



Isaiah 43:18-19 — Stacie

August 2, 2026

Read & Reflect

READ: Isaiah 43:1–3, 18–19

God's people found themselves living in exile, surrounded by disappointment and longing for better days. Rather than calling them to relive the past, God pointed them toward a future filled with hope, reminding them that He was already at work doing something new.

Understand the Moment

Life can leave us holding tightly to things God never intended us to carry forever. Sometimes it's regret. Sometimes it's grief. Sometimes it's betrayal, disappointment, or fear of what comes next. Stacie shared how years of personal loss, a difficult childhood, broken relationships, and a long season of uncertainty left her exhausted and searching for hope. She desperately wanted to move forward but found herself weighed down by everything behind her.

Through Isaiah 43, God gently reminded her that His plans weren't finished. During a personal retreat at Prayer Mountain, He used simple moments along a walking trail to redirect her heart toward surrender. At the foot of a cross, she laid down the burdens she had carried for years and trusted God with the outcome she could no longer control. Soon afterward, circumstances began to change. But more importantly, **her heart had already changed.**

The greatest miracle wasn't simply that the divorce process ended. The greatest miracle was that God gave her freedom before the outcome ever arrived. *God still invites each of us to stop living in yesterday and begin trusting Him with the new thing He is already doing today.*

Process Together or Alone

- What part of your past do you find yourself returning to most often?
- Why is surrender sometimes harder than simply holding on?
- When have you seen God bring good out of a painful season?
- What "new thing" might God be inviting you to notice today?

Follow Jesus This Week

Listen

- What is God asking you to release into His hands?
- Where is He inviting you to trust His plans instead of your own?

Obey

- What practical step can you take this week toward healing and surrender?
- How can you intentionally focus on what God is doing today instead of yesterday?

Share

- Who has helped you experience God's faithfulness?
- Who needs encouragement that God is not finished with their story?

Care

- Who around you is quietly carrying disappointment or grief?
- How can you pray for and encourage them this week?



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Live It Out

Find a small stone this week.

As you hold it, name every burden, regret, fear, or disappointment you've been carrying before God. Then place it at the foot of a cross, in your prayer journal, or somewhere meaningful as a physical reminder that those burdens now belong to Him.

Remember: **The miracle isn't always that circumstances change immediately. Sometimes the miracle is that God changes your heart first.**

Pray

- Thank God for His promise to make all things new.
- Ask Him to help you release the burdens you've been carrying from the past.
- Pray for faith to trust His plans, even when the future feels uncertain.
- Pray for someone walking through grief, divorce, loss, or disappointment.
- Ask God to give you eyes to recognize the new thing He is doing in your life today.

Thank You for never leaving me trapped by yesterday. Thank You for Your faithfulness in every season and for always making a way where I cannot see one. Help me release the burdens I've been carrying and trust that Your plans are better than anything I could hold onto. Give me courage to embrace the new work You are doing in my life, and help me walk forward with confidence, knowing that You are writing a story filled with hope, redemption, and grace. Amen.

Group Leader Optional Questions

Opening Question:

Have you ever had to let go of something good—or something painful—in order to experience something better?

Closing Reflection:

What would it look like this week to truly believe that God is already doing a new thing in your life?