GHOST STORY

Ten Days of Discovering the Holy Spirit in the Questions, Problems, and Struggles of Everyday Life

NOVEMBER 4: *Can I Really Start Over?*

A SCRIPTURE FOR TODAY:

Titus 3:3–7

3 “Once we, too, were foolish and disobedient. We were misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other. 4 But—When God our Savior revealed his kindness and love, 5 he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. 6 He generously poured out the Spirit upon us through Jesus Christ our Savior. 7 Because of his grace he made us right in his sight and gave us confidence that we will inherit eternal life.”

{NLT}

When You Wish You Could Start Over

Most of us have something we’d change if we could go back. A decision we’d make differently. Words we’d take back. A relationship we wish we’d handled better. A chapter of our lives when we became someone we never intended to become. The hardest part of regret isn’t only remembering what happened. It’s wondering whether what happened has permanently changed what can happen next.

Titus 3 speaks directly to that fear. Paul doesn’t pretend people always get life right. He talks openly about being misled, making wrong choices, and becoming trapped by desires and attitudes that pulled life in the wrong direction. Then comes one of the most hopeful words in the passage: “But.”

“But—When God our Savior revealed his kindness and love…”

What went wrong may be in your past, but it doesn’t have to control your future.

The Bible says God saves us, “not because of the righteous things we had done, but because of his mercy.” Mercy means your new beginning doesn’t depend on proving that you deserve one. God doesn’t wait until you’ve cleaned up every mistake before He reaches out to you. In Jesus, He offers forgiveness, grace, and a new way to live.

Then Paul says God gives us “new birth and new life through the Holy Spirit.” Christianity isn’t just asking you to try harder at being the person you’ve always been. God’s Spirit begins changing you from the inside so your old patterns don’t have to keep producing the same old outcomes.

That doesn’t erase the consequences. You may still need to apologize, rebuild trust, ask for help, or make a difficult change. But your past can be faced without becoming your future identity.

You can’t change what happened then, but with God’s help, you can change what happens next.

A new beginning often starts with one honest decision: “I don’t want to keep living this way, and I’m willing to let God lead me in a new direction.”

SOMETHING TO THINK ABOUT:

What regret have you allowed to become a definition of who you are? Ask yourself: “Am I treating something I did as though it’s something I’ll always have to be?” God’s mercy says those are two different things.

TRY THIS TODAY:

Write down one thing from your past that still weighs on you. Beside it, write one step you can take today: apologize, ask for forgiveness, seek help, change a habit, repair what you can, or stop punishing yourself for what God is ready to forgive.

PRAYER:

“God, thank You that Your mercy is greater than my past. Forgive me, renew me through Your Holy Spirit, and help me take the next right step. Teach me to live from the new life You offer through Jesus. Amen.”

TODAY’S MAIN IDEA:

You can’t change where you’ve been, but God’s mercy can change who you’re becoming.