

## RALLY

**R: Renew your mind—Step 1:** Record the facts. What happened to upset you?

**Step 2:** Record your emotion(s) in two or three words. How are you feeling right now?

Step 3: Record your beliefs. What are you believing that's causing that emotion?

- 1.
- 2.
- 3.
- 4.
- 5.

Step 4: Record the truth. Examine your beliefs one at a time. If it's a true statement, write true. If it's a false statement or a partial truth, rewrite it so it's all the way true.

- 1.
- 2.
- 3.
- 4.
- 5.

**A: Ask and Accept.** Write a prayer, asking God for what you want. Is there anything you need to accept? Spend a little time talking to God, and give that up to Him.

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**L: Let go of your have-to-haves.** What are your have-to-haves in this situation (including control)? Is God enough even if you don't get what you want? Why or why not? Spend some time remembering that God is enough while you mentally let go of your have-to-haves.

**L: Let go of if only and make a plan.** Do you have any unrealistic expectations for life, others, a project, or yourself in this situation? Spend some time talking to God about that and letting go of those expectations.

How are you finishing the sentence "If only ..."? Cross out your if onlys, recognizing that you can't change everything you want to change. Trust that God can work all things together for good and use this trial to help you grow.

How do you think God wants you to handle this situation on a practical and/or a spiritual level? Also, can you do anything to improve your life in the midst of this trial? Write your plan below.

**Y: Yay God!** What can you thank God for in this situation? Thank Him for at least five things.