

SECTION 2: Moving Toward Healing and Wholeness (weeks 4-6)

Week 4: Our perceptions of God

Your rod and your staff, they comfort me. Psalm 23:4b

God is our protector and comforter, but if we are honest with ourselves, there are times that we don't experience Him that way. Take time this week to reflect on your perceptions and experiences of God and how they may differ from what scripture says about Him.

- How and when have you experienced the comfort of God?
- In the past three weeks, we identified places of hurt and pain and sat in our thoughts and feelings of response. In light of these, do you trust God as your good shepherd?
- The Psalms give us permission to be incredibly honest with God. Read Psalm 13, 22, or 10. How honest have you been with God? Do you feel permission to be honest with Him the way David is? Try starting a prayer with one of these sentences...
 - God, I know that you are good, but sometimes I don't actually see or feel it.
 - God, I struggle to trust you because of pain that you've allowed me to experience.
 - God, I'm angry with you because...
 - God, where were you when _____? It felt like you didn't see me.

Although we don't feel it, God is always present with us. Hebrews 13:5 says, "Never will I leave you; never will I forsake you." Where could he be present that you have been missing? Take a moment to sit in silence with him. Ask him to show you places where he has walked with you that you may not have recognized.