

If you could tell
yourself something
one year ago, what
would you say?

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PRAY
PONDER &
PROCESS
JOURNAL

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**PRODUCED BY THE CENTRAL TERRITORY
WOMEN'S MINISTRIES DEPARTMENT**

Can you describe a current struggle of yours in one word?

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*For our **struggle** is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12*

- CONSUMING
- OVERWHELMING
- DESTRUCTIVE
- DENIAL
- STUBBORNNESS
- TEMPTATION

What are the 'rulers' in your life right now?
(Feelings, circumstances, people)

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When you're hurting where do you go first? *(Facebook, diary, best friend, Mom, Jesus)*

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Besides yourself, who if your life would benefit if you gave your current struggle over to Jesus?

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CAN YOU DESCRIBE A RECENT VICTORY IN YOUR LIFE IN ONE WORD?

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JESUS

MERCY

TIMING

PATIENCE

But thanks be to God! He gives us the victory through our Lord Jesus Christ. 1 Corinthians 15:57

What are the things in life that you stand firm in?

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What are the things in your life that you go back and forth about? *Convictions, past sins, friendships)*

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Describe a time you felt Jesus overcome something in your life that you couldn't overcome on your own.

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