

IS IT

*Learning to TRUST GOD in the
Middle of Hurts, Doubts, and Fears*

JUST

grace valentine

Author of AM I ENOUGH?

ME?

A PDF COMPANION TO THE AUDIOBOOK

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Published in Nashville, Tennessee, by W Publishing, an imprint of Thomas Nelson.

The author is represented by MacGregor Literary, Inc.

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ISBN 978-0-7852-3396-1 (eBook)

Library of Congress Control Number: 2020943223

ISBN 978-0-7852-3395-4

Printed in the United States of America

21 22 23 24 25 LSC 10 9 8 7 6 5 4 3 2 1

INTRODUCTION



Real Talk

- Of the list of six questions in the introduction, which do you expect to relate to the most? Why?
 - Name one struggle in which you feel all alone. Why does that struggle feel so isolating?
 - Write a prayer asking God to show you areas in which you have trust issues with Him. Ask God to reveal the adventures He has for you in your everyday life.
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WHEN EXHAUSTION MEETS BURNOUT

Real Talk

- Of the four pursuits listed in this chapter that cause us frustration and weariness, which one do you tend to chase the most?
 - Do you feel burned out? If so, in what area? Why?
 - What is one way you can work toward creating an environment that helps you grow and increases your possibilities to find truth? If you are reading this as part of a group, what is one way that your group can help one another make room to bloom?
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WHEN BUSYNESS BECOMES A BADGE

Real Talk

- In the story of Mary and Martha, recorded in Luke 10:38–42, in what ways can you relate to Martha? In what ways can you relate to Mary?
 - What in your life is currently distracting you from spending time with Jesus?
 - Hustling isn't bad, but finding your worth in the hustle is. What are practical ways in which you can remind yourself that when life gets crazy, being with Jesus is most important?
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WHEN WE'RE AFRAID TO TRUST

Real Talk

- Read the entire story of David and Goliath in 1 Samuel 17. What made David different from Goliath? What made David different from the other people in the story?
 - What trust issues are you currently facing?
 - What is your typical response to trust issues? Do you tend to laugh at them, ignore them, deal with them, or something else?
 - Have you ever become so exhausted from a challenge that you didn't show up to fight? If so, why did you give up?
 - The next time you face a Goliath-like trust issue, what is your plan of attack?
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WHEN WE WEAR LABELS

Real Talk

- Do you feel like the world has given you a label? If so, what is that label? Who gave it to you?
 - Read 1 Samuel 16:7. This was something the Lord said to Samuel. If you read this verse as if God were telling you this, what would it tell you about how God names you?
 - Do you ever look back on your sin and forget to trust that God has forgiven you? If so, describe how that affects your relationship with God and others.
 - Write a prayer asking God to remind you to trust Him to be the One who labels you. Thank Jesus for always meeting you where you are and for desiring for you to live with Him daily. Pray you can trust in His truth daily.
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WHEN PEOPLE DON'T LIKE US

Real Talk

- Have you experienced anxiety over someone not liking you? Or have you spent too much time wondering, *Does this person like me?* If so, how did you feel? To what extent did your anxiety consume your thoughts?
 - Why do you think you allow other people's opinions to hold so much value?
 - What is one way you can trust God's view of you over the opinions of others?
 - What point in this chapter resonated with you the most? What is one practical takeaway you can use from that point?
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WHEN WE'VE BEEN HURT

Real Talk

- Read 1 Thessalonians 5:16-18. Think about a hurt you currently have. How can you take that hurt and (1) rejoice, (2) pray, and (3) give thanks and trust? Write out tangible ways for each point.
 - When have you used your past hurts to help someone? How did it make you feel to be able to help someone from your experience?
 - When has someone used their past hurts to help you? What role did their experience play in helping you?
 - Is it difficult for you to trust God when dealing with hurt? Why or why not?
 - Which of the ten truths in this chapter resonated with you the most? Why?
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WHEN WE ACCEPT BEING TREATED BADLY

Real Talk

- Have you been surprised by someone being respectful or kind to you when you didn't give them anything in return?
 - Do you struggle to believe different is not extinct? Why?
 - How have your past hurts affected the way you view yourself currently?
 - What in your past makes it difficult for you to trust that you are worth more?
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WHEN CHURCH PEOPLE HURT US

