

15 Reflection Questions

For Moving From Powerlessness to Agency

Self-Reflection (Ask Yourself)

1. What situation right now feels out of my control?
2. What story am I telling myself about why nothing can change?
3. What emotions (fear, shame, exhaustion) might be shaping that story?
4. Am I seeking safety by avoiding responsibility or choice?
5. What part of this situation is actually within my influence, even if it feels small?
6. How have I seen God meet me before in places that felt hopeless?
7. What's one next step I could take that aligns with courage rather than comfort?
8. Who can help me discern what's truly mine to carry and what isn't?

Empowering Others (Ask Them)

1. What feels hardest about this situation for you right now?
2. What do you wish could change?
3. Where have you seen your own strength or wisdom show up before in something like this?
4. What choices do you still have, even if they're difficult?
5. Who else could join or support you so you don't have to carry this alone?
6. What might "a small act of agency" look like for you this week?
7. How can I walk alongside you without taking over?

