

**Podcast Worksheet**  
**Joy in the Wilderness: Finding Good in the Midst of the Hard**

**Scriptural Texts:**

Psalm 34:19; Isaiah 25:4; 43:2, 19-21; Jeremiah 29:11; Ezekiel 36:26; Matthew 11:28-30;  
2 Corinthians 1:3-4; Philippians 1:6; 1 Peter 1:3

**Main Points:**

1. We can't get to the Promised Land part of our life without going through the wilderness, our metaphor for the season when God is changing us, stripping off the false, adding truth, redeeming our heart, mind, body, and soul, and bringing healing to our entire being.
2. There is waiting involved during our wilderness season, yet many things are being accomplished.
3. In the wilderness, we discover God's profound love and his reliable commitment to care for us.
4. While we are leaving many old things behind, God is constantly bringing new things.
5. True intimacy with God emerges while we are healing.
6. The wilderness season breaks down the hardness of our heart, making it soft and accessible.
7. Trying to figure out tomorrow and see the future won't be helpful or even possible.
8. Joy will more easily be found in the simple things of today, in the now – the present moment.
9. Joy may be found in elements of God's creation, growing plants, bringing color into our life, journaling every blessing received, enjoying children, animals, anywhere life exists.
10. Sharing ourselves by volunteering, serving, or helping someone else can lift our own heart, too.
11. Read the Bible. Find hope in God's promises.
12. Remember your healing season is temporary, you are passing *through* the wilderness.
13. God has good plans for you, but the first plan is to complete the work he has begun in you.
14. You're never alone. God is always with you, comforting you, and strengthening you. Trust him.

**Questions:**

1. What aspects of the wilderness season are difficult for you?
  
  
  
  
  
  
  
  
  
  
2. List several positive things you can do to bring joy into your life during this season?
  
  
  
  
  
  
  
  
  
  
3. Read the Bible references. What hope can you hang onto from these Scriptures?

**Prayer of Response:**

Lord God, I'm so tired of being in the wilderness, tired of struggling, tired of waiting. Please lift my heart and encourage me. Give me the energy to do what I can to add a little joy to my life. Thank you for your promises of strength and comfort, and for being with me each moment. In Jesus name, amen.

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