Real Talk

- Have you been hurt by a church or a Christian? If so, did this hurt more than being hurt by a nonbeliever? Why or why not?
 - Complete this statement: "I cannot be honest with people in the church because I am scared that _____."
 - What effect would it have on unbelievers if we as a church started pursuing Jesus instead of perfection?
 - What is one way you can trust in the church either more or again?
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WHEN WE ARE LEFT OUT



Real Talk

- What past hurts are you carrying?
 - Is it difficult for you to “turn the other cheek” and trust again after being hurt? Why or why not?
 - “Don’t bleed on the ones who didn’t cut you.” What does this saying mean to you? How can you put that into practice?
 - God is real, but His ways aren’t always “realistic”—meaning, they don’t always make sense in this world. How can you live in a way that doesn’t make sense to others but is in line with how God wants you to live? What would that look like?
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WHEN WE'RE FRUSTRATED

Real Talk

- Describe a time when you became frustrated with something someone did or said. Why did that frustrate you?
 - Have you ever been frustrated with yourself? If so, when?
 - What does it mean that the Spirit will never call you to something that contradicts the Bible? Can you think of an example?
 - Do you tend to be scared of difficult conversations or tension with others? If so, why?
 - How can you work toward embracing both the Spirit and the tension that helps you grow?
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WHEN WE MESS UP AGAIN

Real Talk

- Have you ever asked God, “How *can*” instead of “How *will*”? If so, when?
 - Which point in this chapter resonated with you the most?
 - Is it difficult for you to acknowledge that you are the Lord’s servant? Why or why not?
 - Is it difficult for you to ask for God’s word to be fulfilled in you? Why or why not?
 - What is a sin that you struggle to believe God can steer you away from? Why do you believe that?
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WHEN WE CAN'T GET IT RIGHT

Real Talk

- What stuck out to you most about Mary in this story?
 - Do you have someone like Judas in your life who nit-picks something you feel called to do? What does this person say?
 - How can you stop exhausting yourself by listening to others' opinions?
 - What are tangible ways you can worship Jesus this week and find time to pursue Him?
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WHEN WE HAVE REGRETS



Real Talk

- What is one of your what-ifs?
 - Have you ever been exhausted by regret? If so, when?
 - Your past can make you wiser. How can you learn from your mistakes and not live in them?
 - Write a prayer asking for wisdom. If you want wisdom from the Spirit, pray to receive it. Pray for the ability to discern your past for His glory.
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WHEN WE ARE OVERLOOKED



Real Talk

- Have you felt overlooked? When and why?
 - Read Philippians 2:1-4 again. Does the fact that Paul wrote this while in prison add any meaning to this passage for you? If so, what?
 - How does Philippians 2:1-4 relate to the life you desire to live?
 - What are three ways you can focus on Christ instead of the world?
 - Write your version of the three truths I write in my journal when I struggle with being overlooked.
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WHEN WE TRY TO BE SOMEONE ELSE

Real Talk

- Have you ever tried to be someone you're not? Did this lead to an uncomfortable situation? If so, what happened?
 - Which point in Psalm 119:73-74 resonated with you the most?
 - Is it difficult for you to trust that God made you who you are for a reason?
 - What is one step you can take in order to trust that you are who you are for a reason?
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WHEN GOD IS SILENT



Real Talk

- Read the story of the disciples in the boat from Matthew 14:22-33. Note verse 26, where the disciples cried out in fear, “It’s a ghost.” Have you ever said, “It’s a coincidence,” when actually God was doing something in your life? If so, when?
 - In what ways do you hear God speak in your everyday life?
 - Is it difficult for you to be still physically and in your thoughts? Why or why not?
 - Write a prayer, and then give God a chance to speak. Do not rush this. Be still and silent, and listen for God.
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WHEN CHRISTIANS ARE LAME

Real Talk

- Have you ever thought Christians are lame? Why or why not?
 - When you think about obedience to God, how does that make you feel?
 - How can you share the gospel in an adventurous way? How would this attract the crowd of unbelievers around you?
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WHEN WE LET GO OF OUR NEED TO BE RIGHT

