

Chapter 64: A Journal for Overcoming

You might not think this now, but the tough times you're going through right now will shape you. The choice that you have to make is what shape do you want to be? You can come out of this better and stronger than you were, or you can accept defeat and give up. It is up to you.

Take some time to think and journal about the questions I pose to you. They will help you grow into who God has meant for you to be.

Think about all of the adversities in your life that you have *already* overcome. List out some of your major life occurrences. Write about what you initially felt when you were going through them and then about what you think of them now. Focus specifically on what you were like as a person before and after.

A Journal for Overcoming

What is your gameplay for your long-term recovery?

How can you use your current “down time” wisely?

Pray. Pray for God’s guidance on what He wants you to do with this precious time. What is He saying?

A Journal for Overcoming

How has pruning made you a stronger person?

God tells us over and over that we are never alone. How does that statement impact how you react to your “negative” situation?

The Storm

If you were to die today, would you have regrets about not living the life you should have had?

Why haven't you started living that life?

What are some dreams that you have had but haven't done them yet? Name five.

A Journal for Overcoming

Do you feel like you have lived a life un-lived? Have you lived the best life that you could? What can you do to change things if you have not lived to your full potential?

What are some decisions that you have made in your past that propelled you wildly in a certain direction?

The Storm

What decision(s) can you make today that will dramatically change your life?

Are you taking as good of care of your body as you can right now?

What one thing can you do right now that would improve your health?

A Journal for Overcoming

What is stopping you? What are you afraid of?

Your past does not dictate your future. Write about some ways you have overcome some bad things from your childhood or your past.

Write your testimony.

The Storm

Which is better: going through your difficult time by yourself or with God?

In what ways can you use your struggles to help inspire others?

A Journal for Overcoming

What do you think your miracle is?

Why is it so important for you to keep a positive attitude?

What is the Holy Spirit wanting you to do at this time? If the answer is not clear, pray to the Holy Spirit for guidance. Write down what your soul feels.
