



Angst

A feeling of deep anxiety and dread that is unfocused and hard to identify. It is a sense of frustration and apprehension with the general state of the world and one's future in it. It is often accompanied by depression.

Assignments

- 1. Where are you or someone you love emotionally struggling right now (e.g., feeling discouraged, depressed, hopeless, purposeless)?
2. Write down some of the unhealthy ways that you're responding to your emotional struggles.

Three horizontal lines for writing answers to assignment 2.

- 3. Who in your relational network could help you? What steps does God want you to take to get or give help?

Three horizontal lines for writing answers to assignment 3.

Misbeliefs:

- I am not wanted or needed by anyone. My life has no purpose or meaning. I'm a victim of an unfair, uncaring world that only brings me pain.
Significance and meaning come from being really successful. I will be happy someday only when my relationships, career, and finances reflect success and my accomplishments.



Truth:

My life has an eternal purpose to fulfill. I have been created, equipped, and called by God in this moment of history to fulfill a unique role in His body that will demonstrate His mercy, love, diversity, and unity to the world.

- 4. OPTIONAL: For deeper understanding, read pages 200-204 of the Discover Your True Self book or listen to the Day 20 audiobook excerpt.