

# DON'T LOOK BACK

GETTING UNSTUCK AND MOVING FORWARD  
WITH PASSION AND PURPOSE

BIBLE STUDY GUIDE + STREAMING VIDEO  
FIVE SESSIONS

CHRISTINE CAINE



HarperChristian  
Resources



*Don't Look Back Bible Study Guide*

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## WELCOME FROM CHRISTINE CAINE!

My husband, Nick, surprised me on my 50th birthday with a Vespa. To enjoy the gift, I had to take a motorcycle safety riding course and pass a written exam.

“Keep your eyes straight ahead,” the safety instructor said. “Let your peripheral vision do the work. Remember that where you look, you will go! I don’t want to see your head on a swivel. I don’t want to see you looking back. Eyes forward!”

Thanks to the instructor’s help, I passed the test and earned my license, but one phrase from the instructor resounded in my head: *Where you look, you will go.*

This is not just true when riding a bike, but it’s true all throughout our lives. I couldn’t help but think ...

Where my mind goes, I will go.

Where my emotions go, I will go.

Where my spiritual focus goes, I will go.

But sometimes, like Lot’s wife, we’re tempted to look back (Genesis 19:26). Now that didn’t go well for her, and it rarely goes well for us. What’s more, looking back doesn’t enable us to go back, and more times than not, it just leaves us stuck. In a place. In a space. In a memory. In a habit. In a mindset. Maybe you’re feeling a little stuck in life now.



In the upcoming sessions, we're going to explore the places where it's easy, and all-too-common, to become stuck in life and the tools that we need to start moving forward again into the plans, purposes, and promises of God. I can't wait to make this journey with you.

A handwritten signature in black ink that reads "Chris Care". The signature is written in a cursive style with a horizontal line underneath the name.



# HOW TO USE THIS GUIDE

## Overview

The *Don't Look Back* Bible study is divided into five sessions. Every session includes Opening Discussion, Video Teaching Notes, Group Discussion Questions, Call to Action, Closing Prayer, and Between Sessions Personal Study. As a group, plan to discuss the opening questions, watch the video, and then use the video notes and questions to engage with the topic. There is complete freedom to decide how best to use these elements to meet the needs of your members. The goal is to develop genuine relationships and become better equipped to share the good news of God's love with others—not just to cover all the material.

## Group Size

This five-session video Bible study is designed to be experienced in a group setting such as a Bible study, Sunday school class, retreat, or other small-group or online gathering. If your gathering is large, you may want to consider splitting everyone into smaller groups of five to eight people. This will ensure that there is enough time for everyone to participate in the discussions.



## Materials Needed

Everyone in your group will need a copy of this study guide, which includes the opening questions to discuss, notes for the video teachings, directions for activities and discussion questions, and personal studies in between sessions.

You may also get a copy of my *Don't Look Back* book. The videos and materials in this study guide are based on the core biblical principles I teach, as well as my experiences and stories in my book.

## Facilitation

Your group will need to appoint a person to serve as a group leader. This person will be responsible for starting the video and keeping track of time during discussions and activities. Group leaders may also read questions aloud and monitor discussions, prompting everyone in the group to respond, and assuring that everyone has the opportunity to participate.

## Personal Studies

During the week, you can maximize the impact of this Bible study with the personal study section provided. Treat each personal study section like a devotional and use them in whatever way works best for your schedule. You could do a partial section each day or complete the personal study all in one sitting. These personal studies are not intended to be burdensome or time-consuming, but to help you apply the lessons learned and discussed to your everyday, personal life for growth and connection.





## SESSION ONE

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# WHERE YOU LOOK, YOU WILL GO

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For thirty-plus years now, I've been going to women's conferences, and I don't remember ever hearing a message on Lot's wife, nor do I ever remember teaching one. And yet, of the possible 170 women mentioned in Scripture, she is the only one that Jesus tells us to remember. Why her? Why not Eve, Sarah, Miriam, Deborah, Ruth, Rahab, Esther, Elizabeth, or even Mary, his own mother? Of all the women Jesus could have told us to remember, he mentioned only one, *Lot's wife*.

—**Christine Caine**, from Chapter 1 of *Don't Look Back*



## Opening Discussion

*Take five minutes and answer these questions to open your time before jumping into the video session.*

1. On a scale of one to ten, check the box that describes how easy is it for you to be part of a study like this.



It's hard for me  
to be part of a study  
like this.

