

# DAY 23 - RELEASING WHAT'S BEHIND

## Core Value: Prayer



### Philippians 3:13 (CSB)

“But one thing I do: forgetting what is behind and reaching forward to what is ahead,”

### Isaiah 43:18–19 (CSB)

“Do not remember the past events; pay no attention to things of old. Look, I am about to do something new; even now it is coming. Do you not see it? Indeed, I will make a way in the wilderness, rivers in the desert.”

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### Lasting spiritual rhythms require removing what consistently interrupts them.

Paul’s language is decisive: *“One thing I do.”*

That phrase implies focus—and focus requires subtraction.

Many believers struggle with daily devotion not because they lack desire, but because they carry too much into their time with God. Distractions, guilt, unfinished business, and unprocessed emotions quietly compete for attention.

“Forgetting what is behind” does not erase memory—it clears space. It is a prayerful choice to stop letting yesterday dictate today’s pursuit of God.

Prayer becomes the place where we prepare for consistency. Not by demanding more willpower, but by surrendering what consistently pulls us away—shame that whispers we’ve missed too many days, busyness that crowds out silence, or fear that we won’t know what to say.

Isaiah reminds us that God is always doing something new—but we will miss it if our hands are full of what belongs to the past.

If daily devotion is going to continue beyond this week, it must be gentle enough to survive imperfection and intentional enough to resist distraction. Release makes that possible.

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### Core Value Practice — Prayer

Ask God honestly:

“What most often keeps me from meeting You consistently?”

Write down whatever comes to mind.

Then pray:

“God, I release this—not just today, but each time it competes for my attention.”

## Practice Steps

1. Read Philippians 3:13 aloud.
2. Write your honest answer to the question above.
3. Pray the release prayer slowly.
4. Sit silently for one minute, trusting God with what you have surrendered.

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## Reflection Questions

1. What usually interrupts your time with God—schedule, screens, discouragement, or guilt?
2. How has inconsistency tempted you to quit rather than return?
3. What would change if prayer became a place of release instead of pressure?

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## Daily Action Challenge: Create one protective boundary.

Choose **one small boundary** that will protect your devotional time:

- Silence notifications during your chosen time
- Place your Bible where you'll see it
- Decide in advance what you'll read tomorrow

Before bed, pray:

“God, help me show up again tomorrow—even imperfectly.”

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## Guided Prayer

God, Thank You that my past does not define my future. Thank You that You are always doing something new in me. Help me release what no longer belongs in this season—the guilt, the distractions, the fear, and the unfinished stories that keep me from meeting You fully. Create space in my heart for Your presence and teach me to walk forward with freedom and trust. I place what I am holding into Your hands and choose to move ahead with You. Amen.