

LOOKING BACK AT GOD'S HAND

TO MOVE FORWARD WITH HOPE

KAITLIN CHAPPELL ROGERS



HEY FRIEND,

I wonder if you find yourself in a place I've found myself before — wondering where God was on my worst days and also how He showed up on my best days.

I believe in Romans 8:28. I have faith He works all things together for good for those who love Him. But how do I find evidence of that in my daily life?

Looking back is what helps us move forward in hope. Seeing His hand throughout our lives reminds us that if He came through before, He will come through again.

That's why I created this guide — to lead you through the process of seeing His goodness in your life. We will map out a timeline including where you started and where you're going. We'll look at the middle and the mess and the miracles along the way.

My prayer for you is that seeing how God has carried you all along will fuel your faith for how He will show up now and later. For how He will keep parting seas and multiplying offerings. For how He will give you the manna you need to keep moving even when life feels hard.

So, let's go. Let's look back together so we can move forward and invite others to do the same.

For His glory,

Kaitlin



LOOKING BACK AT GOD'S HAND

TO MOVE FORWARD WITH HOPE

NAME THE HARD

Take a few minutes to prayerfully think about the hard seasons that have shaped you the most. Can you intentionally name the crushing disappointments, or the seasons of longing and loneliness, or the times when God felt silent, or when your suffering felt unseen?

Name them and list them down below.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

LOOKING BACK AT GOD'S HAND

TO MOVE FORWARD WITH HOPE

FIND THE HOLY

Take a few minutes to consider the incredible ways that God has shown up for you. Remember the spiritual strongholds broken through, the miraculous provision He provided, the desperate prayers that were answered, and the milestone moments He made a way for.

Name them and list them down below.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

LOOKING BACK AT GOD'S HAND

TO MOVE FORWARD WITH HOPE

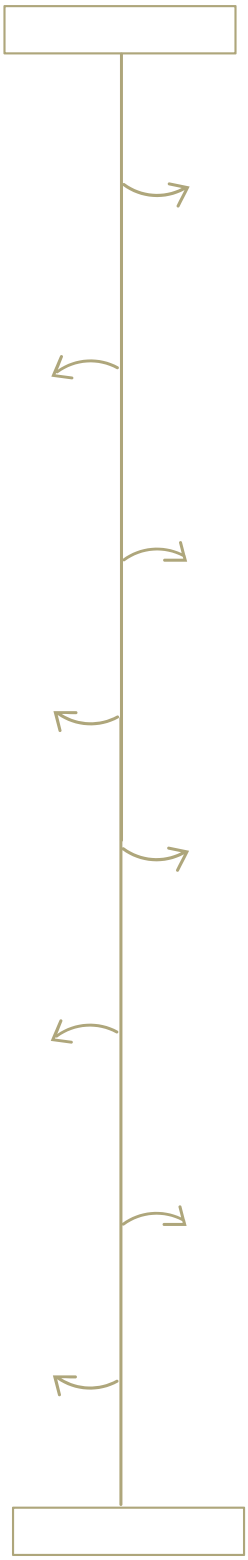
MAP GOD'S HAND IN YOUR LIFE

On the next page, write the year you were born at the top of the page and today's date on the bottom. Go through the lists you made on the previous pages and map them on the timeline.



LOOKING BACK AT GOD'S HAND

TO MOVE FORWARD WITH HOPE



LOOKING BACK AT GOD'S HAND

TO MOVE FORWARD WITH HOPE

LOOKING BACK ON GOD'S PLAN

When you see how your life has unfolded, and the ways God has shown up for you and shaped you, what do you notice?

LOOKING BACK ON GOD'S HEART

After naming the hard things and uncovering the holy things, what do you know to be true about God, His love for you, and His plan for your life?

LOOKING BACK AT GOD'S HAND

TO MOVE FORWARD WITH HOPE

LOOKING BACK AT THE LESSONS

Looking back at how God got you through the hard seasons, how did you see God move in those seasons? What did He teach you?

LOOKING BACK WITH GRADITUDE

After seeing how God moved even in your hardest seasons, is there anything you're grateful for?

LOOKING BACK AT GOD'S HAND

TO MOVE FORWARD WITH HOPE

LOOKING BACK AT THE ANSWERED PRAYERS

Before God answers bold prayers, He usually gives us a season of preparation. What do you notice about the time before God answered those prayers? How did He prepare you?

LOOKING BACK AT GOD'S HAND

Did God answer prayers in any miraculous, audacious way? How did He make a way for you?

LOOKING BACK AT GOD'S HAND

TO MOVE FORWARD WITH HOPE

MOVING FORWARD WITH HOPE

What prayers do you have that are still waiting to be answered? How has remembering His past faithfulness encouraged you today?

MOVING FORWARD WITH PRAISE

How can you thank God for today all that He's done, and all that He's yet to do, in your life?