



What He Asks

the journaling guide

Where are you?

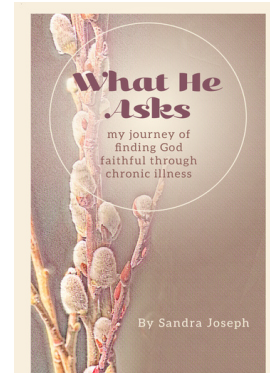
What are you doing here?

Do you want to be healed?

Who do you say that I am?

Welcome to the Journaling Guide

a companion to *What He Asks*
by Sandra Joseph



God's desire is for you to know Him and yourself. Since He is our Creator and Counselor, He often asks questions to His people to help us understand what is going on in our lives.

As you discovered in *What He Asks*, the same questions God asked in scripture are the questions that God asked me throughout my years of doubts, struggle, and acceptance of Type 1 Diabetes. I encourage you to work these questions, too.

Don't rush through, but ask God for insight to answer honestly and then to reveal to you what your answers uncover. Remember that God already knows everything about you, so it will not come as a surprise to God (although it might be a surprise to you). It took time for you to get to your current situation, and it takes time to unveil all that God is bringing to light. The first step to you being known is to be truthful which takes time.

I realize that not everyone likes to write or journal. If that is you, please answer these questions in whatever form is best for you... drawing, sketching, painting, through music or poetry lyrics, or perhaps creative projects or activity (running, dancing, etc.)

One last thought, I often return to this journaling guide when I find myself in an unsettled place. Working through these questions helps me again listen to God's voice in my life and to discover His purposes for me. I encourage you to bookmark this page, download, or make a couple copies of this journaling guide so you can work through it again and again as you continue to live a life that looks different than we planned.

Desiring God's peace... Sandy



Where Are You?

Genesis 3:1-9

New Living Translation

1 The serpent was the shrewdest of all the wild animals the Lord God had made. One day he asked the woman, "Did God really say you must not eat the fruit from any of the trees in the garden?" 2 "Of course we may eat fruit from the trees in the garden," the woman replied. 3 "It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'You must not eat it or even touch it; if you do, you will die.'" 4 "You won't die!" the serpent replied to the woman. 5 "God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil." 6 The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. 7 At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves. 8 When the cool evening breezes were blowing, the man[a] and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. 9 Then the Lord God called to the man, "Where are you?"

Even though God knew exactly where Adam and Eve were, He asks Adam and Eve, "Where are you?" His request revealed His desire for them to understand why they were hiding.

Where Are You?

Physically - Describe your location & surroundings

Where Are You? (cont.)

Physically - How are you Sleeping? (too much? too little? restless? only when medicated? take inventory of your sleep)

Physically - Consider your Eating Habits (overeating? undereating? feeling stuck with your relationship to food? feel good about your habits...)

Physically - Activity (how do you move your body; how would you enjoy it more)

Where Are You? (cont.)

Physically - Pain and/or Chronic Illness (*Take inventory of your body. Have you sought help for any pain? If not, why not? If yes, how do you feel about your current treatment plan?*)

Where Are You?

Emotionally - What are the 2-4 emotions you deal with on a consistent basis?

Emotionally - How do you express these emotions most often (*with your loved ones, in your work, in the public at large*)

Where Are You? (cont.)

Emotionally - Triggers (*Can you name the triggers in your troubling emotions - place, relationship, situation?*)

Where Are You?

Spiritually - Use 2-3 words to describe how you feel about God right now

Spiritually - How are you communicating with God? (*prayer, scripture, church, fellowship, etc...*)

WHERE ARE YOU? Record your overall insights here



What Are You Doing Here?

1 Kings 19:3-9

New Living Translation

3 *Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. 4 Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died." 5 Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" 6 He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. When the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." 8 So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. 9 There he came to a cave, where he spent the night But the Lord said to him, "What are you doing here, Elijah?"*

Elijah is exhausted (physically, emotionally, and spiritually) and is now being hunted by his enemy, Queen Jezebel. Elijah believes that he is the only one left who serves the Lord and runs away in fear. God takes care of him by providing rest and food to provide for Elijah's recovery. Eventually, God asks Elijah, "What are you doing here?" God's request reveals His desire for Elijah to understand how he got to this place of despair.

