



2^{session}

HOMEWORK

Next week we will be thinking about thorns: our ungodly reactions to heat.

Think about how you respond to the situations in which you are struggling. Maybe you focus on your high expectations of a friend and how you respond when they don't follow through. Perhaps it feels like a friend group is suddenly excluding you, and you respond with frustration. How do you respond when you procrastinate on a project? What about when your friend makes a better grade, or your brother seems to get all of your parents' praise? What about when your parents don't agree with your plans to go out? How do you respond? Where are you feeling pressure? What would people see in you that tells them things are going wrong?

Over the next few days, each time you notice yourself responding badly to your heat, ask yourself some of these questions:

- » What are you saying to those around you?
- » With what exact words and tone of voice?
- » What are you doing?
- » Where are you looking (toward God or toward other people or priorities)?
- » What are you wondering about doing?
- » What are you thinking?
- » What are you feeling?
- » What words are forming but not said?
- » What alternative scenarios are you playing out?
- » What is happening in the moment, and what is happening afterward if you return to it in your memory?
- » What thoughts are you holding on to, and nursing?
- » Are there good things you are not doing?
- » What is being *reaped* as you respond like this? What is the result of your "thornlike" response?