Connecting to God When It Hurts

Try Something New and See How God Shows Up

Writing

- Write God a Letter - be honest and vulnerable
- Journal your emotions, prayers, and thoughts or find a guided journal for your circumstance
- Be creative - write a song, poem, story, etc.

Moving Your Body

- Go for a gentle walk and talk to God
- Get out and work in the yard or garden
- Dance or move to your favorite worship music
- Change your physical posture - get on your knees, stand with your hands in the air, lay on the ground

Prayers

For all of these, put your feet flat on the floor and sit comfortably with your hands in your lap; you can have your palms up, expectant to receive God's presence.

- Breath Prayers - Short, simple prayers where you say something breathing in and something else breathing out. Example: (Breathing In) Lord (Breathing Out) Give me Peace.
- Box Prayers - Breathe in to the count of 4, breathe out to the count of 4, breathe in to the count of 4, and then breathe out to the count of 4

With Others

- Meet with friends or another small group who can listen and honor your struggle.
- Find a faith-centered support group.
- See a coach, counselor, therapist, or spiritual director to help you see God in your circumstance.
- Talk with your pastor or other spiritual leader for guidance and support.

Other

Invite God to join you during an activity that you are doing or that you enjoy doing. For example, invite God to join you while sweeping the floor, working out, painting, or crafting for example.

ShaShawna Buah
Coach/Chaplain/Christian Speaker

Have questions?
Need support?
Then reach out and let's chat!

Magnify Faith Ministries, LLC