

## DEVOTION TWENTY FIVE.

**What is your internal question that goes round and round?**



Many of us do not give a huge amount of attention to our inner worlds. We just crack on with life and then get surprised by a huge surge of emotion every now and again. We wonder where it comes from? We suddenly feel angry, sad, joyful, frightened, happy etc, but we find it hard to acknowledge or explain where the feelings come from.

Silence, solitude, and reflection have become a thing of the past, as our attention is often drawn away from thinking about ourselves and onto various kinds of social media. Once we embark on this journey it is not long until we find ourselves comparing our lives to others. We can become trapped in a world that does not belong to us. We watch and read the thoughts and feelings of others, not even knowing how real they are, and we can get so lost.



As you read this devotional I would like you to spend some time in your inner world by asking yourself what is my one question that keeps coming back to me? This is important because it shows where you are at in your life at this present moment in time.

Example internal questions that I have felt at different times in my life have been...

What is the point of life? What will happen when I die? How do I get people to like me? Does God care? Does my wife love me?

It is essential to listen to your question, that one that keeps going round and round, the one that resurfaces when you have time to think. Do not avoid the question. Let it be there. Talk to God about it. Share your question with a trusted friend. If you explore the question, it will show you where you are at in your life.

In Matthew chapter 16 verse 15. Jesus asks this question to his disciples "But what about you? Who do you say I am?"

The answer to this question will define your life. Who do you say Jesus is? How does your answer relate to your internal question that goes round and round?



**WRITTEN BY GARY**