

Newbreak 360

How to Grow Through What You're Going Through

How do I grow through what I'm going through?

1. _____ **and** _____ **the damage.**
(1 Kings 19:1-8 NLT; Psalm 34:18 NIV)

Know that grief is not a "problem to be solved", but a process to engage.

2. _____ **for the** _____
of God. (1 Kings 19:8-13 NLT)
3. _____ **begin to** _____
your future.

Build reserves, not just resilience, in your life.