

## 8 Questions for Self-Reflection

When You Are Struggling & Want to Change

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1. What hurts right now?  
What is tender?  
Where do I feel loss/fear/  
resentment/  
dissatisfaction?

2. What have I done  
with this hurt?

3. If my desire was a  
good and holy desire,  
how is this lack/loss/  
or waiting good for  
me?

4. What am I learning in  
my waiting?  
What sins are surfacing?  
What wrong assumptions  
about God am I believing?

5. In my waiting, do I  
believe God is who He  
says He is? Do I  
believe His promises?

6. Am I truly  
worshipping today  
through this trial?

7. If not, what has  
captured my worship  
and captivated my  
gaze? What am I  
chasing?

8. How can this hurt/  
loss/lack bring me  
back to a place of  
right worship today?