

# THE HEALER

## PERSONAL REFLECTION GUIDE



### WEEK 3

Take a few moments to slow down, releasing any burdens from the day, and inviting God into this time. Ask him to help reveal more of himself to you, and to help you be real with yourself during this time. Begin by asking Jesus to reveal how he is “for” you. Confess any areas where you have doubted his goodness in your life, or have questioned his heart toward you. Be honest about these areas, and ask Jesus, if you need it, to be reminded of his good heart toward you.

Next, examine your heart and its relationship with others in your life. Are there people in your life who get in the way of your faith, perhaps by their words, actions, or subtle attitudes toward you and toward Jesus? Be honest here, and ask God to help you see with clarity those who stand in the way of your faith, as well as those who encourage you in your faith. Ask God to grow your desire to care more about him than you care about the opinions of others. Thank him for those in your life who help grow your faith.

Finally, are there any areas where you feel Jesus might be inviting you to pray with a greater level of faith and perseverance? Confess any areas that might feel vulnerable here, and ask God to grow your faith as you persevere in prayer.