It's easy for me  
to be part of a study  
like this.

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2. What excites you about being part of this study?

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3. What do you hope to get out of this study?

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## Session One Video (22 minutes)

*Group leader, stream the video or play the DVD.*

As you watch, take notes on anything that stands out to you.

### ◆ Vespa story

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### ◆ You cannot move forward while you're looking back

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### ◆ Where you look, you will go

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◆ Remember Lot's wife

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◆ If we look back and linger, we become stuck in the past

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◆ Salt is used to preserve

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# Group Discussion Questions

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*Group leader, read quotes and commentary aloud and use prompts to guide your discussion time.*

I open with a story of taking a motorcycle safety course and the crucial reminder *where you look, you will go*. I write:

We will always move in the direction of our focus. We'll always end up going to wherever it is that we are looking. Where we look in life is absolutely crucial.

1. What sports or activities have you tried that involve the principle *where you look, you will go*?

How have you found this principle to be true in your daily life?  
Spiritual life?

2. Ask a volunteer to read **Hebrews 12:1–2** aloud, and then discuss the following:

What did Jesus focus on in the most painful part of his journey?

What are you most focused on right now?

How pleased are you with the results?

How would your life be different if your sole focus was Christ?



3. Select a few volunteers to split reading the passages **Genesis 19:15–26** and **Luke 17:28–32**. Discuss the following questions regarding the passages:

What does the angel specifically warn about in Genesis 19:17?

What did Lot's wife desire that caused her to look back longingly and disobey the angel?

Describe a time when you felt torn between what you were leaving and where you were going.

How did you handle the situation?

“When we work at preserving the past, lingering in nostalgia, we can keep ourselves from the truth of the present and the pain of reality. If we linger in the past, we run the risk of it becoming an idealized version of what really was.” —Christine

4. Where do you long for something that once was? That is no more? That can never be again?

Where are you believing that if you linger long enough, you might get back what God told you to leave?



5. Lot's wife disobeyed and became calcified and paralyzed for eternity as a pillar of salt. Circle any of the following where you feel stuck now.

Fears of future	Thoughts	Attitudes	Opinions
Possessions	Hurts	Desires	Disappointments
Comforts	Pains	Wounds	Relationships
Past regrets	Mistakes	Future hopes	Other: _____

Which of these holds you back most? Share your responses with the group.

6. Select a few volunteers to split reading the following passages: **Ephesians 2:8–10; Hebrews 6:19; Hebrews 13:5; and Hebrews 13:8.** Then take some time to meditate on these verses and discuss their significance for you to begin moving forward in faith.

Discuss practical ways you can become unstuck and focus your eyes on Jesus, your author and perfecter.

## Call to Action

Team up with someone in your group (or online if you are doing this study virtually) and share where you're feeling the most stuck in your life and faith. Tell them a little about your situation and take a moment to pray for each other to find freedom and move forward into all God has for each of you.





## Conclusion

*Group leader, read aloud to the group to close your time together this week.*

It's not always easy to move on when God beckons us forward, especially when things are safe, comfortable, and just the way we like it. Equally, it is often difficult to move on when we have experienced deep trauma, pain, or suffering, and we feel utterly hopeless and helpless. Moving on is something we know we should do, what we often want to do, and at times what we refuse to do, but it remains something God eagerly wants for us.

Wherever you may be on this continuum, may you be able to identify places where you are prone to being stuck, or maybe are stuck, and may you be infused with the strength of the Holy Spirit to take the next step. May you look forward to the future God has for you and keep moving toward it in bold faith—especially when the world is ever-changing.

## Closing Prayer

*Select a volunteer to read the closing prayer over the group.*

Heavenly Father, like Lot's wife, we don't want to look back and linger. We want to move into the fullness of all your plans and desires for us. We know there are areas where we've become stuck and we need you, in your great love, to reveal them. Show us fresh ways to get unstuck and give us the courage to move forward in your purposes and promises. In Jesus' name, amen.



## Between Sessions Personal Study

This week's group discussion is just the start, and the goal is to keep digging into where God is calling you to become unstuck and begin moving forward. This section is created as a guide for your personal study time to further explore the topics you discussed with your group. If you're following along with my book, *Don't Look Back*, for the fullest experience of this message, read or review chapters 1–2.

Check in with your group members during the upcoming week and continue the discussion you had with them at your last gathering. Grab coffee, dinner, or reach out by text and share what's going on in your life and heart. Use the following questions to help guide your conversation.

