

THE HELP TOOL

H

HOLY SPIRIT, WHAT'S GOING ON?

Take a moment and be still. Ask the Holy Spirit to show you what might have triggered you feeling this way.



E

EMPTY OUT

Write a list of anything you're thinking or feeling about the situation. Don't hold back. Get it all out!



Your
Honest
Prayer

God's
Response

L

LISTEN TO YOUR HEART + GOD'S VOICE

Write down your most honest prayer. Then, listen and write down God's Voice as He responds to what you shared.

P

PRACTICE!

Re-read God's Voice and underline new truths He shared with you.
Re-write your favorites and ask the Holy Spirit for creative ways you can practice believing them.

TRUTHS

WAYS TO PRACTICE