UNTYING THE KNOTS OF THE HEART

Please circle the answer that best describes you the last 6 months.

Spiritual

1. I struggle to talk regularly with God about my thoughts, feelings, pain, and desires. YES NO
2. I sometimes find it hard to believe that God unconditionally loves and delights in me. YES NO
3. When I'm hurting or having problems, I find it hard to believe God cares about me. YES NO

Emotional

1. I often feel anxious about things in my life YES NO
2. I often feel like I don't enjoy my life. YES NO
3. I read the Fruit of the Spirit, and often feel like that's not me (peaceful, joyful, patient, loving, kind, gentle, faithful/trusting, self-controlled). YES NO
4. I more often find myself coping with my hurt, anxiety, or feelings of emptiness by using things like—food, work, sex, exercise, TV, church activities, medications, or alcohol—rather than running to God for his comfort. YES NO

Relational

1. I can have a hard time talking to others about what is really going on in my life and how I am really doing. YES NO
2. I often feel lonely. YES NO
3. I wish my home life were different. YES NO

TOTAL YES _____

If you had 2 or more "yes" answers and are looking for change - sign up today!

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