

ReNEWing Your Mind – Week 3 Reflection Guide

“People Probably Don’t Like Me”

Do I feel safer alone—even when I’m lonely?

Psalm 34:18 — The Lord is close to the brokenhearted and saves those who are crushed in spirit.

When was the first time getting close to someone ended in pain?

2 Corinthians 1:3–4 — God comforts us in all our troubles.

Do I leave relationships before they have the chance to leave me?

Proverbs 18:1 — A person who isolates himself seeks his own desire.

What do I believe will happen if I let someone fully in?

1 John 4:18 — Perfect love drives out fear.

Do I test people before I trust them?

1 Corinthians 13:7 — Love always protects, trusts, hopes, perseveres.

What would I have to be vulnerable about if I let my guard down?

James 5:16 — Confess and pray so that you may be healed.

Has anyone ever made it past my walls?

Galatians 6:2 — Carry each other's burdens.

What would it feel like to let someone stay?

Ephesians 1:5 — God adopted us into His family.
