

PART 3: Understanding What I Don't Understand

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START

There are several things in life that we don't understand. We might not know how the internet works. We know it's there and how to use it, but how does it work? When it comes to our faith journey there are also things that God does that we don't understand. How we react to these things shape our faith in one way or another.

- What is a question you will ask God when you get the chance?
- How do you navigate what is not understood in your life?
- How does having faith in God help you in what you don't understand?

READ

[Esther 4:16](#) (NIV)

"Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish."

THINK

Fasting and prayer are such important spiritual practices. While we might be familiar with prayer, fasting is something that is not often talked about. Going without something to center your thoughts on God can prepare us to open our hearts to God's response.

- Have you ever fasted before? What was that experience like?
- What is something you could fast from?

If you have never fasted before, or you have only done it a couple of times. We want to provide you with a tool that can lead you through this spiritual practice. Simply click on this link [Fasting for Beginners](#).

When the unfair, unexpected, and tragedy swarms our lives we can often be stuck in not knowing what is going to happen. It's in these moments where we turn to God and seek His providence - trusting that God is who He says He is and will do everything He has set out to do.

- When do you find it difficult to trust God?
- How has trusting God's providence helped you through a difficult time?
- How can trusting God's providence in your life help point other people to Him?

PRAY

"God, there are so many things in my life and in this world that I don't understand. Give me the peace knowing that you are in control. That you are who you say you are and that you will do what you have set out to do."

ACT

This week, click on the link above for fasting for beginners. Consider fasting from something to help you focus on God and to prepare your heart for God's response.