I. Recognize Your Current Situation

If we give priority to the outer life, our inner life will be dark and scary. We will not know what to do with solitude. We will be uncomfortable with self-examination, and we will have increasingly short attention span for any kind of reflection. Even more seriously our life will lack integrity. Outwardly we will need to project confidence, spiritual and emotional health and wholeness, while inwardly we may be filled with self-doubts, anxieties, self-pity, and old grudges. Yet we will not know how to go into the inner rooms of the heart, see clearly what is there and deal with it… We turn ourselves into hypocrites. (Tim Keller)

II. Focus on the Reality of Who God Is

What we were made for? To know God. What aim should we set ourselves in life? To know God… What is the best thing in life, bringing more joy, delight, and contentment than anything else? Knowledge of God. What, of all the states God ever sees man in, gives God most pleasure? Knowledge of Himself... Once you become aware that the main business that you are here for is to know God, most of life’s problems fall into place of their own accord. (J.I. Packer)

III. Pour Out Your Soul in Prayer

IV. Speak the Truth to Your Soul

V. Put Your Hope in God of All Grace