

Restoring Hope Worksheet

An 8-Step Guide to Approaching God with Honesty

Introduction

An hour into one of my biblical counseling sessions in which I poured out all my disappointments, my counselor asked me, “Have you told God how you feel?” The question caught me off guard. *Wouldn't He already know how I was feeling?* But then again, I was taking my discontentment to everyone but Him. It's okay to be honest with God about our feelings. In fact, He welcomes our authentic prayer. If you feel disappointed, disillusioned, and discouraged, consider walking through these 8 steps to approaching God with honesty. Ask Him to help you be tender and to fill you with hope that only He can restore. Find a quiet and comfortable place for reflection, prayer, and fellowship with a God who loves you, desires closeness with you, and wants to comfort your hurting heart.

Step 1: Express your honest feelings to God

- Write down the specific circumstances or challenges that are stealing hope and causing hurt.
- What emotions have you been experiencing in response to these circumstances? List feelings that come to mind (ex: fear, frustration, anger, disappointment, sadness, or confusion).

Step 2: Name your doubts and questions

- Write down doubts or questions you have about your faith or your understanding of God's plan.
- Brainstorm why these doubts and questions have arisen. Are they affecting your trust in God?

Step 3: Pour out your heart before God

- Write a tender, honest letter to God. Pour out your feelings, fears, and frustrations before Him.
- Be honest about what you're experiencing, expressing any emotions that arise.

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Step 4: Reflect on God's promises and His character

- List some of God's promises or some of His characteristics that you find comforting or reassuring. Referencing Scripture may be particularly helpful. What do you know to be true about God?
- How do these promises or character traits encourage you in your current circumstances?

Step 5: Pray for God's guidance and strength to endure

- Pray for guidance and clarity. Ask God to help you trust His plan, even where you lack immediate understanding. Consider incorporating this request into your prayer time every day.
- Ask Him to draw near to you, comfort your hurting heart, and provide the strength to endure in difficult seasons.

Step 6: Search and meditate on Scripture

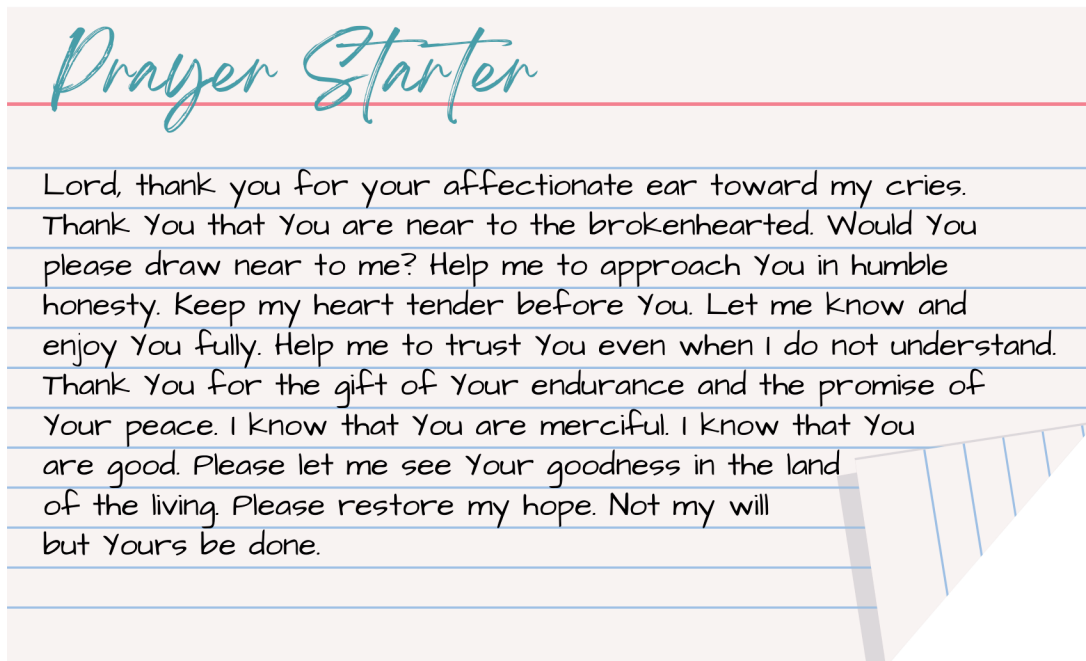
- What are a few passages of Scripture that help you cultivate trust, hope, and perseverance?
- Write down those verses below and consider committing them to memory. Recite them each day and rest in their truth. Carry them with you so that the Spirit might recall them when you are hurting.

Step 7: Commit to a small daily act of faith and obedience

- Ask the Lord to show you new ways you might spend restorative time with Him learning about His character, resting in His goodness, and enjoying His company.
- Brainstorm a specific action you might incorporate into your life to strengthen your faith and trust (here are a few examples: read one Psalm every morning; pray for 12 minutes before bed; plan five minute prayer times at specific points throughout your day; spend five minutes per day on a Scripture memorization project).

Step 8: Close in a prayer of worship and thanksgiving

- Use the prayer starter below to thank God for welcoming the honest cries of your heart, for His rich mercy and tender comfort, and for His gift of endurance. Ask Him to restore hope.



Closing reminder

Remember that relationship is built over time. So rebuilding trust and hope is also a journey. The Lord will be patient with you and desires to meet you where you are. His love for you is deeper than your deepest sorrow. Revisit the steps in this worksheet as needed, and seek support from a trusted spiritual mentor, counselor, pastor, or friend as you work through doubt, discouragement, and disappointment. Remember who God is, what He’s done for you, and how deeply He loves you.

“The Lord will fight for you; you need only to be still.” -Exodus 14:14