

Exercise: Reframing and Preframing

Think back through your life on your past hopes, dreams, desires, and relationships. Think through some what-ifs in a positive, good way. See if you can come up with situations from your life in which God didn't answer your prayer or allow your dreams to come true. See these situations through the filter that he knew all along what was best for you.

God, in my life, I thank you that you didn't:

In your life, is there a circumstance or a relationship that you know God allowed you to begin to see from a different perspective, so that you changed your attitude from negative to positive, from harmful to healthy? What happened to change your mindset?

Ask yourself, "What in my life right now is the "Monday"—the relationship or circumstance in which I struggle to see anything positive or good?" Write it out.

What is one practical step you could take to change your mind about this situation?

What would you want to see God do to change this situation? [Your Notes] What would be the most positive, life-building, God-honoring, mutually edifying way for you to approach this situation?

Exercise: When You've Had Enough

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

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

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?