

IS GOD TESTING ME?

Reflection & Journaling

A quiet space to notice what this season is revealing about your heart - and what God is showing you about Himself.



This is not about finding the “right” answer.

Use these pages to be honest with God. A difficult season may reveal fear, control, disappointment, misplaced security, or even evidence that your faith has grown. The deeper question is not only what is being revealed in you, but what you are learning about the God who is walking with you through it.

BEGIN HERE

Name the Season You Are In

Genesis 22:1 • Deuteronomy 8:2

When life feels like a test, it is easy to start evaluating ourselves before we have even named what is happening. Begin by putting the situation into words. You do not have to make it sound spiritual or tidy. What feels uncertain, painful, threatened, delayed, or out of your control?

What situation in my life has made me wonder, “God, is this a test?”

What am I most afraid this situation could mean for me, my future, or my faith?

A prayer for this page

God, help me bring the real situation to You without editing it. You already know what I am carrying. Give me courage to be honest about what feels hard.

What Is This Revealing in My Heart?

Deuteronomy 8:2

God does not need a test to discover what is in your heart. He already knows. But difficult circumstances can bring things into view that we may not have recognized in ourselves. This is not an invitation to shame yourself. It is an opportunity to notice what has been rising to the surface and bring it honestly to Him.

What emotions or reactions keep showing up in this season?

What am I trying hardest to control, protect, or prevent?

Is there something good that I may be holding more tightly than I am holding onto God?

Where do I see evidence that God has already grown my trust?

What Is God Showing Me About Himself?

Genesis 22:8, 14

Testing is not only about what becomes visible in us. Abraham's walk to Moriah also revealed something about God. He learned to trust the God who sees, the God who remains faithful to His promise, and the God who provides. Your circumstances may still be unresolved, but you can ask what you are learning about His character while you walk through them.

What do I know to be true about God even though I do not know the outcome?

Which part of God's character do I most need to remember right now?

Where have I seen His faithfulness, care, correction, wisdom, or provision before?

A prayer for this page

God, keep my attention from resting only on what I cannot understand. Show me who You are in the middle of this, and help me remember what has always been true about You.

Promise or Preferred Outcome?

Hebrews 13:5 • Romans 8:38-39 • James 1:5

Abraham had a specific promise from God concerning Isaac. We do not automatically have the same kind of promise about the outcomes we want. Sometimes what we are calling a promise is actually a hope, a plan, or the result we desperately want. Naming the difference can help us trust God without pretending He promised something He did not.

Separate the hope from the promise.

What I hope will happen	What God has actually promised

If you need help with the second column, think about what Scripture clearly promises every believer: God is with you, nothing can separate you from His love in Christ, He gives wisdom when you ask, His Spirit helps you, and He continues His work in you.

Which promise do I need to carry with me today?

What Is Being Formed Along the Way?

Hebrews 11:8-19



A truth to remember

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.

Abraham did not arrive at Moriah without history with God. Years of walking, waiting, mistakes, promises, and faithfulness shaped the way he faced what he could not understand. Your road matters too. Even before you know how this season will end, something is being formed in the way you pray, trust, surrender, and know God.

How has this season changed the way I talk with God?

What am I learning about trust that I could not have learned only in theory?

What do I hope becomes more deeply rooted in me because I walked this road with Him?

WHEN YOU CANNOT SEE THE ANSWER

Trusting the God Who Sees

Genesis 22:8, 13-14 • Psalm 119:105

Abraham could not see the ram while he was walking toward Moriah. His inability to see the provision did not mean God had stopped seeing the need. Sometimes faith is not having the answer; it is choosing the next faithful step while the answer is still hidden.

What am I trying to see or solve before I am willing to move forward?

What would trusting God look like today - not for the whole future, but for the next step?

What can I release back to God because it belongs to Him, not to me?

Carry this with you

I may not be able to see what God is doing yet, but not being able to see His provision is not the same thing as God not seeing me.

What Do I Want to Carry Forward?

Philippians 1:6

Do not use this final page to grade how well you have handled your season. Look back with curiosity and grace. What did you notice about your heart? What became clearer about God? What truth do you want to carry with you if the circumstances remain unchanged for a while longer?

What has this season revealed in me that I want to bring honestly to God?

What has become more real to me about who God is?

What truth do I want to remember when fear or pass/fail thinking returns?

What is my next faithful step?

A prayer for this page

God, thank You for meeting me in what is real. Keep showing me what is true in my heart and what is true about You. Help me walk with You without needing the whole road explained first. In Jesus' Name, amen.