



REFLECTIONS FOR THE RESCUE

CHAPTER 13: A LABOR OF LOVE ACTION PLAN

RESPOND:

Going through a particularly rough time? Pray the words from Psalm 143 out loud.

REFLECT:

Is there a painful experience from your past that you've not dealt with?

How has pain served a purpose in your life? Has it helped you or made it possible for you to help someone else?

If you are in a painful situation, do you need to ask for help?
What might help you pay attention to the condition of your soul?