

# RESTORE LIFE CHART

<b>Negative Moment Event/Season</b>		
<b>People Involved</b>		
<b>Emotions I felt/still feel</b>		
<b>Lies I Believed</b>	About Myself	
	About Others	
	About God	
<b>Poor Choices/Sin committed as result</b>		
<b>Impact or Costs to Me (-) (pain, loss, etc.)</b>		
<b>Freedom</b>	Repented? Fully Trusting God?	
	Further Forgiveness to Give or Receive	
	How can God use it for His glory/good?	

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Chaos/Stress/Fear Inducers (Types of events rather than singular moment)	
People Involved/Attached	
What Poor, Unwise or Sinful Decisions did/do I make?	
What am I falsely believing when I feel this or make a poor choice to avoid this pain/stress/fear?	
Where am I not trusting God in these moments?	
What would fully trusting God fully look like in this area?	
Am I willing to start trusting God in these moments? How?	

# RESTORE LIFE CHART

<b>Positive Moment Event</b>	
<b>People Involved</b>	
<b>Emotions I felt/still feel</b>	
<b>Truths I Learned</b>	About Myself
	About Others
	About God
	Impact or Benefits to Me (gains, joys.)
<b>Freedom</b>	How was God faithful?
	How was I trusting God?
	How can God use it for His glory/good?

# RESTORE LIFE CHART

<b>Positive Moment Event/Season</b>		
<b>People Involved</b>		
<b>Emotions I felt/still feel</b>		
<b>Truths I Learned</b>	About Myself	
	About Others	
	About God	
<b>Wise Choices/Obedience choice</b>		
<b>Impact or Benefits to Me (-) (gains, joys.)</b>		
<b>Freedom</b>	How was God faithful?	
	How was I trusting God?	
	How can God use it for His glory/good?	

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