

Rewriting Your Life Sentence Worksheets

1. Has anything like what happened to the little Snoodle ever happened to you? What kinds of hurtful pictures have been put in your backpack? Take a few minutes and write down an embarrassing or fearful memory that has remained with you for years. (Give the Lord permission to reveal to your heart what He wants to show you.)

2. How would you paint a picture of yourself as a child? What age? How are you dressed? Where are you? What was important to the child in the frame? What else do you see in the frame? (Allow the Lord to help you paint this picture and see yourself as a child.) You may either draw a sketch or write a verbal picture of what you see in the box below.



3. Here are a few questions that will help you to uncover any Life Sentence you may be serving. (Ask the Lord to show you what is going on in your heart and mind as you answer these questions.)

- What kinds of nagging negative thoughts keep replaying in your head? Take a few minutes and write them down. You may begin by saying, “*Every time I.....*” or “*I m...*”
- Can you think of a recent time when these thoughts were replayed in your heart? Write a description of that event here.
- What is your greatest frustration in relationships with other people?