



Holy Spirit COUNSELING WORKSHEET

WORKSHEET TIPS:

Before you begin the worksheet, you will become aware of an area in your life the Lord wants to address. It may be a sin which recurs or difficulty in relationships and attitudes with which you are struggling. The Holy Spirit may give you some impressions ahead of time. Just jot them down and keep them.

When you begin, take any prior impressions and give them to the Lord. Approach this time with an open heart and mind, allowing the Holy Spirit to give the answers as you go through the questions. Clear your mind of previous impressions so the Holy Spirit can give thoughts and impressions in the moment. When he answers, you may not understand. The answers may not make sense to you. Just write down what God gives. Afterward you will have understanding as God shows you.

Sometimes when past memories are shown to you there will be a lot of detail. You can write this down on a separate piece of paper. These details may be an important element but will not necessarily be needed for the worksheet. You can just write down the incident without all the details for future reference.

As you are doing the worksheet, always ask God's forgiveness for everyone including yourself. Forgive yourself and others and pray a blessing on everyone concerned. Give thanks!

HOLY SPIRIT COUNSELING WORKSHEET

Name: _____ Date: _____

Ask the Holy Spirit to show you the truth in Jesus' name for the following questions: (Write out what the Holy Spirit shows you below.)

What is the problem area or area of change that God wants to address at this time in my life?

What is the root of the problem?

When did it come to me?

How does it affect me today?

What changes do I need to make to experience freedom in this area?