

Lisa Whittle



GOD KNOWS

when your worries and whys need
more than temporary relief

A PDF COMPANION TO THE AUDIOBOOK

God Knows

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God Knows You Need Relief

Presenting issue



VS.



What you know to be true
about life (past that has
informed you)

What you know to be true
about God (places he has
been true to you)

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Relief: 3 Steps to Move Forward

1. Start a list of the areas in which you need pain relief. Next to each item, write down how God's omniscience in Scripture helps you with that particular pain point.
 2. Make two columns—what you know to be true about life and what you know to be true about God. Then write down which is your most profound experience and why.
 3. Write a short prayer expressing your desire to believe that God knows about your situation, asking Him to help you look to Him for your relief—it can even be five to ten words. Every day for thirty days, pray this prayer of intention. He hears you and will honor your pure heart's desire.
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God Knows Your Dreams

Renew: 3 Steps to Move Forward

1. Take a nap. As silly as this may sound, a lot of dreams have gotten thrown out the window because we were tired. Rest is crucial in discernment about your dreams because it helps calibrate emotions.
 2. Organize your dream into bite-sized pieces. Make a dream timeline, working your way back. Even though we make plans, God determines the steps. Write a date you'd love to see it come to fruition, then rewind. While factoring in rest, include time for mentorship/accountability "stops" and tasks that may need to get done.
 3. Keep a prayer journal about your dreams and goals. Ask God to help you discern one from the other. Begin to separate what are dreams, God dreams, and perhaps prophetic dreams.
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God Knows the Vindication You Seek

Payback-Seeking Pattern

Feel helpless



Feel Afraid



Feel Angry



Try to control it

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Unhealthy Approach to Things That Feel Unfair

Incident occurs



Feeling arises

(natural responses to a feeling of a lack of ability to control what happened)



Action is taken

(trying to take power back by taking matters into your own hands)



Lingering pain

(action was unsatisfactory—results in fear, resentment/bitterness for what you are unable to change or make right and your belief you should, can, or still want to)

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Healthy Approach to Things That Feel Unfair

Incident occurs



Feeling arises

(natural responses to a feeling of a lack of ability to control what happened)



Positive choice

1. Remembrance—Ask yourself “What do I know to be true about God?”
2. Identity Check—Read Psalm 139 to remind yourself of who you are.
3. Surrender—Best surrender method: prayer. As we surrender our inability to control what has or might happen over to God, we are better able to cope.



Follow up

(Healthy repetition is the best way to continue a lifestyle of better coping methods. Repetition is a spiritual practice—we repeat good, God things to get better. Repeat this new approach, over and over again.)

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Rectify: 3 Steps to Move Forward

1. Name an experience you want vindication for and write it down somewhere—either in your phone notes, in a journal, or even just on a piece of paper. Does it have to do with a person, a system, a group of people, a specific situation, or even God? Look at the payback pattern and see if you followed it, and, if so, where you think it went negatively for you.
 2. Evaluate your thoughts about revenge before you read this chapter and now after. How does a biblical perspective help you know better what to pursue and how to pursue it?
 3. Consider the unhealthy approach to seeking payback and the healthy approach. Use your new approach on unjust situations moving forward as they arise.
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God Knows Your Secret Struggles

Reveal: 3 Steps to Move Forward

1. Make a simple chart on a piece of paper. In the first column, write down the name of your secret struggle(s). In the second, write down at least one way it plays out in your life. In the third, write down a P for privacy or S for secrecy to show how you have been defining it. In the fourth, write a P or S for what it really is. Then write one to two sentences about what all of it is telling you.
2. Write down Psalm 51:6 and 10. Put these verses somewhere you can see them often. Memorize them over the next month, if possible. How do they encourage you to not be afraid to reveal your struggle to God, to a counselor, to a trusted friend or loved one?
3. Practice greater disclosure in your life by sharing with someone one thing that bothered you that day, one thing that excited you, and one thing you were working on. Do this at least three times per week.

