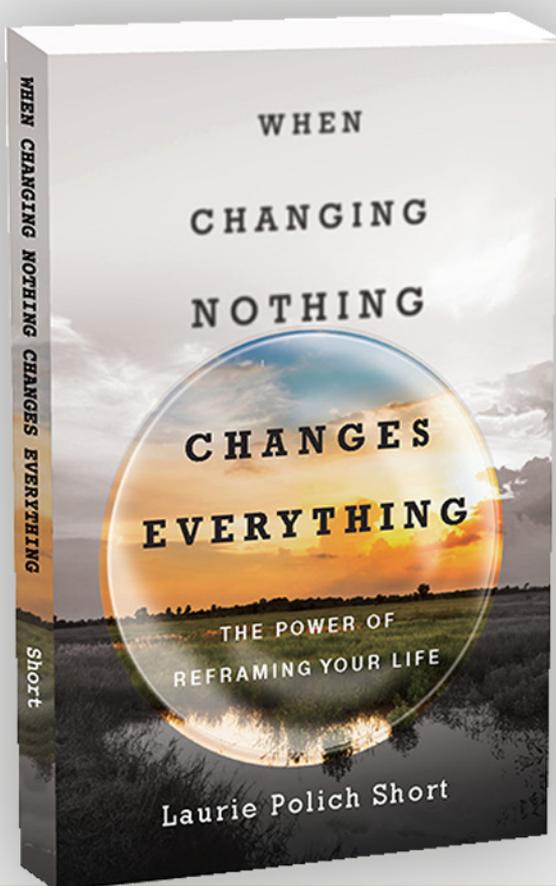


Reframing Your Life with God's Perspective

*Companion Journal
for*



Laurie Polich Short

A few words from the author on using this journal before you begin . . .

Hi!

I feel like we are friends already because you are taking the last line of my book to heart and entering the process of reflecting on your life. This companion journal is for you to take the themes of each chapter and reflect on how they intersect with the particular circumstances and challenges you face. I hope you will discover new insights that might contribute to a transformation of the way you see your life.

This journal is designed to be used alongside the book, so you will need to actually read the book if you want this to be most effective. You can use the journal for doing some personal reflection, directing conversation with a mentor, or working through it with some friends—its purpose is to help guide you on how to start viewing your life in a new way. There are also some action steps included to help you begin practicing what you are reading.

My prayer is that after reading this book (and working through this journal), your life will never be the same. But even if you only make a tiny shift in your perspective because you are beginning to see your life as the gift God created it to be, that will have made it worth it to me. Because you are why I wrote this book.

Blessings to you,

A handwritten signature in black ink that reads "Laurie Short". The signature is written in a cursive, flowing style. The first letter "L" is large and loops around the first few letters. The name "Laurie" is written in a consistent cursive script, and "Short" follows in the same style. The signature is positioned to the right of a small, light-colored rectangular mark.



The Things You May Not See

Scripture to reflect on: Matthew 6:22

1. Is there anything difficult or challenging about your life that you might need to look at differently? If so what?

The secret to living your best life lies largely in your ability to see all that is in front of you.

2. Look at Laurie's opening illustration and use it to describe your current circumstances two different ways:

3. How might your perspective be contributing to the way your life is unfolding? Do you believe a perspective shift could make a change in your life? Why or why not?

4. As you consider the four lenses introduced in this chapter, which do you need most right now (Big View, Present View, Rear View, Higher View)?



Chapter One

The Big Picture Changes the Small Picture

Scripture to reflect on: Matthew 6:9-13

1. Make a list of the people and situations you have influence over. What kind of influence do you think you are having?

What we see in front of us is not always the full picture of what is happening because of us.

2. Look again at the list of the people and situations you have influence over, then write down some of the people (even those not yet born!) who might be influenced by them someday. How will your influence play a part in that?

3. Reread the story of the Polish POWs on page 30. Is there a place in your life (job, home, church, friendship group) where you feel small but may have a bigger part than you realized? What are some things your life could be contributing to?

4. Look at Laurie's exposition of the Lord's Prayer on pages 32-34. Which line of the prayer stands out as the one you most need to pray at this time? Why?



Chapter 2

Your View of Circumstances Shapes What They Become

Scripture to reflect on: Phillipians 1:12-13

1. Did you see the figure on page 37 as an old woman or a young woman? Is there a challenge in front of you that could be viewed another way?

When we see our circumstances with the long view in mind, it empowers us to live them well.

2. Has the way you lived a difficult circumstance ever impacted the way things turned out? What decisions did you make in the midst of those circumstances? Reflect in the space below.

3. Do you feel you have control over your circumstances? Why or why not? What is one way your behavior might be affecting your circumstances?

4. How does knowing you are in the middle of your story affect your view of the scene you are living right now? Does it change the way you want to live this scene? How?



Chapter Three

How Your Death Changes Your Life

Scripture to reflect on: Matthew 6:19-21

1. What would you do differently today if you knew you were going to die tomorrow? What is keeping you from doing that now?

The opportunity to see our death in front of us can be an opportunity to see our lives in a new way.

2. If you died, what is the most important thing you've done that you would leave behind? Are you satisfied or dissatisfied with that?

3. Is there anything you want to do or say before you die that you haven't done or said? What would it take for you to do that?

