Luther King Jr.

Jesus came that you could have **life** and **live it to the full**.

He wants to stir up a **resilience** in you to **spring back**.

“And Moses said to the people, “**Do not be afraid. Stand still**, and see the salvation of the LORD, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever. **The LORD will fight for you**, and you shall **hold your peace**.” And the LORD said to Moses, “Why do you cry to Me? Tell the children of Israel to **go forward**. But lift up your rod, and stretch out your hand over the sea and divide it. And the children of Israel shall **go** on dry ground **through** the midst of the sea.” **Exodus 14:13-16** (NKJV)

1. **Forgo the _____.**

“**Do not** be afraid.” **Exodus 14:13** (NKJV)

“**God has not given us** a spirit of **fear**, but of **power** and of **love** and of a **sound mind**.” **II Timothy 1:7** (NKJV)

2. **Stand and _____.**

“**Stand still, and see** the salvation of the LORD, which **He will accomplish** for you today.” **Exodus 14:13b** (NKJV)

3. **Possess your _____.**

“The LORD will fight for you, and you shall **hold your peace**.” **Exodus 14:14** (NKJV)

Take a hold of it and **go forward!**



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