



**What I know from my own experience**

**1. What am I experiencing right now that is either negative or challenging?**

**2. In light of what I'm currently experiencing, what do I believe about myself?**

**3. What do I believe God is doing or has done in this situation?**

**4. What do I currently believe God is like?**

## What I know from God's Word

### 1. Who is God and what is He like?

### 2. What has God done for me?

### 3. Who am I in light of what God has done?

### 4. How should I live in light of who I am now?

