Hope or Let Go?

Honest questions for when you can't tell if you're being faithful or just stuck. Grab a pen. Be brutally honest. Nobody's grading this.

Before you start

You don't have to decide anything today. This isn't a test you pass. It's a way to get the swirl out of your head and onto paper, so you can see it clearly and bring it to God.

Answer what you can. Skip what you can't. Come back to it in a week and see what changed.

> *"But if any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach; and it will be given to him."*
> **James 1:5 (WEB)**

Where things actually stand

What did they actually say or do last? Not what you hope it meant. What happened.

If a friend told you this exact story, what would you tell them?

Are you holding on to a person, or to the future you pictured with them?

What hope is built on

Is your hope built on something they've done, or on something you're waiting for them to do?

Have they shown, with actions, that they want this too?

What would have to change for this to work? Is any of that in your hands?

Your heart and your faith

Is this relationship pulling you closer to God or further away?

What are you afraid will happen if you let go?

What have you been asking God for? Be honest. What do you think the answer has been?

The hard part

What would letting go look like this week? Name one small step.

What would staying hopeful in a healthy way look like (without checking their stories at 2am)?

Who is one wise person you can say all of this out loud to?

What now?

Reading back over your answers, what keeps showing up?

Right now I'm leaning toward:

☐ Hope, with eyes open ☐ Letting go ☐ Still not sure (and that's okay)

One thing I'll do this week:

A prayer, in my own words:

> *"Yahweh is near to those who have a broken heart, and saves those who have a crushed spirit."*
> **Psalm 34:18 (WEB)**

> *"For everything there is a season, and a time for every purpose under heaven."*
> **Ecclesiastes 3:1 (WEB)**

If you're in crisis, call or text 988 (US) or your local emergency number. This is a friend, not a counselor.