Christian Self reflection questions to ask yourself when going through difficulties

Christian self-reflection during difficulties means turning inward to evaluate your thoughts, motives, and faith in light of God's word. By asking intentional, prayerful questions, you can identify your true struggles, find comfort in God's faithfulness, and pinpoint areas for spiritual growth.

Questions about feelings

These questions help identify the root of feelings and address any sinful attitudes that may contribute to distress.

- What is the main source of pain, fear, or frustration in this situation?
- Is action taken out of a heart of worship and gratitude, or is there complaining and focus on what is lacking?
- Is there a struggle with jealousy, bitterness, or pride? If so, what is the source?
- Where has self-pity or discontentment replaced worship?
- Is there unconfessed sin separating from God?

Questions about God's role in the difficulty

This questioning focuses on the perception of God's character and involvement in life, especially when feeling lost or alone.

- What assumptions are made about God that might be unbiblical (e.g., "God is punishing me," "God doesn't love me")?
- What is God trying to teach through this struggle?
- Do you believe that God works all things together for good, even in this?
- Do you believe God is with you in this hardship, even if his presence is not felt?
- What promises from Scripture do you need to hold onto right now?

Questions about personal growth

Use these questions to challenge yourself to grow and change for the better through the trial.

- What areas of your life need an "injection of God's hope"?

- What godly character qualities, like patience or compassion, might God be developing?
- What specific changes can be made to rely more on God and less on your own strength?
- What burden are you trying to carry on your own that needs to be given to God?
- How can you improve your prayer life and your intake of God's Word during this time?

Questions about actions and impact

Finally, reflect on how actions and relationships are being affected by your difficult time and how you can be a light to others.

- What is one thing that can be done to better the lives of others, even while struggling?
- Does someone need to be forgiven or is someone's forgiveness needed?
- How can relationships be invested in instead of withdrawing?
- What action can be taken to step out in faith despite anxiety?

Questions to ask yourself about the current position/situation you are in:

(1) What qualities/values can I learn about life, that can help me grow, love the Lord more?
(2) Who am I in contact with that I can tell them about the Lord?
(3) Set a good example for others to follow…