What are you doing here?

Over the next pages, you'll consider what has happened in your life to lead you to where you are now (*physically, emotionally, and spiritually*)

What Are You Doing Here? (cont.)

What are the commonalities in these situations? What are some of the underlying reasons for where you are?

How do your answers from the Where Are You section provide insight on how you got here? How can they be a guide to changing where you go next?

WHAT ARE YOU DOING HERE? Record your overall insights here



Do You Want To Be Healed?

John 5:1-8

English Standard Version

1 After this there was a feast of the Jews, and Jesus went up to Jerusalem. 2 Now there is in Jerusalem by the Sheep Gate a pool, in Aramaic called Bethesda, which has five roofed colonnades. 3 In these lay a multitude of invalids—blind, lame, and paralyzed. 5 One man was there who had been an invalid for thirty-eight years. 6 When Jesus saw him lying there and knew that he had already been there a long time, he said to him, “Do you want to be healed?” 7 The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me.” 8 Jesus said to him, “Get up, take up your bed, and walk.” 9 And at once the man was healed, and he took up his bed and walked.

Each of us, expected a life that fulfills our deepest desires. Yet, the life we live often looks much different than we anticipated. We then become wounded and hurt emotionally on top of the physical struggles we are dealing with. When Jesus saw the invalid man lying on the ground, crying out for someone to take him to the healing waters, He asked the man if he wanted to be healed. Initially, the man gives excuses as to why he can't be healed. Then, Jesus heals him. It is such an interesting question that we, too, must answer today.

Do You Want To Be Healed?

In *What He Asks*, I shared a number of areas God has worked to heal in my life: Anger. Bitterness. Jealousy/Envy. Negativity. Shame. Grief. Over the next pages, you'll consider what may be standing between you and the healing God desires for you.

Do You Want To Be Healed? (cont.)

Possible Answers

- Anger
- Bitterness
- Jealousy
- Negativity
- Shame
- Grief
- ?
- ?

What do you want to be healed of?

What excuses do you have as to why you can't be healed?

What would life look like without carrying these struggles?



Who Do You Say That I Am?

Luke 9:18-20

New Living Translation

18 One day Jesus left the crowds to pray alone. Only his disciples were with him, and he asked them, "Who do people say I am?" 19 "Well," they replied, "some say John the Baptist, some say Elijah, and others say you are one of the other ancient prophets risen from the dead." 20 Then he asked them, "But who do you say I am?" Peter replied, "You are the Messiah sent from God!"

Regardless of where you are and how you got here, this question of "Who do you say God is" must be answered. As you know, it took me years to answer this question. God revealed who He was through His Word, His people, and the experiences I went through. I can trace His faithfulness through each hardship and joy which taught me who He is. Now it is your turn to declare what you know to be true of God.

Sandy's List from What He Asks

- God, You are Generous
- God, You are Wise
- God, You are My Comforter
- God, You are Near
- God, You are Patient
- God, You are Sovereign
- God, You are The Sustainer
- God, You are Faithful

Who Do You Say That I Am?

Over the next pages, you'll explore what you know to be true of God. Creating this list will reveal the faithfulness of God's work in your life.

Who Do You Say That I Am? (cont.)

God, You are _____

I know this to be true of you because...

I see this attribute at work in my life in these ways...

Declaring this truth about God changes my view of current life by...

Keep Going. Make extra copies of this page as needed.
Add to your list as you discover new attributes of God.

Now that you've worked through these questions (though it's always a good idea to revisit them from time to time... What is the next step of faith God is asking of you?



It is my hope that working through this companion guide to What He Asks has led you to understand where you are, how you got here, and what God is teaching you about Himself along the way.

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