

Peniel Goes To The Movies What To Do When You Feel Stuck

1. Be _____

Key: _____ messages

a) Watch _____

b) Acknowledge _____

c) Look for the _____

Psalm 32:3-5 *When I refused to confess my sin, my body wasted away, and I groaned all day long... Finally, I confessed all my sins to you and stopped trying to hide my guilt...And you forgave me! All my guilt is gone.*

2. Process your pain _____

Ecclesiastes 4:9-10 *Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.*

3. Let _____

Ecclesiastes 3:4 *A time to cry and a time to laugh...A time to grieve and a time to dance.*

4. Let God begin to _____

a) Believe that God _____

Psalm 147: 3 *He heals the brokenhearted...*

b) Let _____ replace the lie

Psalm 78:19 *They even spoke against God himself, saying, "God can't give us food in the wilderness."*

c) Ask the _____

Pray: Please show me how to use this pain to help someone else?
Lamentations 3:19-26 *The thought of my pain, my homelessness, is bitter poison. I think of it constantly, and my spirit is depressed... Yet hope returns when I remember this one thing: The LORD's unfailing love and mercy still continue, fresh as the morning, as sure as the sunrise. The LORD is all I have, and so in him I put my hope.*

How To Journal About Your Pain

*Start with the facts.

- Who did it?
- What happened?
- When did it happen?
- How did it happen?

*Use an emotions chart and answer these questions:

- What am I feeling? Write that down
- Why am I feeling this way? Write out your answers
(Google "Chart of emotions")

*What do I learn from this?

- How would God want me to respond to this?
- What can I ask God for in this situation?
- What good might God bring out of this?

Tips about grief

- Grief doesn't follow the rules.
- Grief can produce many behaviors.
- All people grieve differently.
- Crying is not essential to grieving.
- Ignoring your pain is a temporary solution at best.
- Grief doesn't follow a set timeline.

<https://www.therecoveryvillage.com/mental-health/grief/grief-myths/>

<https://www.psychologytoday.com/us/blog/fixing-families/201206/getting-closure-3-letters>