

# Pressing Forward When Life Pushes Back

## Weekly Take-Home Guides

These short guides are designed to help you keep practicing what you heard on Sunday, even when life gets busy (and it will). Choose one or two steps each week — this is about progress, not perfection.

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### Week 6 — When You Need a Fresh Start

**Scripture: Luke 15:11–24**

#### This Week's Focus

Grace invites you to begin again — right where you are.

#### Try This

- **Admit where you need change.** Be honest about what isn't working in your life.
- **Take one step back toward healing.** Apology, conversation, counseling, or prayer.
- **Release shame.** Remind yourself: "My past does not get to decide my future."
- **Celebrate movement, not perfection.** Notice progress, even if it's small.

#### Reflection Question

What first step could I take toward the fresh start I need?

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#### A Simple Daily Prayer

God, life is pushing back and I'm tired. Give me strength for today, hope for tomorrow, and courage to keep going. Amen.

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