

## Session 4: Do You Believe

1. Do you journal? If yes, why? If no, why not?
2. Is there anything in your life that you have to change or give up to experience a closer walk with God?
3. When you identify a problem in your life, do keep this to yourself or do you do you share it with a trusted friend asking for advice and prayer? If not, what would have to change in you to start sharing?