



Are You Okay With Not Being Okay?

Perform a quick self-check with the help of these questions, based on Sheila's new book:

1. We speak to ourselves constantly. Do you tend to make punishing lists of personal failures or speak words of encouragement?
2. Christ thought you were worth dying for! Does your self-talk embrace this marvelous truth?
3. At some point, most of us pretend to be okay when we're not. What are you afraid of revealing about your true self?
4. Do you find yourself seeking approval? Whose approval is most important to you and why?
5. How do you spend your spare time? Are you using that time for refreshment and renewal?
6. Think about all the ways you serve—at church, at home, at school—and answer this question: are you serving out of pain or passion—out of a genuine calling or a devastating wound?
7. We perceive people, ourselves included, to be winners or losers depending on their circumstances. How have circumstances affected your self-image?
8. Social media is a marvelous tool for keeping in touch, but it often leads us to compare our trials with others' triumphs. Does time on social media encourage you or discourage you? Do you need to set stronger boundaries for yourself with social media?
9. Some things are hard to yield to God's control—things like relationships, habits, and thoughts. What are you holding onto? What would it take for you to release that to God?
10. Rules attempt to modify our behavior, but love, the love of God, changes our hearts. Will you fight for a faith that is your own or settle for what everyone tells you about God?