

SUMMARY EXERCISE

Abiding is never passive. It requires us to seek God to meet all our needs. It requires us to replace our false beliefs with truths and to surrender our wills. This exercise is designed to help you walk through the process of abiding this week.

1. What's going on in my life that is bothering me?

2. How do I feel as a result of that circumstance?

3. Which of my false beliefs was triggered?
(Refer to the *Identifying False Beliefs* exercise from Session One.)

4. Which behavior or emotion was triggered by my false belief?

5. What is the new belief or truth that can replace my false belief?
(Refer to the *False Beliefs vs. Truths* exercise from Session One.)

6. Who do I need to forgive?



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7. What is the new behavior or emotion that can replace my old one?
(Refer to the *I Would Like to Be a Person Who Is More...* exercise from Session Four.)

Abiding may be difficult at first; it may even seem unnatural. However, abiding can become a habit and your default to handling tough circumstances in your life. More importantly, abiding can be the daily posture for how you approach life. Abiding is not a one-time decision, nor is it something we only do for a season. The more you abide, the more you will see evidence of God working in your life.