

**A Season of Grief
Day 31
You Cannot Go Back**

Remember the good times; cherish the memories, but live each day moving forward. Focus your thoughts on what is before you and how you are going to get there.

“I often tell people that there are three stages you need to think about: You can’t go back. You can’t stay here. You must go forward,” says Dr. Ray Pritchard. “There may be some good things in the past that you wish you could go back to, but in the end you have to let those go.”

God’s Word speaks to you clearly: “I have set before you life...now choose life.”

Deuteronomy 30:19

Yes, Lord, I do choose life.

Amen