

The Pray More Healing Retreat Study Guide

Be Transformed by the Renewal of Your Mind with Heather Khym

Reflective Questions

“Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.” — Romans 12:2

1. What is one thing you can do or change that will allow you to cooperate more with Him and the healing He wants to provide for you right now?
2. Where are you on this healing journey right now? What’s changing in your heart? How is God making Himself and His presence known to you right now?
3. We cannot operate out of a place of fear, we have to operate out of our identity as being sons and daughters of God. Which way are you currently responding to the challenges in your life right now? How can you respond more out of a rooted identity as a son or daughter of God?
4. The enemy is called the father of lies. And the story he tells you opposes the story that God tells you — which is the truth of who you are, who He is, that He has a plan for you, that He has a place for you in heaven. God wants to bring you into fullness and life, and the enemy seeks to kill and destroy you. Knowing this, what are some of the lies you’ve believed, both about yourself and about God? And what do you think the truth is instead — what do you think God says about those things?
5. Heather shared a few different verses in Scripture that she uses to remind herself about the truth — who God is, who she is, when she is struggling. Is there a verse that stood out to you? Could you consider memorizing that scripture and bringing it to the forefront of your mind when you are struggling?