Real Talk

- How did the good Samaritan in Jesus' story love his neighbor well? What did the priest and Levite do differently?
 - In what situations in your life can you focus on being kind more than right?
 - This chapter describes eight characteristics that we can display instead of trying to prove we are right. Which characteristic stuck out to you the most, and why?
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WHEN OUR STRUGGLES ARE SECRET

Real Talk

- What is the chapter of your story that you would hate to write? Why?
 - How have you put trust into action lately?
 - What does it mean to put on the armor of God? Read Ephesians 6:10-18 for a description of this spiritual armor.
 - What is one way this week that you can remind yourself of God's truth?
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WHEN CHRISTIANS SAY ANNOYING THINGS



Real Talk

- What is the difference between calling someone up and calling someone out?
 - Has someone displayed to you a posture of open arms after you messed up? If so, what did they say and do? How did that make you feel?
 - How do we speak from the Spirit instead of from our minds?
 - Have you judged someone? If so, what happened?
 - Have you been judged by someone? If so, how did you feel about yourself?
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WHEN WE DON'T KNOW WHAT WE “SHOULD” BE DOING

Real Talk

- What is a “should” you often hear from others in your life?
 - Have you ever become exhausted by trying to live for others? Why was that so exhausting?
 - How can you trust that God’s timing is the right timing?
 - Write a prayer about trusting God to be God. Ask Him to reveal the importance of embracing where you are today.
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WHEN WE HAVE SOMETHING TO PROVE

Real Talk

- Does reading the Bible intimidate you? Why or why not?
 - Find a friend to be your accountability partner. Text her after you finish reading your Bible each day. Create goals together about how you will challenge yourself to read God's Word.
 - Do you struggle with caring about what people think of you? How do you think Jesus responds to this battle you face?
 - When Jesus was tempted, He knew Scripture and was able to use it to protect Himself from Satan's attacks. Search for other Bible passages or verses that remind you His Word is true and our source of hope. Write down those additional passages so that on difficult days, you can reflect on His Word.
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WHEN LIFE SUDDENLY CHANGES

Real Talk

- Have you faced rejection from someone you admire? If so, when?
 - God never said that there won't be storms. In fact, He advised to be prepared for storms. How can you make God your foundation now so you are prepared for the next storm?
 - I used to find my worth in being a "girl boss," but then I reminded myself that I was God's child before I was ever a girl boss. Does this go against what society pushes on women? How can we remind ourselves we are first His children?
 - When was a time your "house" came crumbling down because of a storm? How did you rebuild?
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WHEN LIFE'S NOT GOING OUR WAY

Real Talk

- Is it difficult for you to have hope? Why or why not?
 - Read Psalm 13 again. Which is the most difficult for you when you talk to God: being honest, being direct, or singing praises?
 - It is not a sin to cry. Do you tend to hide your frustrations and emotions? Why?
 - Write an honest prayer to God in which you are direct, and then sing praises to Him at the end. Don't make this prayer short—make it long.
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WHEN WE'RE NOT SURE WHERE WE'RE GOING

Real Talk

- What does your one-day life look like? What is something you are currently working for?
 - Read the book of Esther this week. What are two seemingly random coincidences that led to Esther being in the right place at the right time? What does this tell you about God?
 - Do you struggle to trust that you are where you are for a reason?
 - Do you dread your today? What can you do to find joy and purpose in your today?
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CONCLUSION



Real Talk

- How will you respond the next time you feel alone?
 - How can you help others not feel alone?
 - How can you remind yourself that you have a Savior in front of you?
 - What can you do to look toward Jesus more in your storms?
 - Write a prayer to God. Ask Him to lead you to purpose.
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FORTY TRUTHS WHEN YOU FEEL ALONE



Real Talk

- Which points in this section resonated with you the most?
 - Write down the most meaningful of these points, and read them daily. Where can you place these reminders?
 - Write a prayer for your tomorrow. How do you want to pursue God? How will you live a life that trusts in Him? How will you find your strength in Him? Ask God to grant you wisdom.
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