Area of Unbelief or Struggle Write area here		
What am I doing or experiencing right now?		
In light of what I am doing or experiencing, what do I believe about myself?		
What do I believe God is doing or has done?		
What do I believe God is like?		



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Area of Unbelief or Struggle Write area here		
Who is God? List as many things as you can about God's identity that specifically relate to this area of struggle/ disbelief. (Ex. "God is love" or "just" or "our Father")		
What has God done? How has God proven each answer to the previous question in his work in the world and especially through the person and work of Jesus?		
Who am I in light of God's work? List as many true statements about who you are that you can think of.		
How should I live in light of who I am? What beliefs are you experiencing in light of the first three questions? How do you see them changing you?		



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