

Beauty for My Ashes

STUDY GUIDE

Introduction & Chapter One

Video Questions

1. This healing journey is a _____
2. What are three definitions of “Process”?
 - The action of going _____ or _____
 - The condition of being _____
 - The course or lapse, as of _____
3. This healing process is going to take _____
4. We do not have to resent the timing that God has for us, but we can
_____ in His timing.
5. God’s timing for you is _____ for you.
6. What is a good way to gauge that we are walking in God’s timing?

7. It’s crucial to listen to _____’s voice in this time,
and not other people’s or your own.

*“...to comfort all who mourn,
and provide for those who grieve in Zion—
to bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a garment of praise
instead of a spirit of despair.*

-Isaiah 61:2-3

Questions for the Week

1. Do you feel as if you have allowed yourself time to heal from your loss?
2. If you have, in what ways have you allowed yourself time? If you have not, in what ways have you not allowed yourself time?

Gauging Tool

In the book and devotional video, I talk about following God's timing for our lives—His flow for us. Many of us, myself included, have struggled with knowing what God wants us to do or with “hearing” His voice. I have found many times I can discover His timing and what He wants me to do by whether or not I feel at peace about something. If I feel stressed or at unrest, I know that's not His plan. However, if I feel at peace about something, even though it may be a difficult situation, I choose that path.

3. By using the **Gauging Tool** I described in the video, do you feel as if you've been walking in God's timing or your own?
4. List three ways this week that you can consciously allow yourself to walk in God's timing instead of your own.
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