

False Comfort Worksheet

Pause. Pray for humility before you begin. Be brutally honest with yourself.
Circle the comforts you use to distract you from your calling.

Doomscrolling

Shopping

Alcohol

Binging Netflix

Overeating

Avoiding silence altogether

Seeking validation

Minimizing your pain

Surface level interactions

Avoiding hard conversations

Escaping into fantasy (books, daydreams, ChatGPT)

Staying too busy to feel anything

Comparing your life to others

Hyperfixation on things you can't control

Withdrawing from people

Filling every minute of your schedule

Quoting Truth without applying it to your life

Constant noise: podcasts, music, audiobooks

Constant consumption of Christian things (sermons, devotions, worship music) without sitting alone with God about YOUR stuff.

Wrestling Seasons Worksheet

Use the spaces below to list your wrestling seasons. Name them so you know which season your talking about, add the date and anything you notice.

Year:

Name the Wrestling Season:

Notes:

[illegible]

Prayer for a Surrendered Heart

Father God,

Thank You for who You are. Thank You for Your ability to take me from buried to breathing.

Oh, how I yearn for a season of refreshing. For recovery of breath. You are my breath. The air I breathe. Without You, I have nothing. Apart from You, I am nothing.

I surrender myself to You now. My thoughts are no longer my thoughts. Exchange them for Yours in this moment. Stay with me through this process. I don't know what's going to happen or how I'm going to be feeling, and I need You.

I choose You, Lord. Comfort me, guide me, direct me. I am obedient to Your leading. I will listen to Your voice. Show me what I need to process, and then help me navigate my path. I want nothing more than to serve You. To walk where You want me to walk.

I can see You in Your garden, preparing this path for me. I see You turning to survey Your work and exclaiming how much I will love this path. But Lord, I'm afraid.

I can list off to You all the reasons why this isn't the right path for me. I know You will qualify me. So, I beg You to silence the enemy, remove my reservations, and keep me centered on You. Open my eyes to see Your leading. Open my heart to hear Your voice. Open my mind, and heal my soul.

Like the woman with the issue of blood, I cling to Your garment, for I know there is healing there. I know You will restore my breath. I know You will walk with me as I begin my big dig. Take over my mind, my heart, my body, and my soul. I surrender them to Your will. Reveal to me now what only You can reveal.

I love You, Lord, today and every day.

Amen

Wrestling Seasons Worksheet

Part 2

1. Prayer the Prayer for a Surrendered Heart (see handout).
 2. Review your Wrestling Matches, asking God to reveal any patterns.
 3. Use the space below to write a letter to God.
 4. Apologize, repent, and ask Him for clarity that shatters your comfort.
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