

IS GOD TESTING ME?

When Life Feels Like a Test

A 7-Day Practice for Going Deeper With God



This week is not about proving your faith.

It is an invitation to notice what a difficult season may be bringing into view, bring it honestly to God, and remember what is already true about Him.

Use one page each day. Give yourself 10-15 quiet minutes. There is no perfect answer to write down.

Before You Begin

Genesis 22:1 • Deuteronomy 8:2

When life becomes difficult, it is easy to wonder whether God is testing us to see how well we will respond. We can start grading our own faith without even realizing it: I should be stronger than this. I should trust more. I should not be afraid.

Genesis 22 gives us another way to think about testing. God did not need Abraham’s circumstances to tell Him something He did not already know. Scripture shows that testing can bring what is in the heart into view. That does not mean every hardship was deliberately sent by God as a test, but hard seasons can still reveal what we are trusting, what we fear losing, where we are trying to control the outcome, and where God has already grown our faith.

For the next seven days, do not try to solve your whole situation. Pay attention to what is being revealed and keep bringing it back to God. The goal is not to finish the week with every question answered. The goal is to know Him more honestly in the middle of what you are walking through.

A sentence to carry this week
God already knows what is in my heart. I do not have to prove my faith to Him.

What situation has made you wonder, “God, is this a test?”

DAY 1

Stop Grading Your Faith

Genesis 22:1

Our first instinct when something feels like a test is often to ask whether we are handling it well enough. Today, notice that instinct without judging yourself for it. God is not waiting for a score at the end of the day. He already knows you completely.

Think about the situation that feels most like a test right now. What have you been afraid it says about your faith? Naming that fear can be the beginning of a more honest conversation with God.

Today's practice

Whenever you catch yourself thinking, "I should be doing better," pause and replace the question "Am I passing?" with "What is this showing me?"

What have I been afraid this situation says about me or my faith?

A short prayer

God, help me stop measuring my faith by how calm, strong, or certain I feel. Show me what You want me to notice without making me afraid of what I find. Amen.

DAY 2

Name What Feels at Risk

Genesis 22:2

Isaac was not only someone Abraham loved. He was tied to a promise Abraham had waited years to receive. That is part of what made Genesis 22 so painful. The test touched something Abraham deeply cherished.

Hard seasons often feel most frightening when something important seems to be at risk: security, a relationship, a plan, a future we counted on, or a role that has become part of how we understand our life. Today, simply name what feels threatened. You do not have to decide whether you are holding it too tightly yet.

Today's practice

Finish this sentence honestly: "What I am most afraid of losing, changing, or not receiving is..."

What feels most at risk in this season?

Why does this matter so much to me?

A short prayer

God, You already know what I am afraid of losing. Help me bring it into the light instead of pretending it does not matter. Meet me here with Your truth and Your care. Amen.

Notice What Comes to the Surface

Deuteronomy 8:2

Moses described Israel's wilderness years as a time when what was in their hearts became visible. Pressure has a way of doing that. Fear may become louder. We may reach for control, withdraw, become impatient, or depend on something that feels safer than trusting God.

What comes to the surface is not there so you can shame yourself. It gives you something real to bring to God. You may even notice something encouraging: more patience, more prayer, or a deeper trust than you would have had a few years ago.

Today's practice

Notice one reaction today without trying to fix it immediately. Ask, "What might this reaction be showing me about what I am trusting or fearing?"

What has been coming to the surface in me lately?

Is there anything here I want to confess, thank God for, or talk with Him about?

A short prayer

God, help me see my heart honestly and gently. Show me what needs to be surrendered, and help me recognize the ways You have already been growing me. Amen.

Separate God's Promise From My Preferred Outcome

Hebrews 11:17-19

Abraham had a specific promise from God concerning Isaac. We do not have Abraham's promise, and this distinction matters. Sometimes what we are holding onto is something God truly promised. Other times it is an outcome we deeply hope for, a plan we believed would work, or a picture of how we thought life would unfold.

Today, separate those two things. This is not about giving up hope. It is about knowing what you can actually stand on when the outcome is still uncertain. God has promised His presence, His love, His Spirit, His wisdom, His ongoing work in us, and our future in Christ. Those promises remain true even when we do not know what happens next.

Today's practice

Make two short columns: "What I hope will happen" and "What God has actually promised." Let both be honest.

What outcome am I hoping for?

What promise about God or my life with Him can I hold onto today?

A short prayer

God, help me hold my hopes openly while standing firmly on what You have truly promised. Teach me to trust Your character without pretending I know the outcome. Amen.

Remember Your History With God

Genesis 12-21 • Genesis 22:5

Genesis 22 did not happen at the beginning of Abraham's relationship with God. By the time he walked toward Moriah, he had years of history with Him. Abraham had seen God remain faithful through waiting, mistakes, uncertainty, and promises that once seemed impossible.

Sometimes we think the destination is where we will finally understand what God was doing, but so much of our relationship with Him is formed on the road there. When the road gets difficult, remembering where you have already seen God can steady you without giving you false certainty about what He will do next.

Today's practice

Write down three ways you have seen God meet, carry, teach, correct, or provide for you in the past. Let your history with Him remind you who you are walking with now.

Where have I seen God's faithfulness before?

A short prayer

God, when I cannot see where this road is going, help me remember who You have been to me along the way. Keep my memory of Your faithfulness close. Amen.

Trust the God Who Sees

Genesis 22:8, 13-14

When Isaac asked where the lamb was, Abraham answered that God would provide. At that moment Abraham could not see the ram. The Hebrew language in this passage connects seeing with providing: God sees the need and sees to it.

This does not mean every difficult situation will end with the exact provision we pictured. It means our inability to see the answer is not evidence that God has stopped seeing us. Today, let that truth take some of the pressure off your need to know how everything will work out.

Today's practice

Choose one unanswered question you have been carrying. Instead of trying to solve it today, pray: "God, You see what I cannot. Help me trust You with what I do not know."

What am I trying hardest to figure out right now?

What changes when I remember that God sees what I cannot?

A short prayer

God, You see what I cannot see. Help me trust Your character while the answer is still hidden from me. Give me wisdom for the next faithful step, not anxiety about the whole road. Amen.

Look Back at What Has Been Revealed

Philippians 1:6 • Romans 8:38-39

At the beginning of this week, you may have been asking whether you were passing or failing. Today, look back without grading yourself. What did you notice? Perhaps you saw a fear you had not named before, an outcome you were trying to control, or a place where your security had shifted away from God. Maybe you also saw evidence that your trust has grown.

Whatever you discovered, bring it back to God. The goal of this practice was never to produce a perfect response to hardship. It was to become more honest about what is in your heart and more aware of the God who is with you in the middle of it.

Today's practice

Complete this sentence: "This week God helped me see _____, and I want to keep remembering _____ about Him."

What did this week reveal in me?

What truth about God do I want to carry forward?

What is one next faithful step I can take without needing the whole outcome?

A short prayer

God, thank You for meeting me honestly this week. Keep showing me what is true about my heart and, even more, what is true about You. Help me walk forward with You one step at a time. In Jesus' Name, amen.