

**Exercise 10** - pg. 167

**Exercise 12** - pg. 198

**Exercise 10**

What circumstances or dynamics exist in your life right now that regularly create panic for you?

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Why do you think these specific situations create panic in you?

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Is there any place in your life right now where you would say you have had enough and are at the end of your rope? Write it out.

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What can you do to lean in and hear God's whisper among all the wind fire and earthquakes going on around you now in this circumstance?

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Would talking to a counselor pastor or a close friend help you get to a better place with this situation? If so, who?

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## Exercise 12

What circumstance or relationship in your life right now do you need to stop looking at and instead look through to see what God is doing?

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In what circumstance or relationship in your life right now do you need to look at what's right instead of seeing only what's wrong?

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In what circumstance or relationship in your life right now have you dropped your guard and know you need to raise both hands to God both surrendering to him and fully anticipating the victory?

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