

Searching for the Goodness of God

A 5-Part Personal Reflection Action Guide

This guide provides one practical, gentle tool for each part of the journey. These tools are meant to help you slow down, tell the truth, and remain present with God—not to force answers or outcomes.

How to Use These Tools

A Guide for Walking the Journey with Honesty and Hope

First, an Important Word

These tools are **not designed to fix you**.

They are designed to help you:

- slow down
- tell the truth
- stay present
- and learn how to search for the goodness of God again—especially when life doesn't feel good

You are not broken because you're hurting.
You are not faithless because you have questions.
And you are not behind because this journey is taking time.

Growth does not come from rushing forward.
It comes from staying present.

How This Guide Is Designed

This guide follows a **five-part journey**, with **one simple tool per section**. Each tool has a clear purpose and is meant to be used slowly, honestly, and repeatedly if needed.

You do not need to complete these tools in one sitting.
You do not need to “get the right answer.”
You do not need to feel hopeful to begin.

Each tool helps you practice one thing:
faithful presence.

How to Move Through the Tools

1. Go in Order—but at Your Own Pace

The tools are arranged intentionally:

- You start with honesty
- You name loss
- You learn how to search
- You reframe goodness
- You build an anchored faith

However, **pace matters more than progress.**

Some people will spend days or weeks in one section. That's not failure—that's wisdom.

2. Use a Posture of Curiosity, Not Criticism

As you write, notice any urge to:

- judge yourself
- correct your emotions
- minimize your pain
- rush to spiritual conclusions

When that happens, gently remind yourself:

“I am here to notice, not to fix.”

Let the tools reveal what is already inside you rather than forcing something new to appear.

3. Write What Is True, Not What Sounds Faithful

You may be tempted to write what you *think* a good Christian should say.

Resist that.

God does not need polished answers.

He meets people in honesty.

If what you feel is anger, confusion, grief, numbness, or disappointment—write that.

Truth is the doorway to healing. Pretending delays it.

4. Pay Attention to Your Body and Emotions

These tools may stir emotions you've been holding at a distance.

If you notice:

- tightness
- heaviness
- tears
- fatigue
- or the urge to shut down

Pause.

Take a breath.

Put the guide down if needed.

Come back later.

There is no prize for pushing through pain.

Safety creates change.

How to Use Each Tool

Tool 1: The Honest Reality Map

Use this when life feels heavy or confusing.

This tool helps you name what is real *right now*—without spiritualizing it or minimizing it.

Use it to answer:

- What hurts?
- What feels unresolved?
- What emotions are present?

This tool builds the foundation for everything that follows.

Without honesty, faith becomes performance.

Tool 2: The Loss Inventory

Use this to acknowledge what has been taken or changed.

Loss isn't only about death.
It includes:

- lost dreams
- lost certainty
- lost identity
- lost peace
- lost expectations of God

This tool gives you permission to grieve without shame.
Grief that is named loses its power to control you.

Tool 3: The Searching Posture Compass

Use this when answers are missing but faith still matters.

This tool helps you notice:

- how you typically respond when life feels uncertain
- whether you withdraw, control, perform, or disengage
- how to stay present instead of disappearing

Faith does not mean clarity.
Faith means choosing to stay in relationship.

Tool 4: The Goodness Reframing Lens

Use this to gently challenge how you define God's goodness.

Many people unknowingly define goodness by outcomes:

- prayers answered
- pain removed
- expectations met

This tool helps you expand—not erase—your understanding of goodness.
It invites maturity, not denial.

Tool 5: The Anchored Faith Plan

Use this to prepare for the next hard season—because there will be one.

This is not a backup plan.
It's a grounding plan.

This tool helps you identify:

- what anchors you
- what practices stabilize you
- what truths you return to when emotions fluctuate

Anchored faith doesn't prevent storms.
It keeps you from being swept away by them.

Using These Tools With Others

These tools can be used:

- in coaching sessions
- in small groups
- in discipleship relationships
- with a trusted friend or mentor

If you're using them with others:

- don't force sharing
- don't correct someone's experience
- don't rush to encouragement

Listening is ministry.

A Final Encouragement

If you are using these tools, it means something important:
you didn't quit.

You may be tired.
You may be disappointed.
You may not know what you believe right now.

But you are still searching.

And Scripture is clear: "You will seek Me and find Me when you seek Me with all your heart."

Not when you have it all together.
Not when life feels good.
But when you choose to stay.

Take your time.
Be honest.
Keep searching.

God is not afraid of your questions—and His goodness is not as fragile as you may have been taught.

You are not alone on this journey.

PART 1 TOOL: The Honest Reality Map

Purpose: Name what feels heavy without spiritualizing it.

What is happening in my life right now that makes God's goodness feel distant?

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What emotions are most present right now? (Use this resource to help identify: <https://feelingswheel.com>)

Prayer: God, help me tell the truth about where I am.

PART 2 TOOL: The Loss Inventory

Purpose: Acknowledge what has been lost before rushing forward.

What I Lost	How It Affected Me

What have I never fully allowed myself to grieve?

Prayer: God, give me permission to grieve without shame.

PART 3 TOOL: The Searching Posture Compass

Purpose: Stay engaged with God when answers are unclear.

Questions I'm afraid to ask God:

What does choosing to search (not solve) look like this week?

Prayer: God, I choose to seek You even without clarity.

PART 4 TOOL: The Goodness Reframing Lens

Purpose: Redefine goodness beyond outcomes and expectations.

Old Definition of God's Goodness	New / Expanding Understanding

Where might God's goodness be present even if nothing has changed yet?

Prayer: God, reshape how I understand Your goodness.

PART 5 TOOL: The Anchored Faith Plan

Purpose: Build a faith that can hold both hope and pain.

Anchors That Ground Me	Practices I Will Return To

When life feels heavy again, I will remind myself:

Prayer: God, help me live with a resilient, anchored faith.