DAY 20

Inquiring of the Maker

Inquiring Amid Life's Paradoxes

Today's Diary at a Glance

In Day 20, Kimberly wrestles with the deep paradoxes of her life, bringing her most vulnerable questions directly to God. From childhood depression and an adolescent mental health evaluation to surviving a college suicide crisis and facing memory loss, she has often lived between remarkable intellectual strength and private exhaustion. Her autism and ADHD diagnoses offered clarity for her differences, yet she realizes no label fully captures her entire journey. Kimberly reflects on preaching strength in weakness through 2 Corinthians while yearning for practical relief and consistency. Rather than demanding resolution for every painful contradiction, she learns that faith welcomes honest lament alongside medicine, counseling, and rest. Embracing all past versions of herself with grace, she affirms that every life holds dignity and sacred value.

Key Life Lesson

Living with unanswered questions does not diminish the progress or depth of personal growth. Fluctuating capacities, shifting support needs, and neurodivergent differences are natural realities rather than signs of personal failure. Human worth remains constant whether one is functioning with ease or needing deep rest.

Spiritual Reflection

2 Corinthians 12:9 (KJV)

Drawing from Paul's thorn in the flesh, Kimberly discovers that God's grace invites authentic expression of human limitation rather than forced pretense of strength. Honest faith makes room for ongoing questions, medical care, and professional support without viewing struggle as a spiritual deficit.

Moment of Grace

May you extend tender compassion to every past version of yourself that fought silently to survive and belong. You do not need to be consistently strong or have every paradox resolved to deserve love and deep peace today.

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Today's Self-Reflection

1. Have you ever asked God why your life seems to contain so many contradictions? Perhaps you are gifted in one area but struggle in another. Perhaps people see you as strong while you privately feel overwhelmed. Perhaps you have experienced healing in some areas while continuing to need support in others. Or perhaps you have spent years trying to understand why you feel different from the people around you.
2. Consider the questions you have carried quietly. What have you been afraid to acknowledge?
3. Have you interpreted your limitations as evidence that you are less capable or less worthy?
4. Have you felt pressure to appear strong because others depend on you?
5. And have you given yourself permission to seek understanding without demanding that every answer arrive immediately?
6. Today, consider approaching yourself with the same compassion you might offer someone you love.

My Journal

1. If you wish, name a tender question you have carried quietly before God or in your heart, allowing it to sit on the page without rushing to resolve it.
2. If you wish, write a compassionate letter of gratitude to a younger version of yourself who navigated confusing emotions or masked to stay safe.

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Prayer & Application

Prayer prompt: If prayer is part of your practice, bring your honest questions and weariness into the quiet presence of your Maker today. Ask for the peace of knowing that your sacred worth remains whole, even when answers remain incomplete.

Practical takeaway: Write down one contradiction you have felt burdened by, and beneath it, offer yourself a gentle affirmation acknowledging both your giftings and your genuine need for support.

Reading Circle Discussion

1. What contradictions between your private vulnerabilities and public strengths have felt most challenging to hold?
2. How has your understanding of personal worth shifted when navigating seasons where your capacities or memory fluctuate?
3. In reflecting on 2 Corinthians 12:9–10, how does reframing grace as permission to acknowledge limitation reshape your view of weakness?

Your written responses belong to you. You may leave any prompt unanswered and decide whether to share anything in a group.

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Read the complete chapter in your published book.

The Diary of a Neurodivergent Black Woman

30 Days of Faith, Identity, Healing, and Becoming · Kimberly J. Lewis, M.Div.

This companion includes manuscript-based summaries, the original questions in Today's Self-Reflection, and newly developed companion exercises. Scripture reference: 2 Corinthians 12:9 (KJV). Source: Approved manuscript · Day 20 · pages 122–134.

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