

Newbreak 360

How to Grow Through What You're Going Through

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

1. **Stop and surveil 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. **Listen for the gentle whisper of God.** (1 Kings 19:8-13 NLT)

3. **Let God begin to reshape your future.**

Build reserves, not just resilience, in your life.