

Christianity Bootcamp

No More Excuses. Just Honesty.

Everyone Has a Story

A reflection worksheet for when someone hurts you, or when you're struggling.
Fill it out prayerfully. Be honest. Ask God to help you.

1. What happened? Who was it (spouse, boss, coworker, clerk, church member)?

2. How did I react? What did I feel in that moment?

3. What might their story be? What could they be carrying that I can't see?

4. What is my story here? What did I bring into this moment?

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5. What would kindness, love, and compassion look like next time?

6. One thing I will do differently today:

7. The question I've been afraid to ask my pastor (just between you and God):

8. My prayer: Dad, help me with...

I would love to work with you. I do this on a donation basis, because I believe the love of God will change your life, and if I've helped one person, it's worth it. If you're not able to give, you still get the same commitment from me. But if you feel led to give so that I can help others, that's definitely a blessing. I want to put in the time and commitment needed to help one person at a time, and that's where my heart is.

Call or text: 937-732-5868 | Email: frankwyatt@gmail.com