



Help! I'm in Darkness

How to use this journal:

- Read through *Help! I'm in Darkness* by Justin Daugherty.
- As you read through each chapter, write down at least three **key truths** that impact you. Space for notes is provided below.
- Thoughtfully work through the **Questions for Reflection**¹ after you read each chapter. Space for journaling your answers is provided.

Introduction/ Chapter 1 <i>Impacting Truths:</i>	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____
Chapter 1 <i>Questions for Reflection:</i>	<ul style="list-style-type: none">• After reading Psalm 88, what are some ways you can relate to Heman? • As you reflect on your situation, do you believe that you are experiencing normal sadness or unexplained sadness? (Ask a godly adult if you need help answering this question.) • Which of the four categories do you think you fall under regarding the cause of your darkness? (You may fit into more than one category.) Explain why you think you fall into this category (or categories).

¹ The *Questions for Reflection* are taken from *Help! I'm in Darkness* by Justin Daugherty, (Shepherd Press, 2024).

<p>Chapter 2 <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> 1. _____ _____ 2. _____ _____ 3. _____ _____
<p>Chapter 2 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> • How can you plan to follow David’s example of crying out to God and sheltering in the Word of God? • How does the reality that God will permanently renew both your inner man and outer man in heaven give you hope? Reread the last paragraph of chapter 2 and use the space below to record the promises you are most looking forward to seeing fulfilled.
<p>Chapter 3 <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> 1. _____ _____ 2. _____ _____ 3. _____ _____
<p>Chapter 3 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> • How might God use your darkness to display His great power?

	<ul style="list-style-type: none"> • How might changing your goal from “I want to feel less depressed” to “I want to glorify God through my trial” help change your perspective on your darkness? • How might repenting and walking in godliness for the glory of God lift your darkness?
<p>Chapter 4 <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> 1. _____ _____ 2. _____ _____ 3. _____ _____
<p>Chapter 4 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> • How many hours a night do you typically sleep? Do you have a pattern of under sleeping or over sleeping? What steps can you take to work toward a routine of a proper amount of sleep? • Why is inner heart change (being renewed in the spirit of your mind) so important to the process of change? (Work through this question with a godly adult who can help you make a positive plan for biblical change.)