



The Tonya Story

By Tonya Carrington

- Take a moment to reflect on Tonya's story. How does her story directly connect to you or a relative in your life?
- At what point in Tonya's life did things take a turn for the worse?
- Was there a time in your life that things took a turn for the worse? What happened? What was it like for you? For your family?

Bonus Questions:

- What decisions were Tonya in control of?
- Make a list of things you are in control of in your life.
- After creating the list, take one item at a time and begin to think through how to take specific steps to get back in control of your life.

Reach UP to God:

Pray this prayer: "Lord, sometimes it's hard to stick with the best thing for my life. It seems easier to go back. Help me to stick with the plan and look to the future You have for me. Amen."