

# THE BIG WHY!

Understanding the Why behind your struggle!

**For nothing is hidden that will not be made manifest, nor is anything secret that will not be known and come to light.**

**Daniel 2:22 ESV**

## THE BIG WHY!

- The issues in our lives will often cause physical symptoms of illness. When we don't understand what we are feeling and why we are feeling that way it will often cause us to resort to only managing the symptoms.
- We often don't realize that there are underlying reasons to what we are experiencing.
- Understanding the physical symptoms of some of our emotional states will help us realize that we are not physically ill, but our bodies are showing symptoms of a deeper emotional issue.
- Don't just deal with the symptoms then you will never resolve the issue that is causing the problems in your life in the first place.

## Physical symptoms

headaches  
migraines  
sleeplessness  
insomnia  
heart palpitations  
panic attacks  
sweating  
stomach aches  
tired  
lack of appetite  
adrenal fatigue

food cravings  
addictive behavior's  
nausea  
dry mouth  
excessive crying  
unable to control breathing  
difficulty concentrating  
issues with memory  
unable to do anything

Which of these physical symptoms? What is causing you to feel that way?

## Areas we struggle

blah	Anxiety
unmotivated	Depression
lack of energy	insomnia
physical illness	fear
mental illness	self hatred
spiritual disconnect	grief
isolation	hopelessness
terror	stress
fatigue	insecurity
rejection	sadness
anger/ rage	frustration
abandonment	overwhelmed
	overly emotional

Have you ever felt any of these ways but had no idea WHY?

Search me, God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.

*Psalm 139:23*

# Iceberg Analogy

The top of the iceberg represents what we see, feel or experience in our lives. We can try to chip away and deal with only the top of our iceberg because we don't realize there is a much bigger underlying issue.

The part of the iceberg below the water represents the part of our issues that we are unaware of. It is symbolic of the underlying issue or root of the problem. We often don't realize there is more to the situation than what we can see on the surface. (Note: The part of the iceberg below the surface is much larger than the part you can see.)

## How do we discover the deeper WHY to our struggles?

**Ask yourself questions until you get to the root!**

It takes an average of 7 times of asking yourself why before you get to the real reason you are struggling.

Why do you think it takes us so many times of asking why to get to the root?

So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. *2 Corinthians 4:18*

## Questions to ask yourself

- What I am feeling?
- When did I start feeling this way?
- Why am I feeling this way?
- Did someone, something or an event trigger these feelings in me?
- What thoughts am I having?
- What do I need?
- What needs do I have that I have been neglecting?

## Things to Consider

- Journaling your answers to these questions will be very helpful for you to process all that you are feeling and thinking.
- Be specific, ask yourself why to certain key words from your previous answer.
- Consider what is going on in your life at the time.
- Are the physical symptoms I am feeling associated with a feeling I am having?
- Do you feel this way often, or at certain times?
- Do you feel this way at certain times of the year? Was there something significant that happened in your life at this time of year?
- What thoughts about yourself, others or God when you are struggling?

## Are there things you need to deal with?

- Is there something you need to face, that you have been avoiding that is causing you issues in another areas?
- Is there someone you need to forgive for how they have wronged you, perhaps even yourself for something you have done?
- Is there something you need to repent of towards God or another person?
- Is there something you need to let go of? This could include unmet expectations, failures, unfulfilled dreams, words others have spoken over you, or abusive relationships?

What does God want me to know about my area of struggle? At the root of our struggles is often a lie. Ask God to speak truth to you so you can resolve that issue in your life.

Feel free to use this page to work out some of the answers to the questions from the previous page.

"For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. *Isaiah 55:8-9*

# Activation

## **ASK YOURSELF THE DEEPER WHY!**

To get to the root of your feelings, you will need to continue asking yourself why until you get to the underlying issue. If you are not sure where to start you can use some of these question prompts to help you go deeper..

- **What I am feeling?**
- **When did I start feeling this way?**
- **Why am I feeling this way?**
- **Did someone, something or an event trigger these feelings in me?**
- **What thoughts am I having?**
- **What needs do I have that I have been neglecting?**
- **What do I need?**

What would you like to discover the deeper underlying reasons for in your life today so you can process it and move forward.

# 4 Keys to Remember

- 01 DON'T BE SATISFIED TO ONLY DEAL WITH YOUR SYMPTOMS. RECOGNIZE THEM FOR WHAT THEY ARE AND PURSUE THE DEEPER THINGS.
- 02 YOUR STRUGGLES ARE NOT A SIGN OF WEAKNESS, ONLY THAT YOU HAVE SOMETHING THAT NEEDS TO BE ADDRESSED IN YOUR LIFE. BE EMPOWERED TO FIND THE SOLUTIONS.
- 03 TAKE YOUR THOUGHTS SERIOUSLY THEY WILL HELP YOU DISCOVER THE UNDERLYING ISSUES.
- 04 CONTINUE ASKING YOURSELF QUESTIONS UNTIL YOU UNCOVER THE ROOT OF THE ISSUE. ONCE YOU DISCOVER THAT THEN YOU WILL BE ABLE TO HEAL FROM IT OR RESOLVE IT.

WHAT YOU SEE ON THE OUTSIDE IS  
JUST THE TIP OF THE ICEBERG