

CHANGE

session 1

HOMework

During this course you have an opportunity to undertake a change project. This week, ask God to help you live with a greater awareness of what is going on around you. (See if you can tune in to your “heat.”) As you go through the week, try to notice times when you are struggling. Where are the hard spots in your life? What are you finding difficult? Your struggles can come in many forms: a challenging relationship, physical health, school problems, disappointments, injustice, your circumstances, unwelcome news, or being treated badly. Remember too that having things easy is also a challenge. Are there parts of your life that are so easy or successful that God seems unnecessary or irrelevant? What in your situation makes it easy to leave God to one side? Considering these things will help you decide what particular area of your life your change project should address.

It will help you to write down your thoughts. Even if they feel jumbled and uncertain, writing down specific areas of “heat” in your life will give you clarity on what your change project should be.