Finding My Main Personal Or Spiritual Issue

Struggling With Life Issues

Did you know there are seven things you have to do in order to get God's help? Because of your God-given free will, you must let God know where your heart is in seeking His help.

By Mel D Westbrook MBTh

Finding My Main Personal Or Spiritual Issue Worksheet

Identifying The Problem

Do Any Of These Issues Sound Like You?

Desire

I seem to lack a spiritual desire to do what it takes to be a good Christian. I know I should read my Bible, read good Christian books, listen to good Christian music, pray, go to church and a small group, and live a good Christian life. But, I seem to not be able to get motivated.

Study

I don't seem to get much out of my Bible reading and Bible studies. I feel like I am just doing it out of duty and obligation. I am glad, when my time of reading and study are over.

Prayer

I don't get much results from my prayers. I don't know what I should be praying for. I don't know what to ask for. I don't know how to pray. I have difficulty talking to God when I can't see Him or feel His presence.

Believe

I don't really know what faith is. I try to believe; but, I seem to wonder whether or not God is going to do what I ask for. I don't know what to believe for. I find myself praying then hoping that my prayer will be answered. Then I wait to see if it worked.

Love

I have a hard time identifying with other people and their needs. I struggle with times when my needs seem more important than their needs. I don't always have time to care about other people. I am so busy with my problems and needs that I find it difficult noticing other people and their issues and needs.

Faith-Action

I can't seem to live the way I know I should. I do things I know I shouldn't; and, don't do those things I know I should. I read the Bible and see things it is telling me to do; but, I don't seem to have the desire, ability, or power to live it.

Thankful

I appreciate what God is doing in my life; but, there are so many more things that I would like for Him to do. It is hard to be thankful, when I have all these other things that I ask for and don't get.

The Seven Biblical Principles

There are seven things that can go wrong in your pursuit of God. If any one of them becomes a spiritual weakness, it causes personal and spiritual issues in your life. If you are struggling with sins, bad attitudes, or bad character traits, more than likely, one or more of these seven areas has become weak. This worksheet helps you check these seven things. Jesus will be using people from the Bible to help you strengthen them.

DESIRE

Please read Jonah chapters 1-4. Jonah didn't want to do what God wanted him to do. He hated the Ninevites and wanted them to be destroyed. Pray and ask Jesus if there is anything in your heart, where you are fighting, disagreeing, or not wanting what God wants for your life. If there is a spiritual issue where you don't want help or aren't willing to do what it takes to be helped, Jesus won't force His help on you. If so, write them down:

_____

_____

_____

_____

_____

_____

STUDY

Please read 2 Kings 22:8-23:25. God's people lost the Word of God; it was hidden in the temple and wasn't studied for a long time. Ask Jesus if there's anything missing in your Bible knowledge keeping you from being set free. If there's a Bible truth you aren't aware of, Jesus won't use it to help you. Is there a spiritual issue where you can't think of a Scripture that would help solve it? If so, write the spiritual issue down:

_____

_____

_____

_____

_____

_____

PRAY

Please read 2 Kings 18:13-19:36. Hezekiah prayed and God answered his prayer and delivered Judah from the Assyrian King. Ask Jesus if there's a prayer problem, where there is a spiritual issue, you haven't invited Him to help you with. He won't do what He hasn't been invited to do. If so, make a note of them:

_____

_____

_____

_____

_____

_____

BELIEVE

Please read Genesis chapters 37, 39-45. Things really got bad, but Joseph constantly believed in God's faithfulness. If Jesus hasn't spoken faith into you concerning a spiritual issue, you can't believe you have His power to get the victory. Pray and ask Jesus if there is anything missing in your faith that is keeping you from believing in God and His help. If so, list them:

_____

_____

_____

_____

_____

_____

LOVE

Please read the book of Ester. Ester, in love, laid her life on the line for her people. If your concerns about your spiritual issues are only about you and your spiritual needs, Jesus won't respond. He wants you to be willing to learn how to share your breakthroughs with your friends. Pray and ask Jesus if there is anything missing in your love that is keeping you from getting God's help. If so, jot them down:

_____

_____

_____

_____

_____

_____

FAITH-ACTION

Please read 1 Samuel 17:1-52. David practiced believing God as he tended his father's sheep. Then he continued to believe God as he faced the challenge against Goliath. Pray and ask Jesus if there is anything missing in your faith that is keeping you from taking action by living on the basis of the fact that Jesus has spoken faith in you. If Jesus has already told you He has answered your prayer but you still haven't taken action on it, write out what it is:

_____

_____

_____

_____

_____

_____

THANKFUL

Please read 1 Samuel 8:4-10:9, 13:1-14. Saul was chosen as the first king of Israel. God was very generous. But, once he got his eyes off of the blessings and failed to be thankful for the way God elevated him to such a wonderful opportunity, he started making his own decisions and not depending on God's leadership. If Jesus has already done wonderful things that you haven't thanked Him for, make a list of them:

_____

_____

_____

_____

_____

_____

Covering All The Issues

More Than One Biblical Principle Weakness

Since these are seven mandatory items, then you will need to go over each thing you have discovered about each Biblical principle. If it is just one principle that is weak, then it will be much easier to work on. But, if you are finding multiple Biblical principles that are weak, then they become interactive with each other. For example, your *desire* may be affecting your *prayer* times. Your lack of *study* time may be affecting your awareness of Biblical benefits, which will affect your *desire*. Ask Jesus to help you not just deal with each one individually. Ask Him to help you see if they are influencing each other.

More Than One Personal Or Spiritual Issue

If you have more than one person or spiritual issue that needs to be looked at. It is important for you to isolate each one and take it through this worksheet. Each *relational*, *emotional*, *financial*, *physical*, and *spiritual* issue will have their own problems and weaknesses. Their causes are different; their influence on you will be different; their solutions will be different; and, the end results will be different.

More That One Type Of Problem

If you have a *relational* issue that is needing God's help, list is below. If you have a *financial* issue that is different from the other issues you are facing, list it. If you have an *emotional* issue that you don't see it as being tied to other struggles, put it on the list. If you have a *physical* issue that seems to be isolated from all other problems, it needs to be dealt with individually. If you are having a *spiritual* issue that doesn't seem to be causing any others of your difficulties, let Jesus deal with it separately, so you can get healed.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____