Of all the women in the Bible, Jesus told us to remember Lot's wife (Luke 17:32). The original story in Genesis reveals important details about the culture she lived in and how it may have shaped her.

1. Read **Genesis 19:1–10**. What does this passage reveal about the following?

Lot and his character:

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The men of Sodom:

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The angels:

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2. Read **Genesis 19:11–13** and **Ezekiel 16:49–50**. What was the great outcry to God against his people?

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How did those in Sodom and Gomorrah neglect God and his priorities?

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Which of these priorities are you tempted to neglect?

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3. Read **Genesis 19:14–17**. When Lot hesitated, how was he shown the mercy of God?

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What specific instructions does the angel give the family? (Hint: v. 17)

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4. Read **Genesis 19:18–26**. Placing yourself in Lot’s wife’s shoes, which of the following do you think prompted her to disobey the messengers of God and look back longingly? Place a star next to any that might apply.

The life she knew      Her home      Extended family and friends  
Familiarity      Nostalgia      Prominence in the community

Like most everyone, when the pandemic of 2020 spilled over into 2021, I was tempted to look back. To want to go back to 2019—or any year of our lives before 2020. To go back to normal, whatever our normal was. To forget the new normal that we were all desperately trying to create. Yet, no matter how much I longed to go back to normal, there was no going back. That world as we knew it was finished and God was beckoning me, along with everyone else, to move forward, to lay hold of his purpose and promises in the future.

Sorting through the tension of not looking back and trying to move forward—including trying to figure out how to move at all in a locked-down world—I began reminding myself that while the world had changed, God had not. He was the same as he’d always been, and I could depend on him to guide me forward.



5. We all have places where we find ourselves stuck looking back longingly. Take a few moments to ask God to show you places where you have been (or are) stuck looking back longingly. List them here.

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6. As you look over the list of what you are longing for, ask God to show you the deeper issue that may be behind each one. For example, if you're longing to move back to a place you once lived, the deeper desire may be to know and be known through relationships. Or if you're longing for a particular role (i.e., wife, mother, manager, etc.), the deeper desire may be for significance. Write your reflections below.

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7. Now, reflect on what God's Word says and how he wants to meet you in those longings. Does God want to meet you with his comfort as you long for what was and is lost? Does God want you to look to him as the true source of fulfillment for that longing? Does God want to refine that longing? Write down verses that God leads you to for each question. Here are a few to get you started: **Joshua 1:9; John 16:33; Romans 12:2; Romans 15:13; and Philippians 2:3–4.**

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8. Read **Luke 17:32–33**. According to Jesus, what's the key to preserving life?

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What happens to those who try to keep their life?

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Losing your life to God means looking to God to find out what he wants you to do, and then doing it. One of the most powerful things we can do is take an internal, spiritual inventory so we don't get stuck doing the things we've always done, the way we've always done them, or coasting on our past accomplishments.

Take some time to do your own personal inventory. Begin by asking the Holy Spirit, "What is on your heart that you want to do in and through my life?" Then take a few moments to write down anything that comes to mind.

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9. Continue this time in prayer by answering the questions in the chart below.

PRAYERFUL QUESTIONS	RESPONSE
What do you want to do and shape in my life personally?	
What do you want to do and shape in my professional life?	
What do you want to do and shape in my family?	
What do you want to do and shape in my friends?	
What do you want to do and shape in my church community?	
Who do you want to reach with the love and message of Christ through me?	
How are you calling me to participate in this world?	



As you review your responses, consider if there is something that you need to challenge or something you need to risk, including failure. Next, consider if God has already placed a seedling of something new that he wants to grow in you as you move onward, upward, and forward.

Where do you know of . . .

a wrong that you want to make right?

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a suffering that you want to end?

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a hurt that you want to heal?

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a loss that you want to restore?

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We all have places where we're tempted to look back longingly, but we don't have to get stuck there.

In chapter 2 of *Don't Look Back*, "Prepare Your Heart to Go," I write the following reminder:

In all the transitions I've lived through, I've learned that just because something has died, God's promises, plans, and purposes for my life have not. In fact, they are still very much alive. I know there are times when life upends us and we have to accept what we don't want to accept, but I have found that if we can separate the circumstances we're facing from God's overall purpose for our lives, then we can have the hope we need to keep moving forward.



