



Questions for reflection:

- Do your emotions sometimes spill over?
- Do you keep claiming *'I'm fine'*?
- What's really going on inside?

What God has to say:

"First clean the inside of the cup and dish and then the outside will also be clean" (Matthew Ch. 23 verses 25-26)

"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." (1 John 1, verse 9)

Suggestions for prayer: (on your own or with other Christians)

- Tell God what's going on in your heart. Be real and honest with Him, admitting your struggles and weaknesses.
- Thank Jesus for taking all those burdens on Himself at the cross and for dying in your place. Thank God for forgiving you.
- Ask God to heal, restore and purify you. All Him to fill you with JOY. (Keep trusting that He is faithful and Just to do that.)