

Beauty for My Ashes

STUDY GUIDE

Chapter Ten

Video Questions

1. Life is not _____ for you.
2. It's okay if you're not _____ at 100% yet.
3. One day you will function at full _____ again.
4. Don't write your story too soon because _____ will always bring _____.
5. You are going to begin to _____ up and _____ out again.
6. Spiritually speaking, we're in the best position to build up from the _____ up.
7. We can do _____ because of our losses.

Questions for the Week

1. At any time in your healing journey, have you felt that life was over for you? Did the enemy speak the lies to you that you could never function again, that you had nothing to offer anyone, or that nothing good could ever come from this situation?
2. Do you feel that you are functioning at full capacity once again? If not, do not be discouraged; you will one day soon!
3. Have you found that time has brought you perspective? If so, elaborate on new perspective you have gained through time that has passed.
4. I mention in the video and book that there are now things I am able to do *because* of the losses I have faced. What are some things you are able to do now that you were unable to do before your loss? (I even noticed *empathy* was something new I gained.) If you are unable to fully answer that question yet, what are some things you would like to do that you couldn't do before?