

# Personal Application

## After God's Own Heart Removing the barriers to change

### Personal Reflection

#### 1. Listen to your hardships

- What kinds of these are repeating in circumstances around you?
- Where do you feel that God is "pressing" on you through hardships?
- Where does it seem that God is frustrating or blocking rather than blessing?
- Where do you feel trapped or stuck?

#### 2. Listen to the Spirit

- What areas do you sense the Spirit would like to change you?
- What are repeating areas where you sense His conviction?
- What has He been revealing to you lately?

### Reflection with "seers"

#### 3. Listen to your "seers"

Ask a person who can speak into your life these questions and reassure them to answer honestly and openly.

- What are the areas that you wish I could experience transformation in?
- Is anything in my life that doesn't seem right or not make sense to you?
- Is there anything you see that you wish I did?

## **Personal Reflection**

### **4. Listen to the words of the Lord**

- Are there any passages of Scripture where the Lord seems to be giving me specific instructions?
  
- Are there instructions that I am ignoring or putting to the side?
  
- Are there things that you believe and know from Scripture, but are hardly experiencing at all?

## **Summary**

Now look back through all you have written and ask the Holy Spirit to show you what is most important and significant. Try to summarize what you are hearing into no less than two and no more than five areas where you would like to see transformation.

Now, briefly describe your current condition:

Example:

Caving

There are times I become frustrated with a situation or people's actions and rather than engage in the situation I withdraw emotionally and often become very critical. This can lead to alienation and sometimes I don't speak even what God has put on my heart in those situations ...