

Survey link: <https://forms.gle/niF4zP2kYYJChLsr9>



## Sister Mantra

There's nothing too hard for God.

I am a daughter of the King.

God sees me!

He has great plans for me!

I will strive to live as a Christian should.

I will inspire and encourage my sisters  
to do the same.

**LOT'S WIFE:**  
*Why Are You Looking Back?*



WHY DO WE LOOK BACK?

# FACTS ABOUT LOT'S WIFE

The obvious one – she was married to Lot.

We don't know her name – why do you think we don't know her name but she her live is in the Bible?

She was a mother.

Abraham was her uncle.

She turned into a pillar of salt.

# REMEMBER LOT'S WIFE

LUKE 17:32 (NLT)

<sup>32</sup> Remember what happened to Lot's wife!

Lot's wife looked back, and as a result, she was turned into a pillar of salt.

This serves as a warning to us all, reminding us of the results of not following God's command and the dangers of dwelling in the past.

Keep your focus on what's ahead and fight the temptation to look back at what we have left behind.

# DESTRUCTION OF SODOM AND GOMORRAH

GENESIS 19:14-17

<sup>14</sup> So Lot rushed out to tell his daughters' fiancés, "Quick, get out of the city! The Lord is about to destroy it." But the young men thought he was only joking. <sup>15</sup> At dawn the next morning the angels became insistent. "Hurry," they said to Lot. "Take your wife and your two daughters who are here. Get out right now, or you will be swept away in the destruction of the city!" <sup>16</sup> When Lot still hesitated, the angels seized his hand and the hands of his wife and two daughters and rushed them to safety outside the city, for the Lord was merciful. <sup>17</sup> When they were safely out of the city, one of the angels ordered, "Run for your lives! And don't look back or stop anywhere in the valley! Escape to the mountains, or you will be swept away!"

# DESTRUCTION OF SODOM AND GOMORRAH

## GENESIS 19:18-26

<sup>18</sup> “Oh no, my lord!” Lot begged. <sup>19</sup> “You have been so gracious to me and saved my life, and you have shown such great kindness. But I cannot go to the mountains. Disaster would catch up to me there, and I would soon die. <sup>20</sup> See, there is a small village nearby. Please let me go there instead; don’t you see how small it is? Then my life will be saved.” <sup>21</sup> “All right,” the angel said, “I will grant your request. I will not destroy the little village. <sup>22</sup> But hurry! Escape to it, for I can do nothing until you arrive there.” (This explains why that village was known as Zoar, which means “little place.”) <sup>23</sup> Lot reached the village just as the sun was rising over the horizon. <sup>24</sup> Then the Lord rained down fire and burning sulfur from the sky on Sodom and Gomorrah. <sup>25</sup> He utterly destroyed them, along with the other cities and villages of the plain, wiping out all the people and every bit of vegetation. <sup>26</sup> **But Lot’s wife looked back as she was following behind him, and she turned into a pillar of salt.**



The background consists of numerous overlapping, slightly crumpled yellow sticky notes scattered across the entire frame. Each sticky note has a large, dark green question mark printed on it. The overall effect is one of many unanswered questions or a state of confusion.

**WHY DO YOU THINK LOT'S WIFE  
LOOKED BACK?**

## **POINTS TO PONDER**

**Lot's wife had every opportunity to not die.**

**What keeps coming up from the past that keeps you from moving forward?**

**Why do you think that God cared that Lot's wife looked back or if we look back?**

## SCRIPTURES

**Looking back is a sign of unbelief.**

*Mark 9:24 - <sup>24</sup> Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!"*

**Looking back is disobedience**

*1 Peter 1:14 (NLT) - <sup>14</sup> So you must live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then*

**Looking back may reveal true attachment to the world.**

*James 4:4 <sup>4</sup> You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God.*

# STRATEGIES TO MOVE FORWARD

Prayer & Self  
Reflection

Seek Wise  
Counsel

Develop a  
Plan

## *Ephesians 6:18*

*<sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.*

## *James 1:5*

*<sup>5</sup> If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.*

**PRAYER &  
SELF  
REFLECTION**

*Proverbs 15:22*

*Without consultation, plans are frustrated, But  
with many counselors they succeed.*

*Proverbs 24:6*

*For by wise guidance you can wage your war, and  
in abundance of counselors there is victory."*

SEEK WISE  
COUNSEL

## *Philippians 3:12-14*

*<sup>12</sup>Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. <sup>13</sup>Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do:*

*Forgetting what is behind and straining toward what is ahead, <sup>14</sup>I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus*



**DEVELOP A  
PLAN**

## PLAN FOR SETBACKS

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*Isaiah 40:31* <sup>31</sup>but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

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*Psalms 46:1-3* <sup>1</sup>God is our refuge and strength, an ever-present help in trouble.<sup>2</sup>Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, <sup>3</sup>though its waters roar and foam and the mountains quake with their surging

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*Joshua 1:9* <sup>9</sup>Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”



The background consists of numerous overlapping, slightly crumpled pieces of light-colored paper scattered across the frame. Each piece of paper has a large, dark green question mark printed on it. The papers are oriented in various directions, creating a sense of randomness and inquiry. A dark grey rectangular box with a thin white border is centered in the image, containing the text.

What are you willing to let go of  
in your life today??

What Is God Asking You To Let  
Go Of So That You Can  
Experience A Deeper And More  
Intimate Walk With Him Today?



DON'T TRIP OVER WHAT'S BEHIND YOU!

QUESTIONS / COMMENTS

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