Christian Educators

Making an Exchange Guide

1. What is a specific challenge that you are navigating through?

2. Tell Jesus the truth about your thoughts, feelings and/or actions

You can use statement starters like:

- I can't...
- I'm afraid...
- I'm not...
- I'm too...
- I'm angry or resentful about...
- I'm offended by...
- They won't/will...
- God can't/won't because...
- Etc...

3. Ask Jesus to exchange these with His truth, encouragement or perspective

What might Jesus give you during your exchange?

- Specific scripture
- A reminder or sense of his love, presence, or sovereignty and power.
- Reminders of his faithfulness in the past
- New perspectives that change the way you see the situation
- Renewed peace or fresh hope
- Maybe an encouraging word, idea, song, or picture

Making exchanges is a lifelong practice. When you are sensing you are navigating where your living water has "run dry" spend time with Jesus and allow him to replenish your supply!

Scan the QR code to access solitude prompts