

Homework:

My Conversations with God, Part 1

1. What am I thankful for in this moment?

Ask God to help you recognize what you are thankful for. This could be your husband, children, pets, job, health, friends, or understanding a situation or problem. If nothing comes to mind, think about something that brought you joy in the past.

2. What does God say about what I am thankful for? How do I think God thinks of me in a positive way?

This is from a third-party point of view in a loving way. The more you know who God is, the more you know what he thinks through His Word and the experiences you have with him.

3. How does God see me? What does He see me doing physically and/or emotionally right now?

Write from His perspective (I see you...)

4. What does God hear me saying to myself, either inside my head or out loud?

Write from His perspective (I hear you...)

5. What does God say about what I am going through? Does this makes me feel seen and heard?

Write from His perspective.

6. How does God want to be with me through this situation?

These last two steps return to joy through God's letting us know He is present and comforting us. God loves being with us.

7. What does God do to help me through this situation?

Not only does He confirm our pain, but He also leads us through the situation.
