



THIS IS A LOT
Personal Reflection Guide

Use these questions throughout the week as you sit with the Word and the work God is doing in you.

1. Where am I experiencing something natural that may actually have a spiritual root?

2. Have I confused strength with resistance to boundaries? What boundaries is God calling me to honor?

3. What internal pain, self-defeating thoughts, or emotional agitation might be spiritual harassment in disguise?

4. What do I need to name in order to begin healing?

5. What residue do I still feel, even after confessing, repenting, or removing what opened the door?

6. Where do I need the Holy Spirit to wash, renew, or reset my thinking?

Reflection Prayer: Holy Spirit, reveal what I cannot see and heal what I cannot reach. Lead me into true freedom by removing not only the influence of the enemy but also the imprint of his attacks.