



If you're tired of the gloomy gray skies in your life and are ready for sunshine, print these pages out and keep reading, my friend.

Gloomy with a Chance of Severe Storms...

How's it going, Dear Parent? Are you shining like the sun or are you as gloomy as a gray winter day? Or, worse yet, are you that gigantic storm cloud brewing on the horizon, threatening it's soon to be victims?

Ouch! Did I just step on your toes? Remember, I'm not judging you. I only know those clouds because **I've** been them myself. I've been gray and dull from worry and lack of sleep. I've been that terrible storm making others walk on eggshells to try to keep the peace. So, that's why, today, I want to see how *you're* doing.

What's the weather forecast in your home? Is it a sunny day or is a storm on the rise?

If you're one of my precious regular readers, you know that my heart prayer this year comes from Deborah's song in Judges 5:31b. I've added my own little twist and pray, "God help me to shine like the sun at full force for You and Your glory."

You may be thinking, "Well, Kim, that's fine for you, but you don't know what's going on at my house." You're right, sweet friend, but what I really do know is that God wants better for your family and you.

He wants to take your worries, fears, and even your exhaustion. He wants you to trust Him with everything and rest in His care. He wants to replace your heavy gray heart with peace, hope, and faith. **"For my yoke is easy and my burden is light," (Matthew 11:30, New International Version).** Can you see rays of sunshine beginning to peak through the clouds?



Let's back up and gather some data to accurately report the weather in your heart. Check all that describe how you're feeling right now:

- #1 I feel great! I completely trust God with every aspect of my life, including my child's health. I'm excited to see how God will use me today!
- #2 I'm OK, but not great. I just can't seem to trust God as much as I want to and am not sure why.
- #3 Right now, I'm not so hot. I feel frustrated and am wrestling with God. I don't understand His plan or why He hasn't answered my prayers. I know He could change things, so why doesn't He?
- #4 I'm not good. I don't trust God and I'm afraid.
- #5 I'm not good at all. I'm angry. God doesn't deserve my trust.

Identifying our "mood" is usually the easy part. What isn't easy is digging in and uncovering the "why". Discovering the root of why we don't trust God, why we feel afraid, and why we're angry doesn't just uncover what we think God's done wrong. It reveals our own faults and sins as well. We suspect that it isn't all His fault or feel justified and don't want to look at our part in the problem - it hurts too much.

Oh, I know, you're ready to stop reading now, but please don't! Let God help you through this and change your "weather forecast". He wants you to *shine* for your own sake, for your family's, and those you encounter today.

Are you ready? Grab a notebook or journal and a pen. Let's take a good look at what makes our storm.

If you were able to check #1, you're doing great! You are shining like the sun at full force, and we need to hear from you! Write into [A Parent's Heart](#) or [Kimberly's Blog](#) and share how God's helped you to have such peace.



If you're a #5, you can skip Plans A, B, and C for now. You can go on to Plan D, and *then* come back and go through the first three plans. You were right if you thought you had a lot of work to do! That's OK, we'll get through this together. If you checked #2, #3, or #4, it's time to do some deep digging. It is up to you to decide how long you want to spend working through these plans. Below, you will find prayers and questions to go through (in order). Take these questions to God and ask Him to help you answer them honestly, taking as much time as necessary. Write your answers in your notebook.

The Great Uncovering - Plan A

- Tell God that you know you don't trust Him like He deserves. Ask Him to help you change.
- Think about how not trusting God hurts your relationship with Him. How does it hurt you? Ask Him to help you see the hurt it causes.
- Ask God to shine His light on the reasons why you don't trust Him
- Think about specific times that the feeling of mistrust crept in. Write about what was happening. Don't rush this. Give yourself time to feel the hurt these situations caused.
- If you need to forgive anyone who contributed to your difficulty with trust, do so now, dear one. For your own good and to please your Father, forgive that person. Ask God to help you truly forgive.
- Ask for His forgiveness for not trusting Him.
- Pray that He will show you whenever you are not trusting Him and for His help to avoid the temptation.
- Spend time every day getting to know Him. The more you know Him, the more you can't help but trust Him!

