

# NOTES & DISCUSSION QUESTIONS

## DON'T LOOK BACK

### SERMON SUMMARY

This sermon uses Lot's wife in Genesis as a warning against holding on to the past after God has called us forward. It challenges believers to fully trust God, let go of old sins and attachments, and follow Jesus with wholehearted obedience, remembering that God's mercy gives us the opportunity to move forward instead of looking back.

### KEY POINTS

- God's Mercy Pulls Us Out
  - Before Lot's wife looked back, God had already rescued her. The message emphasizes that salvation and rescue begin with God's mercy, not our own efforts.
- Looking Back Reveals the Heart
  - Lot's wife's glance back at Sodom was more than curiosity—it revealed an attachment to her old life. Her feet were moving forward, but her heart remained behind.
- The Pillar of Salt Is a Warning
  - Lot's wife became a monument to the danger of partial obedience. The sermon teaches that following God outwardly while secretly longing for the past leads to spiritual stagnation.
- Looking Back Is Ultimately a Trust Issue
  - We look back because sin feels familiar, we romanticize the past, and we struggle to trust that God's future is better than what we left behind.
- Jesus Calls Us to Move Forward
  - Through passages like Luke 17:32 and Luke 9:62, the sermon challenges believers to identify their "Sodom," remove anything pulling them backward, and follow Jesus with wholehearted commitment and repentance.

## **DISCUSSION QUESTIONS**

- 1. What is something from your past that you find yourself tempted to "look back" at, and why do you think it still has a hold on you?**
- 2. The sermon says that looking back is often a trust issue. In what area of your life do you need to trust that God's future is better than your past?**
- 3. What are some practical "escape hatches" (habits, relationships, apps, environments, etc.) that can keep a person tethered to an old way of life?**
- 4. Jesus said, "Remember Lot's wife" (Luke 17:32). Why do you think Jesus wanted His followers to remember her story, and what warning does it provide for believers today?**
- 5. The sermon ends with the challenge to move forward with Jesus. What is one specific step you can take this week to stop looking back and continue growing in your faith?**