

# CHANGE

THEY TURNED THE WORLD UPSIDE DOWN.

## WHO CAN I RUN TO? Personal Reflection Guide

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Use these questions for introspection, journaling, or spiritual direction.

1. **Where do you feel trapped or pressured right now?**

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2. **What is your default response when adversity hits?**

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3. **Where might God be calling you to Wise Withdrawal?**

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4. **What disappointment do you need to process through lament?**

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5. **What area of your life requires Sacred Yielding?**

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