

Beauty for My Ashes

STUDY GUIDE

Chapter Seven

Video Questions

1. The firsts _____ be very difficult for us.
2. The firsts may _____ be as difficult for us.
 - Embrace these “grace” days.
3. _____ are times when we sit down with God (figuratively) and work through some things, then move forward.
4. I think milestones are times we will come across our _____ lives.
5. Milestones are so crucial to our _____ journey and moving _____.
 - Some milestones are big moments in our lives, while others are small milestones we experience throughout our daily routines.
6. You can hold what you’re holding right now and stay _____ where you’re at, or you can _____ it, work through it with God, and continue to move forward and gain healing from it.

Questions for the Week

1. What kinds of “firsts” have you walked through in your healing journey?
2. Have you found them all to be extremely difficult, or have you experienced some of the “grace” days that I referred to in the video?
3. Now that I have introduced this concept of milestones, can you look back thus far on your healing journey and recognize times that you would now call milestones, whether big or small?
4. If you feel that you have experienced a milestone or milestones, describe what God revealed to you in your latest milestone.
5. Do you feel that there is an area or areas in your life that God desires to make a milestone? One example for me was the anger I was holding onto of which God wanted me to let go. Is there something that you need to let go of so that you do not remain stuck? If so, define it.