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## Doing My Part

While we acknowledge the lessons learned from trials, it's also okay to acknowledge how we feel going through them. Feelings are not wrong, but how we respond to them can be consequential. When we are stressed or angry, we can find help by taking deep breaths and meditating on a helpful Scripture. Use a concordance or internet search to find one Bible verse that speaks to you about managing a negative emotion you frequently experience (e.g., fear, anger, sadness, or worry). Write down the verse in the space below. Spend some time each day this week taking slow, deep breaths and meditating on the Scripture you chose.

- [illegible]

***“You asked, ‘Who is this that obscures my plans without knowledge?’ Surely I spoke of things I did not understand, things too wonderful for me to know”***  
(Job 42:3, NIV).

Going through tough times can lead us to learn lessons and see things in a new light. Consider a challenge you faced this past week. What lessons did you learn? What do you see differently now? Reflect on Job's story. Write down three positive insights you've gained from your problems. Use the space below to share.