

# THE HEALER

## PERSONAL REFLECTION GUIDE



### WEEK 7

Take a few minutes to slow down, laying the burdens of your day at the feet of Jesus. As you do, invite God into this time, asking him to help you be real with yourself and him as you reflect on past hurts and disappointments you've experienced. Recall a painful relationship you've had in the past. As you consider that person's brokenness and compare it with God's perfection, confess any distorted views of God you may have allowed this person to contribute to. Reflect on the truth that God's love for you is as great as the heavens are above the earth (Psalm 103:11). What feelings surface as you reflect on this, and how does this help you deal with the memories of this painful relationship? Finally, ask God for a more accurate view of him and of yourself, and that you would learn to see yourself more and more as he sees you. Write down your thoughts in the space below, sharing with your group if you feel comfortable.