



Listen and **hear** your heart

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What conversation did you have with yourself today? (Can be positive and/or negative)

What did you hear yourself saying?

What feelings quickly surface as you think about what you heard?

Ask God what He wants to tell you about that?

Do any scriptures come to mind to reinforce what you think God may be telling you?

Is there anyone you would like to tell about this?

If so, when will you share it?

Today? or Tomorrow? or Date Next Week?

Date when you did share it.

Was your experience sharing it positive or negative?

What thoughts or feelings did you have after sharing it?

If your experience was negative what could you do to make sharing in the future more positive?



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