



GUIDED BIBLE STUDY

Turning the Page

Speaker: Julie Pedroza

Highlighted Scripture

Lamentations 3:19–23

Even in sorrow and painful memories, hope can rise again because of the Lord's unfailing love and compassion. His mercies are renewed every morning, and His faithfulness never ends.

Isaiah 61:1–3

God brings healing to the brokenhearted, freedom to the captive, comfort to those who mourn, and replaces despair with joy, praise, and renewed purpose.

Discussion Questions

- **Why is it often difficult to let go of painful things from the past?**
- **What does it mean that God's mercies are "new every morning"?**

- **How can dwelling on past pain affect your spiritual and emotional health?**
- **What stands out to you about the exchange described in Isaiah 61—beauty instead of ashes, praise instead of despair?**
- **How can God’s truth help combat bitterness, shame, or hopelessness?**

Reflection Challenge

This week, focus on releasing the weight of the past and embracing the hope God offers today.

Ask yourself:

- **Am I constantly replaying past hurts or failures in my mind?**
- **What would it look like to truly trust God with those memories?**
- **How can I focus more on God’s faithfulness instead of past pain?**

Try this:

- **Begin each morning by thanking God for His new mercies**
- **Write down one past burden you need to release to God in prayer**
- **Replace negative thoughts with truth from Scripture when discouragement comes**

Remember

- **Your past does not define your future in Christ**

- **God's mercy and compassion are renewed daily**
- **God brings healing, comfort, and restoration to broken places**
- **You can move forward without remaining trapped in despair**

Prayer

Father God,

Thank You for Your mercy that is new every morning.

Help me stop dwelling on the pain, bitterness, and failures of the past.

Teach me to trust Your faithfulness and walk forward in hope.

Replace despair with joy, heaviness with praise, and fear with peace.

Help me continue turning the page and following You.

In Jesus' name,

Amen.

