

what hurts?

PAINS

questions to ponder

What circumstances or events keep resurfacing in your mind?

Who or what has caused or causes you to feel mad or sad?

Where have you been disappointed in yourself lately?

Where is Jesus in all of this?

Now form a prayer:

What do you need to confess?

What do you want to ask?

and finally

What is your next step?

let it go, share it with someone, make a decision, change it, build a habit...

Notes



GEORGES RIVER
LIFE CHURCH

What gets my attention and affection?

PRIORITIES

questions to ponder

When I want to relax, or switch off I usually.....?

What are you regularly you reading, listening to and viewing.....
and how many hours does that consume each week?

How much focused time each day with Jesus? What are your
current daily and weekly spiritual practices or habits?

What do my spending patterns tell me about what is important?

Who are the people you feel most called to invest your time
into at this stage of your life (raising children, friends, work
colleagues, ageing parents, church, community, myself).

Now form a prayer:

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What do you want to ask?

and finally

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What on earth am I here for?

PURPOSES

questions to ponder

Name all the regular contexts in which you live your life (e.g. family, work, golf club, craft group, a team, neighbourhood, board room etc)
Where do you see God at work and where does there seem to be a disconnect?

What fills the majority of your time each week (e.g. your job, raising kids)? How present does God feel there? To what extent would you say this is your ministry? And if not, why not?

What are you good/gifted at? What do you find comes 'naturally'? What gives you a sense of accomplishment and joy in relation to your faith?

Now form a prayer:

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What do you want to ask?

and finally

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Notes

A series of horizontal lines for writing notes, with a vertical margin line on the left side.

