BIBLE STUDY WORKSHEET

New Beginnings & Trusting God

Release the past. Trust the path. Take the next faithful step.

Prepared by Vanessa

"She is clothed with strength and dignity; she can laugh at the days to come."
Proverbs 31:25

OPENING PRAYER

Heavenly Father,

Thank You for being the God of new beginnings. I confess the times I have allowed fear, regret, disappointment, or the need for control to keep me from moving forward.

Help me release what belongs in the past and trust You with what I cannot yet see. Give me wisdom to recognize Your direction, courage to take the next step, and patience when the path unfolds slowly. Renew my mind, restore my hope, and make this new season a testimony of Your faithfulness.

In Jesus' name, I pray,
Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

A new beginning may arrive through opportunity, recovery, repentance, loss, change, or a decision to begin again. This study invites us to let God redefine the future, guide our steps, and build courage through trust rather than certainty.

[ ] Release what was [ ] Notice what is new [ ] Trust God's direction [ ] Take one faithful step

PART ONE

God Is Doing a New Thing

God's new work may begin before we can fully see it. Faith learns to notice small signs of growth, possibility, healing, and direction.

> "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?"
>
> **ISAIAH 43:18-19**

KEY TRUTH

Releasing the past does not mean erasing memory, denying pain, or refusing to learn. It means we stop allowing yesterday to be the only voice speaking over tomorrow. God can create a way where we see none.

REFLECT AND DISCUSS

1. What 'former thing' are you tempted to dwell on?

2. How can we honor what happened without remaining trapped in it?

3. What small sign of new growth might God be inviting you to notice?

LOOK FOR THE NEW

Something ending or changing:

A new possibility beginning to emerge:

PART TWO

Trust God Without Seeing the Whole Path

Trust does not require complete understanding. It chooses God's character over our limited view and invites Him into every decision.

> "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him."
>
> **PROVERBS 3:5-6**

CONTROL OR TRUST?

We often want certainty before obedience: the full map, guaranteed outcome, perfect timing, and freedom from risk. Yet God usually gives enough light for the next step. Trust grows as we remember His faithfulness and practice surrender.

When I lean only on myself	When I trust God
I demand the full answer.	I ask for the next wise step.
I treat fear as a final verdict.	I bring fear to God and move with wisdom.
I force doors open.	I prepare faithfully and let God direct.
I measure everything by speed.	I trust that slow growth can still be holy.

1. Where are you asking God for certainty before you will move?

2. What do you know about God's character even when the outcome is unknown?

3. What decision needs both prayer and wise counsel?

PART THREE

Release What Is Behind

Moving forward does not require pretending the past never happened. It requires refusing to let shame, regret, old labels, or previous failure set the limits of God's future work.

> "Forgetting what is behind and straining toward what is ahead, I press on toward the goal."
>
> **PHILIPPIANS 3:13-14**

WHAT MAY NEED TO BE RELEASED?

[ ] Regret [ ] Shame [ ] Fear of failing again [ ] Comparison

[ ] An old identity [ ] A missed opportunity [ ] Resentment [ ] An expired plan

GRACE DOES NOT WASTE THE LESSON

You can carry wisdom forward without carrying condemnation. Repentance turns us toward God; shame tells us to hide. In Christ, failure can become instruction rather than identity.

1. What lesson from the past is worth carrying forward?

2. What label or accusation no longer agrees with who God says you are?

3. What would 'pressing on' look like in one practical area?

RELEASE PRAYER

God, I give You _____. Keep the wisdom, heal the wound, break the shame, and lead me forward in freedom.

PART FOUR

Begin Again from a Renewed Identity

A fresh start is deeper than changing circumstances. In Christ, we receive a new identity and can build new patterns from grace rather than from fear.

> "If anyone is in Christ, the new creation has come: The old has gone, the new is here!"
>
> **2 CORINTHIANS 5:17**

OLD STORY / RENEWED TRUTH

The old story says	God's truth invites me to believe	My new response
I always ruin things.	I can repent, learn, and grow.	
It is too late for me.	God can redeem every season.	
I must prove my worth.	My worth is received in Christ.	
I cannot change.	God's Spirit is renewing me.	
I have to do this alone.	God provides people and help.	

1. Which old story has shaped your choices most strongly?

2. Which renewed truth do you need to practice believing?

3. What habit or boundary would support the person God is helping you become?

IDENTITY REMINDER

A new beginning is not proof that I failed. It may be evidence that God is redirecting, restoring, maturing, or calling me forward.

PART FIVE

Commit the Way and Take the Step

Trust becomes visible through faithful action. We pray, seek wisdom, prepare well, and move without demanding control over every result.

> "Commit your way to the Lord; trust in him and he will do this."
>
> **PSALM 37:5**

MY NEW BEGINNING PLAN

The new beginning I am praying about:

Why this matters in the season God has given me:

The next small, specific step I can take:

The wise person or resource I will seek:

A fear I will acknowledge but not allow to lead:

What I will surrender because it is outside my control:

When I will take my first step:

SEVEN-DAY TRUST PRACTICE

[ ] Pray before planning
[ ] Read one promise
[ ] Take one brave step
[ ] Ask for wise counsel
[ ] Release one worry
[ ] Notice new growth
[ ] Thank God in advance
[ ] Rest from control

CLOSING TOGETHER

The Next Chapter Is in God's Hands

A new beginning may feel exciting, painful, uncertain, or all three. We do not need the whole map to trust the One who leads us.

CLOSING PRAYER

Heavenly Father, thank You that our past does not limit Your power and our uncertainty does not weaken Your guidance. Help us release what is finished, receive what You are renewing, and walk wisely into what comes next. Close the doors that would pull us away from You, open the ones that serve Your purpose, and give us patience with Your timing. May courage rise where fear has ruled and hope grow where disappointment has lingered. Amen.

A WORD OF ENCOURAGEMENT

You are allowed to begin again. You do not need to see the entire road before taking the next faithful step. God is already present in the chapter ahead, and He is not finished writing your story.

CLOSING CIRCLE

One thing I am ready to release:

One new step this group can pray over:

MY DECLARATION

I will not be held captive by the past or paralyzed by the unknown. I will trust God, receive His grace, and walk courageously into the new beginning He places before me.

Signature _____ Date _____