

This Is Your Season
Where you will find rest for your soul!
What is in your suitcase?
1 Peter 1:3 and 1 John 4:9

1Jn 4:9-10 In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.

If the words in the columns describe something you feel a lot, enter a 3. If it is something you feel sometimes enter a 2. It is seldom or never enter a 1. (adapted from Thom Gardner's book *Healing the Wounded Heart*, removing the Obstacles to Intimacy with God)

When we have a better understanding of the things we carry we are then able to ask the Lord to help us overcome in these areas.

Fear	Rejection	Worthlessness	Shame
Alone _____	Separated _____	Unnoticed _____	Ashamed _____
Afraid _____	Angry _____	Unattached _____	Condemned _____
Paralyzed _____	Rejected _____	Ordinary _____	Falling short _____
Uneasy _____	Restless _____	Unapproved _____	Beyond forgiveness _____
Nervous _____	Forgotten _____	Jealous _____	Failure _____
Terrified _____	Forsaken _____	Insignificant _____	Foolish _____
Suspicious _____	Unwanted _____	Not as good as _____	Guilty _____
Very cautious _____	Nameless _____	Unimportant _____	Embarrassed _____
Indecisive _____	Left out _____	Unloved _____	Perfectionistic _____
Worried _____	Confused _____	Worthless _____	Self-conscious _____
Total _____	Total _____	Total _____	Total _____
<i>Tend to</i>	<i>Tend to</i>	<i>Tend to</i>	<i>Tend to</i>
<i>Run</i>	<i>Wander</i>	<i>Perform</i>	<i>Cover</i>

Insecurity	Defilement	Hopelessness
Anxious _____	Betrayed _____	Cursed _____
Volatile _____	Damaged _____	Defeated _____
Defensive _____	Dirty _____	Depressed _____
Controlled _____	Ruined _____	Negative _____
Threatened _____	Dishonored _____	Tired _____
Distrustful _____	Stained _____	Empty _____
Isolated _____	Discarded _____	Indifferent _____
Helpless _____	Unclean _____	Pessimistic _____
Overwhelmed _____	Useless _____	Suicidal _____
Trapped _____	Violated _____	Disappointed _____
Total _____	Total _____	Total _____
<i>Tend to</i>	<i>Tend to</i>	<i>Tend to</i>
<i>Control</i>	<i>Mourn</i>	<i>Quit</i>