My #2 people, you can probably stop here, though it won't hurt to continue on 😊. You may find some hidden issues that you didn't realize were contributing to your "gloominess".



For those of you who related best to #3 or #4, there's one more aspect that you need to let God work on - fear. 3's, you may be thinking, "But I didn't say I was afraid!" Sometimes underlying fear is the cause of our frustration. I encourage you to take these steps just to be sure. Both 3's and 4s may have found that fear was dealt with in Plan A. Super! But, let's do a little checking - it will only brighten the skies of your heart.

The Great Uncovering - Plan B

- Tell God that you want to be completely free of fear.
- Ask Him to shine His light on your fears and remove them.
- Answer this question, "What are you afraid of?" Don't rush this! List everything.
- Now, answer this question for each thing listed, "I'm afraid of _____ because _____."
- As in Plan A, write about how your fear hurts you and others.
- How does your fear hurt God?
- Tell Him that you do not want to be afraid anymore. Ask for His forgiveness and His help to not be afraid.
- Spend time with God every day.

#4s you can stop here if you like, but everyone is welcome to continue on. #5s, I promise, your time is coming!

OK, #3s, are you ready to continue? After going through Plans A and B, you may feel like you've won the wrestling match. Well, I should say that you and God have won, right? If you're not feeling frustrated you may choose not to go on, but if there's still something there, let's ask God to search it out.

The Great Uncovering - Plan C

- Confess to God your frustration and ask Him to help you identify it.



- Think about the times you have felt frustrated. Write in detail what happened. This could take awhile but it should paint a picture for you.
- Fill in the blanks: I feel frustrated when _____.
(Do this as many times as necessary.)
- If you're still feeling unsure of the source of your frustration, you may want to talk with someone you trust. Sometimes others see our frustration more clearly than we do.
- If your frustration is solely because you don't understand why God's doing things the way He is, make a list of what you would like to have happen.
- Following, Philippians 4:6-7 pray. Give thanks to God for the good things He's done and humbly ask for the things from the list you just made. Also pray for the peace that only comes from Him.
- Continue meeting with God every day, praying in the Philippians 4 fashion.

Now, my stormy #5s, it's your turn. The fact that you're reading this, even in your anger is so good! It shows that you don't want to be angry and that you want a better relationship with God.

The Great Uncovering - Plan D

- Write out exactly why you're angry. If you don't know why, tell God that you don't like this anger and are ready to do the work to remove it. Ask Him to show you the cause of your anger.
- Spend time thinking about the effects of your anger. How does it hurt you? Others? God? Ask God to help you really know the damage your anger causes. Stay with this until you're ready for the next step.
- When you honestly feel ready to let it go, go to God in prayer. Tell Him everything on your heart and ask for His forgiveness for the



- harm you've caused. Ask Him to remove your anger and heal your heart.
- Is there anyone you need to ask to forgive you? Take that huge step in healing a hurting relationship.
- You may need to go through plans A-C. Take the time - your relationship with God is worth it!

Now, go back to our set of weather options at the beginning. Where are you now? I hope you're able to mark #1. If not, keep working through the plans that are right for you.

If you dedicate yourself to God by giving Him your time and your desire to do His Will, He will be faithful to help you. **"You are my God; I will exalt You, I will give thanks to Your name; For You have worked wonders, Plans formed long ago, with perfect faithfulness,"** (Isaiah 25:1, New American Standard Bible). Remember, you are part of His plan. Trust His Word that He will be faithful to you. The thing about God's faithfulness is that we can count on it completely. People make mistakes. They will let us down, but your Father never will. He is dedicated to you and His plan for you every minute of every day.

Hold on to these plans. They are something you can return to again, whenever you need them. Just like the weather outside, the weather in our hearts can change day by day! For now, enjoy the sunshine, beloved!

In His Love,
Kimberly





Are you feeling like there is just more standing between you and God? Are you ready to remove it? Sweet friend, grab the ["Messy Motives and Wrong-Way Roads" bundle](#), and get back on the right path with God!