4. If you were to write your obituary in three sentences, what would you write?

THE PRESENT VIEW



Chapter Four

Seeing the Path in Front of You

Scripture to reflect on: Matthew 6:25-34

1. What was the last experience you had where you were tuned in to the present moment? Describe it.

Your best
future unfolds
by staying
tuned into the
present.

2. Do you have a hard time or an easy time staying in the present? Why?

3. Have you ever experienced a change in your life (in yourself or in your circumstances) because you were tuned in to what was happening around you? When was it and what happened?

4. Is there something you want to happen that might be taking your focus off the present? In what way do you need to be more observant of the doors opening around you, and less focused on the doors you want to be opening?



Chapter Five

Seeing the People on Your Path

Scripture to reflect on: John 4:1-26

1. Where do you need to “see” people more? In your job? On the street? In your home? Why?

When we are present to the people in front of us, at any given moment God can use one of them to move us closer to where he wants us to be.

2. When was the last time you were significantly moved by a person who crossed your path? Use this space to describe what happened.

3. Do you feel like people see you for who you really are? Who would you say knows you best? Who doesn't know you at all?

4. What is one step you could take to be more vulnerable with people around you?



Chapter Six

Looking at Your Past Brings Clarity

Scripture to reflect on: 2 Timothy 1:5

1. Make a list of two or three ways you believe your past has affected you.

Looking back helps us choose the things we want to take into our future.

2. Circle the word that best describes your upbringing:
fun destructive loving difficult

Would you say you were influenced by your family positively or negatively? Why?

3. Which relative are you most like—Mom, Dad, Grandma, or Grandpa? Why? Which relative do you admire most? Why?

4. Is there a path you are traveling that may be prompting you to take a new route? What is that path (it could be a habit, behavior, lifestyle or trait)? What could be a first step in finding a new route?



Chapter Seven

Looking at Your Memories Brings Hope

Scripture to reflect on: Numbers 14:1-9

1. Looking back, is there a story you lived that was difficult at the time, but now you see that it gave you something you needed? If so, write it here:

Stones of faith
remind us of
what's true
about God's love
when we can't
see our way
ahead.

2. What are some of the things you've prayed for that you've seen God do (make a list)? What are some of the things you asked for that God didn't do—and now you are grateful he didn't (write those down too)? Does this offer encouragement for something you are concerned about now?

3. When was the last time you experienced fear taking over your faith? Do you think you are generally driven by fear or faith?

4. The end of this chapter suggests that you begin documenting how God is intersecting with your life. How will you do that? You can begin by recording the things you wrote down in #2!



Chapter Eight

Pausing to Notice God's Gifts

Scripture to reflect on: Matthew 7:9-11

1. When was the last time you observed something that felt like it was a gift from God to you? Are you generally observant or non-observant about what God is doing around you?

In order for our hands to receive life's gifts, we often have to let go of what we are holding in them.

2. Have you ever had something inconvenient (or unplanned) happen to you that brought something you couldn't have imagined? If so, what was it?

3. What is the most difficult thing you have gone through in your life? How would you be different without it?

4. Where do you need to open your hands to receive what God might want to give you? Is there anything you are focused on that could be keeping you from what God might have?



Chapter Nine

Seeing the Purpose for Your Pain

Scripture to reflect on: 2 Corinthians 1:3-5

1. Is there a loss or difficulty you've experienced that has helped you empathize with others? If so, what was it?

Your pain is for a purpose. It is meant to join with others who may be struggling on a similar path.

2. When something bad happens, do you tend to forget it and move on, or deal with it and heal? Is there any unresolved pain in your life right now?

3. Have you ever come alongside someone in their pain and felt like you received something too? If so, what was it?

4. How might God use something that happened in your life to help others? Reflect on two or three possible ways God could use you because of what happened to you.



Chapter Ten

Opening Your Eyes to Need

Scripture to reflect on: James 2:14-17

1. When was the last time you saw someone in need? Did you feel indifferent, guilty, overwhelmed, or motivated to help? Why?

Need is around us in every form, and when we allow it to be in front of us, something magical happens to our eyes.

2. Where is the most impoverished area you've ever traveled to? Did it make any difference in your perspective when you got home? If so, how long did it last?

3. How far are people in need (homeless, hungry, low income, and so on) from where you live? How often do you encounter people in need? Do you ever avoid looking at them or their need?

4. Have you ever been motivated by a particular need in a way that made you do something about it? If so, what did you do? If not, what stopped you? Is there one step you could take to do something about a need?



Chapter Eleven

Looking at Your Life with New Eyes

Scripture to reflect on: Esther 4:13-14

1. What were some things in your life that you did not choose but were given to you? Are you grateful for those things or unhappy with them? Why?

The Bible reveals to us that our Writer is focused on a plot much greater than we can imagine.

2. Have you ever had a sense that you were part of a bigger story? If so, do you believe the way you play your part matters? How does that affect the way you are living now?

3. Do you have a practice of recording the things you are thankful for? If not, how could you start?

4. Look at the last line of the book. How would you complete the next sentence? How has this book reshaped the way you view your life?

Based on *When Changing Nothing Changes Everything: The Power of Reframing Your Life* by Laurie Polich Short.
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