

Genesis 17:4

4 "As for me, this is my covenant with you: You will be the father of many nations. 5 No longer will you be called Abram[a]; your name will be Abraham,[b] for I have made you a father of many nations. 6 I will make you very fruitful; I will make nations of you, and kings will come from you. 7 I will establish my covenant as an everlasting covenant between me and you and your descendants after you for the generations to come, to be your God and the God of your descendants after you. 8 The whole land of Canaan, where you now reside as a foreigner, I will give as an everlasting possession to you and your descendants after you; and I will be their God."

Genesis 22:1-2

1 Some time later God tested Abraham. He said to him, "Abraham!" "Here I am," he replied. 2 Then God said, "Take your son, your only son, whom you love—Isaac—and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain I will show you."

What am I afraid of? And why?

(Non-judgemental curiosity is needed here...)

How can I trust God in this or with this?

(Open your mind to the possibility that God is able to meet you in your situation even if you don't see how...)

Journal all of this and review how different things were resolved.

(We often forget that God answers our prayers because we simply move on to the next thing...)

Commit to living one day at a time.

(Jesus taught us that each day has enough trouble of its own...)