1. Ask yourself, “What is God trying to teach me?” or “What have I learned through this?”

2. Have you changed through this situation? In what way?

3. Get alone with God at this conference or in the next few days. Ask Him to show you what He’s done or has been doing that maybe you haven’t picked up on.

4. If God brings something to mind, or if you already know what the redemptive side of your story is, ask Him to show you how to write it. What will help a fellow sufferer?