

Podcast Worksheet
Being in the Middle of Healing: Understanding the Wilderness Season

Scriptural Texts:

Deuteronomy 1:29-31; 2:7

Main Points:

1. Letting-Go Wilderness, or the middle phase, is the season when we are in process, seeking healing, and working through our wounds, beliefs, and identity issues.
2. In our wilderness season, God takes away the things we've relied upon or looked toward to save us, or to give our life meaning.
3. As God dismantles our old life, it initially leaves an uncomfortable void we must accept.
4. God provides for our needs in the middle phase, but that often doesn't stop us from coveting something else.
5. Our wilderness season won't be what we expect, so trusting God is essential.
6. In the wilderness, we learn to stop running ahead of God and start walking in step with him, allowing God to plan the course and lead the way.
7. The life God created us to live requires us to have warrior mentalities, not slave mentalities.
8. Letting-Go Wilderness is also a wonderful time with joy and blessings, when intimacy with God begins to grow.
9. Like a loving father with his young child, God carries us through this, at times, difficult season.
10. Being prideful and trusting ourselves, rather than God, makes our journey longer and harder.

Questions:

1. Where do you see yourself? Still in bondage, in Egypt? In Letting-Go Wilderness, working through your healing issues with God? Or in the Promised Land, pretty much healed and living the life God created you to live? Are you where God wants you to be? Why or why not?

2. What things has God been dismantling in your life?

3. Are you able to accept where God wants you to be and trust him to lead you? What beliefs are helping or hindering you?

4. How have you experienced God carrying you through difficulties?

Prayer of Response:

Lord God, please help me work through my trust issues and false beliefs so I can accept the journey you have me on today. I trust you to complete my healing according to your timing and wisdom. Take me all the way through the wilderness so I can experience the life you created me to live. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____