

## **What's Bugging You?**

*List the things that are bothering you right now in any of the categories below:*

1. **School/ Work/Finances →**

2. **Family →**

3. **Friends →**

4. **Activities →**

5. **Spirituality →**

6. **Health →**

7. **The Past →**

8. **Hopes/Dreams →**

*Now pick and number the top 5 things that are bugging you the most. Use the left hand column to number them 1-5 (one being the most important thing to focus on). Sit silently for a few minutes with God. Simply ask Him, 'Lord, which one do you want to speak to me about right now?' Try to listen for His voice. If Scripture pops into your head, jot it down on this sheet. Also, write down any other things it seems like He is saying to you. (Condemning thoughts are never from God—see Romans 8:1—but encouragement and peace, or a nagging sense of needing to address something/other Biblical thoughts that are out of your comfort zone are most likely from the Lord. Write everything down. Share and reflect with someone you trust, and come up with some ways to apply what you've learned from God about dealing with your circumstances.*