

Exercise Two: Negative Challenges Requiring Affirmation of God's Character

Review the list of common personal struggles. Rank each one from 1 to 5, with 1 being never and 5 being frequent.

- ___ Addictions
- ___ Anger
- ___ Anxiety
- ___ Apathy
- ___ Bitterness
- ___ Broken Relationships
- ___ Controlling
- ___ Coveting
- ___ Craving Comfort
- ___ Critical
- ___ Depression
- ___ Discontent
- ___ Discouragement
- ___ Dishonesty
- ___ Doubt
- ___ Fear
- ___ Gluttony
- ___ Greed
- ___ Insecurity
- ___ Isolation
- ___ Laziness
- ___ Loneliness
- ___ Lust/ Sensuality
- ___ Materialism
- ___ Moodiness
- ___ Negativity
- ___ Pride
- ___ Selfishness
- ___ Self-Doubt
- ___ Self-Promotion
- ___ Starved for Attention
- ___ Stressed/ Overwhelmed
- ___ Uncertainty
- ___ Unkindness
- ___ Unloving

APPLICATION: Identify six or seven struggles that ranked the highest for you. Using the following list, select one of the attributes of God associated with that struggle. When you write your personal theology statement in Exercise Three, consider the attributes you have identified here. This will allow you to experience a daily renewal in the truth of God's character in order to overcome common personal struggles.

My Struggles— His Character

Addictions— *Omnipotent, Gracious, Holy*
Anger— *Long-Suffering, Sovereign, Merciful, Forgiving*
Anxiety— *Sovereign, Omniscient, Wise, Good*
Apathy— *Holy, Faithful, Long-Suffering, Loving*
Bitterness— *Forgiving, Gracious, Merciful, Kind, Long-Suffering*
Broken relationships— *Forgiving, Gracious, Merciful, Long-Suffering*
Controlling— *Sovereign, Trustworthy, Peace*
Coveting— *All-Sufficient, Good, Just, Provider Craving*
Comfort— *Good, Omniscient, Omnipresent*
Critical— *Gracious, Forgiving, Merciful, Loving*
Depression— *Joy, All-Sufficient, Faithful*
Discontent— *Good, All-Sufficient, Wise*
Discouragement— *Faithful, Omniscient, Good*
Dishonesty— *Truth, Immutable, Holy, Righteous*
Doubt— *Truth, Omniscient, Immutable, Wise*
Fear— *Sovereign, Good, Omniscient, Omnipotent, Omnipresent*
Gluttony— *Self-Control, Omnipotent*
Greed— *Sovereign, Good, Righteous*
Insecurity— *Good, Faithful, Loving, Omnipotent*
Isolation— *Sovereign, Omnipresent*
Laziness— *Omniscient, Omnipotent*
Loneliness— *Omnipresent, Loving, Faithful*
Lust/ Sensuality— *Holy, Omniscient, Righteous, Omnipotent*
Materialism— *Eternal, Good, Faithful*
Moodiness— *Good, Long-Suffering, Immutable*
Negativity— *Good, Immutable, Sovereign*
Pride— *Sovereign, Holy, Omnipotent, Infinite*
Selfishness— *Righteous, Loving, Gracious, Merciful*
Self-doubt— *Truthful, Wise, Omnipotent*
Self-promotion— *Holy, Sovereign*
Starved for Attention— *Omnipresent, Omniscient, Loving*
Stressed/ Overwhelmed— *Gracious, Just, Long-Suffering, Omnipotent, Omnipresent*
Uncertainty— *Sovereign, Righteous, Good, Omniscient, Immutable, Incomprehensible*
Unkindness— *Long-Suffering, Merciful, Gracious, Loving, Good*
Unloving— *Loving, Long-Suffering, Gracious, Good*