

East of Eden – Remember Lot’s Wife

Week of February 15, 2026

READ:

Luke 17:32; Genesis 19

KEY POINTS:

- Judgment Falls in the Middle of Comfort – We often allow comfort to direct our lives as opposed to listening to the voice of God.
 - Looking Back Is About Attachment – We don’t usually look back because we want destruction, we look back because we long for the familiar.
 - Indecision Eventually Hardens – She froze between rescue and ruin, delayed obedience becomes disobedience.
 - The Gospel Gives Us a Better Focus – The answer isn’t “try harder not to look back”, it’s when your focus is on Jesus, you’ll want to run towards Him.
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QUESTIONS:

- When you hear Jesus say, “Remember Lot’s wife,” what emotion does that stir in you — confusion, conviction, curiosity, something else?
 - The sermon said, “Her feet were moving forward but her heart was still in Sodom.” Have you ever experienced that spiritually — moving forward externally while feeling stuck internally?
 - Why do you think focusing in on our comfort can create hesitation, even knowing God is leading us to some place better?
 - What is one thing God may be calling you to fully release right now? What would it look like to take one concrete step of obedience this week?
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LIFE APPLICATION

- The “Look Back” Inventory - Give everyone 2 quiet minutes. Ask them to write (privately):
 - What do I revisit mentally the most?
 - What season do I romanticize?
 - What sin do I minimize?
 - What control do I resist surrendering?

Then ask:

Is this something God delivered me from... or something I never fully surrendered?

No sharing required, but invite anyone who wants to share.

- “Between Rescue and Ruin” Line Exercise - Have everyone imagine a line on the floor. One end is Sodom (old life) and the other end is promise (where God is leading).
 - Ask: Where are you standing right now?
 - Still inside?
 - Running but glancing back?
 - Frozen in indecision?
 - Moving forward confidently?

Then ask:

What would one step forward look like this week? Not ten steps. Just one.

- Encourage everyone to finish this sentence privately or out loud - “God, I need to stop looking back at _____.”

Then ask:

What practical step could you take this week?

- Unfollow?
- Delete?
- Confess?
- Set a boundary?
- Ask for accountability?
- Finally surrender something?

Remind the group: You are not running from judgment. You are running toward a Savior who already took it.

PRAYER:

Dear Lord,

Thank You for rescuing us.

Thank You that Your warnings are kindness, mercy, grace, not condemnation.

Show us where our hearts are still looking back. Give us courage to release what You are leading us out of. Help us fix our eyes on Jesus, not the comfort behind us, but the calling ahead of us.

We choose obedience today.

We choose forward faith.

In Jesus' name,

Amen.