



## Reflective Worksheet

# Choosing God in the Difficult Interpersonal Situations

This reflective worksheet is designed to help you explore both chaos and God's pathway for you through it.

Before you begin, take a few moments to settle down: breathe deeply, welcome the Holy Spirit and invite God to guide you. Trust God to reveal what He desires you to see today.

### Consider God's perspective

As you consider the questions below, pray, listen and notice what comes to mind. Trust the Holy Spirit to lead you.

1. Choose three or four words that describe God's heart toward people?

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2. Write down three phrases that describe the kinds of relationships or characteristics of relationships that God desires for people to have with one another.

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3. What are some of the words that describe how God feels when someone He loves is hurt?

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### Reflecting on sin

Recall Jesus teaching - a tree is known by it's fruit. Sin always manifests itself somewhere in our natural lives. There are three main types of sin;

- Systemic sin; sin arising from societal systems.
- Corrupted world; sins arising from the corrupted state of the natural environment.
- Personal sins; those committed against us and those we commit by action or failure to act.

4. When you consider systemic sins in society, what examples come to mind?

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5. When you consider the destructive effects of the corrupted environment in which we live, what difficult situations come to mind?

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6. When you consider personal sins, what kinds of situations come to mind?

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*Reflecting on God's invitation*

7. When you reflect on God's goodness and God's love for people, what Scriptural passage, story or metaphor comes to mind?

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8. Describe how you understand God's desire to restore people to good and healthy relationships with one another.

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## Reflecting on our own desire

9. Recall a particular event in the world that upset you. What did you really want God to do about it?

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10. Recall an experience where someone hurt you personally. How did you desire God to respond?

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11. Recall a situation when you knew you had acted inappropriately. How did you want God to respond to your actions?

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## Find and choose Christ in your own difficult situation

12. Ask God to show you a difficult or uncomfortable situation in your own current life. Briefly describe the situation.

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13. Honestly identify the sin in the situation.

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## Meditate on Scripture

14. Re-write the passage below, making it personal and specific to the situation you're considering. You might replace the pronouns with your name and the names of others involved in the situation you are facing.

"How precious to me are your thoughts, O God!

How vast is the sum of them!

If I would count them, they are more than the sand. ~Psalm 139:17-18 ESV

I awake, and I am still with you.

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15. Write down what you sense God saying to you through the Scripture.

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16. Continue to hold the situation you're exploring with God. Read the passage below slowly. When you're finished, write down what you sense God saying to you through the Scripture.

"Behold my servant, whom I uphold,  
my chosen, in whom my soul delights;

I have put my Spirit upon him;

he will bring forth justice to the nations." ~ Isaiah 42:1-2 ESV

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17. Invite God to search your heart and to reveal to you anything that He would like to free you from. Record what comes to mind.

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18. Respond to God about what you sense God is showing you.

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### Consider Jesus' example

19. Now return to your difficult situation. Hold it before God in prayer. Ask Him to show you or remind you of an experience in Jesus's life on earth where our Lord faced similar challenges in the very different context of His first-century life. Explore the story and notice how our Lord responded. Write down a few words to describe what you see in Christ.

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20. Now, ask God to show you how He would like you to understand or respond to the difficult situation in your life. Write down what you sense Him showing you.

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Close this time of prayer and reflection.