Don't Let These Four False Assumptions Limit You

Rely: 3 Steps to Move Forward

1. Look back at the list of ways we become limited. Which apply to you? Pray and make an action plan to take a step toward breaking free from whatever it is that has been holding you back. Write it down and tell it to a trusted friend or family member for accountability.
 2. Reread the story of the man at the pool in John 5 in the context of his limitations. Consider your own life. How can working on your limitations change how God uses your life?
 3. Look back at the “practical notes” list of things that are similar but not the same. Which of these most applies to you? Write an “I will . . .” statement out of it and put it somewhere you can see it every day to help you remember what to pray about and to inspire you for more.
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God Knows Your Past

Restore: 3 Steps to Move Forward

1. Find a quiet and private time to be alone with the Lord. Ask Him to bring to mind the things from your past you are struggling with that might even be showing up in other ways in your life. Pray about them, confess the ones that need confessing, and ask for forgiveness. Pray for healing for the ones done to you. Write them down in a journal or on a piece of paper. Then next to it write, “God knows about it. The blood of Jesus covered it.” When you are finished, take a red marker and put an X over the whole paper to remind you these are things from your past. (Seek counseling for abuse/emotional trauma.)
2. Make a list of people from your past you find yourself wanting to make the past right with. Next to their names, write *approval* or *apology*, as you determine who you are simply wanting to gain approval from and who you truly owe an apology to. When apology is needed, make every effort to apologize—and then, move on.

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3. Look back at the list of three practical boundary suggestions. Which of these most applies to an area you could use some work in? Choose one relationship or issue that needs a better boundary and make a plan for how to put that practical boundary suggestion into place within the next ten days.
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God Knows Your Future

Fear Loop

*Triggered by an improperly handled natural fear response.



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Rest: 3 Steps to Move Forward

1. Practice taking every negative thought captive, as in 2 Corinthians 10:5: “We take every thought captive to obey Christ” (csb). As a thought comes into your mind that is worrisome about your future, make your mind think of something else by having a list of ten beautiful things you love, are thankful for, or are promises that are true from Scripture that you can go to in that moment. (Have them on a sticky note in several places you need them—in your purse, in the car, in the kitchen, your bathroom, etc. Say it out loud!)
2. Study one story of God’s power per month over the next six months. During the thirty days you study that one story, write down these things: what God did, how things looked before His intervention, and why humans weren’t capable of doing the job. Make any other notes about it to remind you of why He is the One who is worthy to be in charge of your life instead of you. The best way for us to defer control to God is not merely behavior modification. It is heart change. As we grow in our trust of God, we desire to give Him greater control of our lives. Some suggested power stories to study: Joshua 10; Mark 5; Acts 3–4; Ezekiel 37; 1 Kings 19.
3. Write down three questions you find yourself asking a lot about the future. Then next to them write down the issue you are really having (hint: look back at the list in the chapter to see if any of these apply). Pray over each issue.

Glossary

omniscience: God's infinite knowledge and understanding of things past, present, and future.

Nahum: a name derived from the verb **נחם** (nchm), meaning "comfort."

sovereignty: God is free and able to do what He wants; His all-encompassing rule over the entire universe.

dream: a cherished aspiration, ambition, or ideal.²

God dream: a calling involving purpose that is prompted outside of personal ambition.

prophetic dream: term usually used to reference dreams of foresight from God about future events or dreams that contain supernatural messages.

immutability: His freedom from change and His being the same at all times past, present, and future.

goal: the object of a person's ambition or effort; an aim or desired result.

discouragement over waiting on a dream is what usually causes us to let it go too soon.

disappointment over broken dreams is what often causes us to stop dreaming, at least for a time.

biblical confrontation: Motivated by reconciliation, not self-interest—follows the guideline from Scripture: “If your brother sins against you, go tell him his fault, between you and him alone. If he listens to you, you have won your brother. But if he won’t listen, take one or two others with you, so that by the testimony of two or three witnesses every fact may be established. If he doesn’t pay attention to them, tell the church. If he doesn’t pay attention even to the church, let him be like a Gentile and a tax collector to you.”(Matthew 18:15–17 CSB)

biblical justice: alignment with God’s plan for justice/pursuing kingdom causes, even if it’s of personal cost to us; motive is not rooted in self, but in our commitment to follow Christ.

privacy is about things that are personal that are important to keep fenced off from other people, for the good of our souls and/or the good of others.

secrecy is about things we keep hidden from other people because we don't want to face accountability, behavior change, and/or repentance, or get needed help—to the detriment of our souls and many times to the detriment of others.

secret struggle: something we keep hidden from other people that is consuming, dictating, or altering to our life in some detrimental way.

sin: human activity that is contrary to God's will.

Judge: the holy characteristic of God as the ultimate Ruler and Decision-Maker of the world and our lives

judgmental: a human characteristic God in His nature cannot embody (excessively critical, fault-finding)