reflect.

START LOOKING AT THE BAD THINGS AS OPPORTUNITIES FOR GOD TO DO GOOD.

grab.

2020 has been an extremely difficult and stretching year. You have an incredible opportunity to reflect and grow from every difficult moment. ***Schedule*** a time for you to stop and reflect. ***Grab*** a journal or notebook and your favorite pen.

capture.

Capture every challenge, obstacle, fear, disappointment and ***bad thing*** that you have encountered this year. Don't rush this process.

Write down as many as possible. ***Read*** back through the entire list. ***Realize*** that what you have experienced has been a lot.

recite.

Recite Romans 8:28 out loud with conviction and assurance, knowing that God is at work in all things.
Emphasize every word in ***red***.

And we ***know*** that in ***all*** things God works for the ***good*** of those who ***love*** him, who have been called according to his ***purpose***.

ROMANS 8:28

reflect.

Now, here is the encouraging part. Look at everything you have captured. Start asking yourself the questions at the right. Reflect on how God has taken the bad and turned it for Good. Capture every thought - no matter how big or small.

How has God ***SUSTAINED*** you?
How has God ***PROVIDED*** for you?
How has God ***SURPRISED*** you?
How has God ***ENCOURAGED*** you?
How has God ***STRENGTHENED*** you?
How has God ***SHAPED*** you?
How has God ***COMFORTED*** you?
How has God ***LED*** you?
How has God ***GUIDED*** you?
How has God _____you?