



## Chapter 12: Enduring Challenges

# FAITH RESILIENCE WORKSHEET

INSTRUCTIONS: This worksheet helps you reflect on challenges you've faced and explore how your faith has guided and strengthened you through them.

*Please ensure your responses fit within the text box provided.*

### Section 1: Identifying Challenges

Describe a recent challenge or difficulty you've faced.

How did this challenge impact you emotionally, spiritually, or physically?

Emotionally

Spiritually

Physically

### Section 2: Faith in Action

How did your faith influence your response to this challenge?

Prayer

Reading scripture

Seeking counsel from a faith leader or church member

Trusting God's plan

Practicing Forgiveness

Other

Which Bible verse(s) or spiritual truths encouraged you during this time?

Did you lean on any faith-based practices (e.g., worship, service, fasting) to find strength? If yes, explain:

### Section 3: Growth Through Faith

What lessons did you learn about yourself or your faith through this experience?

How has this experience strengthened your relationship with God?

What advice would you give to someone going through a similar challenge?

### Section 4: Looking Ahead

What steps will you take to continue building resilience through faith?

Pray daily for strength

Memorize scripture for encouragement during tough times

Stay connected to a faith community

Journaling or reflecting on God's faithfulness

Other

Write a prayer for continued strength and resilience:

Dear Lord,

Amen.