

# THE HEALER

## PERSONAL REFLECTION GUIDE



### WEEK 8

Take some time to slow down, offering to God any notable events from the day. When you are ready, invite God into the following question: God, if you are good, why do you allow me to suffer? Sit in this for a bit. When you think about suffering, what thoughts and feelings surface? What do they reveal about what you believe about God? Are there any lies from the Devil that have found their way into your thinking? Next, examine how suffering has led you to ask important questions about God and life. What ways has God shown himself in a more real way through these experiences? Thank God for how he used your suffering to lead you to live in his truth in a deeper way. Write down any reflections in the space below, sharing with the group if you feel comfortable.