

Exercise 10

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

My finances cause me to panic regularly because of my bills and me not following a proper budget plan. Also I tend to be a people pleaser; so I constantly feel as though someone hates me. And i dont know why.

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

My finances create panic in me because if I don't pay my bills, I won't have a place to stay, a phone or my car. All of these things are important to me and kind of a necessity to living life. Then with pleasing people I want to keep my roommates happy so that way I don't have to be concerned about housing or my job for that matter.

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.

I have had enough with the constant negative thoughts in my head, I always feel like someone hates me or that I'm a burden on other people and I constantly beat myself up and punish myself. I feel like I'm going crazy and that everyone is judging me and it makes me feel depressed, anxious, and suicidal. I'm tired of feeling this way all the time.

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?

I can schedule regular times to spend time with God and intentionally listen for his voice to know what to do. I will use this time to read the word and pray.

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

I believe it probably would help me in terms of shifting my focus. I've already spoken with Pastor Christy and Dorina about these issues and they're helping me to work through them and keep my focus on the important things. Focus on godly positive things instead of the negative.

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?

Right now I need to stop looking at the relationship I have with my brother. And potentially also my roommates and other close people to me. I look at the relationship and it's not where I want it to be or how I think it should be and it hurts me; but if I look with God's eyes, I'm overthinking it and maybe God is preparing my brother to be a mighty man of God he just needs to go through the fire first.

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?

My relationship with my leaders. I need to look at what's right but also what part I play in it. I look at what they're not doing or how they aren't but I'm not looking at the fact that I don't interact as much as I want all the time and that it's a two way street. I can reach out as much as they can. If I need something they're always there waiting I just don't speak up.

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?

I need to raise my hands and surrender to God again in the area of deception. I've been allowing myself to be deceived by the enemy in terms of witchcraft and allowing myself to be exposed to things I know aren't right. I knowingly got a tarot card reading twice and am opening the door to the enemy through horoscopes and zodiac signs and because I don't feel anything I think I'm fine when in reality I'm not.