

JULIELAVIN.COM

# Head & Heart Guide



REFLECTION  
QUESTIONS FOR  
MY HUMAN  
MINISTRY DAYS

# kudos & welcome

Guided questions to make reflection easier

**Congratulations** on downloading your Head & Heart Reflection Guide. You've made a great choice for yourself and your ministry.

Chances are you've had a few rough days in life and ministry that you did not handle well. Okay, maybe you've had a lot of them. Been there. Get it.

Welcome to the "you're normal ministry club!"

Sometimes you don't know the right questions to ask yourself to make progress with your problems. This journal gives you those exact questions.

With this guide, you will clarify what drives your behaviors, derails your day, and keeps you from thriving in ministry.

These questions are written by a former missionary for a missionary.

**Let's get started!**



# wills & won'ts

## What this guide will do

This guide gives you questions to understand why certain situations bother you. You will think about your problem in a way that moves you closer to resolving it — not stuffing or ignoring it.

You want to share the gospel, not burn out, or only gut through ministry.

## What this guide won't do

The reflection questions won't magically solve your entire problem or bake your momma's fav chocolate chip cookies. But your answers will keep you from spinning in your thoughts and feeling emotionally icky (that's the technical term ;-)).

When your mind and heart are in a calmer place, you can refocus on doing what you love — reaching people for Christ.

Reflection is only one part of life change — but it's a big part. If you don't get this piece, life change is a steeper climb. As you know and teach others, complete life change includes connection with Jesus, God's Word, the Holy Spirit, accountability and resources.

# dos & don'ts

## How to use this guide

1. Print out the guide.
2. Pick a few questions.
3. Grab a pen and paper to jot down your answers.

## Additional Tips

**Tip #1:** Set a timer. You may have mental energy to reflect for an hour. Or maybe you max out with one or two questions. There is no race to finish. You can always come back.

**Tip #2:** Ask these questions to people you mentor to help them.

**Tip #3:** Anytime something in your day riles you up, pull out this tool. Take 5 minutes to answer a few questions. It's a quick self-counseling session. 😊

One day a certain question might hit you. Another day, you'll say, "Eh, I'll try another one instead." Go ahead and dive in!

Reflect well. Reflect Jesus.

# what happened

**Why does this situation bother me so much?**

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**What significance does this situation have in my life?**

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**Is this situation a one-time blip or a pattern that needs further attention?**

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**How do I feel wronged?**

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# what happened

**What areas of my life are impacted by this circumstance?  
(Relationships, Work, Family, Health, etc.)**

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**When struggling with others, what is their junk that I should  
not own?**

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# my thoughts

When \_\_\_\_\_ happened, what was I thinking?

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What thoughts do I hide from others?

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What is the Lord saying to me?

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What promises of God do I forget when things like this happen?

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# my heart

**What was I feeling? Turn to the back of the guide for Sample Feelings List.** (Note: Many times you say a thought and not a feeling. Use only one word after the phrase “I was feeling \_\_\_\_\_.”)

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**What circumstances caused me to feel \_\_\_\_\_?**

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**What are the feelings that I don't let others see?**

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**What did I desire or long for that I did not get?**

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# my heart

**What do I need to grieve or allow myself be sad about?**

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**When you are irritated or angry, something you want feels blocked. What goal is blocked for me?**

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**When you are anxious, fearful or stressed, something in your life feels uncertain. What is uncertain right now?**

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# my heart

**When you feel embarrassed, worthless, or shame, you think that something in your life is out of reach, or you have not met a certain standard. What is out of reach for me?**

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**When you feel sad, despair, or depression, something you think is essential to your existence feels unattainable (ie. relationship, job, having a baby, etc). What is something I want but cannot get?**

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# my actions

When I felt \_\_\_\_ or thought \_\_\_\_, what did I do?

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How did I hide (through shutting down or lashing out) and not show my true self to the other person(s)?

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What do I regret saying or doing?

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What do I need to own in this situation and not blame someone else?

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# my actions

**How am I being polite with Jesus when talking to Him about this struggle?**

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**What would deeper honesty with Jesus look like here? (Don't worry, He can take it!)**

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# attached meaning

What meaning about myself or others am I attaching to this event? (For example, “Because \_\_\_\_\_ was said or done, this means I am \_\_\_\_\_ or the other person is \_\_\_\_\_?”)

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What meaning am I attaching to Jesus about to this situation? What do I believe this says about God? (These thoughts are typically not Biblical, but you still believe them.)

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What significance does this situation have in my life? This is significant because . . .

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# connection

**What parts of this struggle does your community know about?**

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**What parts of this struggle does your community NOT know about?**

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**Who is a safe person to tell what happened? (They have my back. They'll help me through it or at least be a great listener.)**

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# Successes

When in the recent or distant past has this NOT been an issue for me?

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What did I do to make that success happen?

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What actions could I take to not let this situation affect the rest of my day/week/month?

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In the past, what have I done to help me move forward?

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# Successes

What do I need right now to get my mojo back?

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What could I do to make me feel more alive in the next 24 hours?

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# let's apply it!

**What stood out to me as I answered the questions?**

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**What actions steps do I want or need to take?**

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**What do I sense God is saying to me through this?**

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**What is one thing I could do within the next week to move forward in this struggle?**

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# feeling list

Accused	Exposed	Pressured
Angry	Fearful	Rejected
Anxious	Frustrated	Remorseful
Apathetic	Guilty	Restless
Betrayed	Hateful	Sad
Blue	Helpless	Scared
Bored	Hurt	Selfish
Burdened	Inadequate	Shame
Burned Out	Inferior	Skeptical
Caught	Irritated	Sleepy
Confused	Insecure	Stressed
Cranky	Insignificant	Stupid
Critical	Jealous	Tired
Depressed	Locked on	Unfocused
Disappointed	Lonely	Unmotivated
Disconnected	Misunderstood	Unsettled
Discontent	Moody	Something Else?
Discouraged	Nervous	
Distant	Out of Control	
Distracted	Over-responsible	
Embarrassed	Overwhelmed	
Exhausted	Pissed	

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# what's next?

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In future months I'll offer you more step-by-step resources to deal with specific areas like boundaries, depression, comparison, shame, etc. But I'm confident that you will see results with this tool alone!

*julie*

P.S. Need a bit more guidance to go deeper, get answers, and have a personalized action plan? Book a counseling session at [julielavin.com/session](https://julielavin.com/session).

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