



## MY ONE WORD, PART 3: REFINED

Most of us assume that when life gets uncomfortable, something has gone wrong. We interpret pressure and pain as signs of failure—or even God’s absence. But Scripture tells a different story. What if the heat you’re experiencing isn’t punishment or neglect, but intentional refinement?

Let’s reconsider our suffering—not as something to escape, but as something God may be using to shape us. If you’ve ever asked, “*Why is this happening to me?*”, then this message is for you.

### BIG IDEA: God refines what He intends to reflect.

#### DISCUSSION QUESTIONS

1. What’s one thing in life that becomes better *only* after heat or pressure (food, exercise, metal, etc.)? Why do we struggle to apply that same idea to our spiritual growth?
2. *With your Bible or Bible App, [read Luke 22:31–32](#).*

<sup>31</sup> “Simon, Simon, Satan has asked to sift all of you as wheat. <sup>32</sup> But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers.” <sup>33</sup> Peter being the man replies: “But he replied, “Lord, I am ready to go with you to prison and to death.”” <sup>34</sup> “Jesus answered, “I tell you, Peter, before the rooster crows today, you will deny three times that you know me.”” [Luke 22:31-34 \(NIV\)](#)

3. How must Peter feel after Jesus’ statement? What is Jesus trying to teach Peter?
4. What stands out to you about the fact that Jesus doesn’t remove the trial—but prays for Peter’s faith? How does this reshape the way you view hardship?
5. Peter is sincere, confident, and loyal—yet still overestimates his own strength. Where are you most tempted to rely on yourself instead of God?
6. *With your Bible or Bible App, [read Luke 22:61–62](#).*

<sup>61</sup> “The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: “Before the rooster crows today, you will disown me three times.” <sup>62</sup> And he went outside and wept bitterly.” [Luke 22:61-62 \(NIV\)](#)

7. What questions must Peter have about Jesus? About himself?
8. Why do you think Jesus’ look toward Peter was about truth rather than shame? How has truth—though painful—been purifying in your own life? What ‘rooster crowing today’ reminds you when you failed?
9. *With your Bible or Bible App, [read 1 Peter 1:6–7](#).*

“In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed.” [1 Peter 1:6-7 \(NIV\)](#)

10. What circumstances do you think these people faced that would cause Peter to write like this?
11. How does Peter’s perspective help us trust in God’s work in our present pain? What might God be forming in you that couldn’t be formed any other way?
12. CJ said, “*The fire doesn’t create impurities—it exposes them.*” What kinds of attitudes, fears, or habits tend to surface when life gets hard?
13. Under what fiery circumstances has your faith become more genuine, by melting it down to essentials?
14. CJ emphasized that refinement requires proximity—we can’t walk away too soon. What does “staying in the fire” look like in your current season of life?

15. What is one thing God may be revealing to you that He wants to remove? What would surrender look like instead of hiding or resisting? How could this group support you in staying faithful through refinement rather than quitting too soon?

## MOVING FORWARD

Refinement isn't about destruction—it's about transformation. God never wastes pain, pressure, or disappointment. If you're in the fire, it's because God sees something in you worth refining. Stay close. Stay surrendered. And trust that when the process is complete, God's reflection will be clearer in you than ever before.

## CHANGING YOUR MIND

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*1 Peter 1:6–7 (NIV)*