

## O COME AND SEE WHAT GOD HAS DONE FOR ME

In helping us to frame our thoughts for reflection there are some key points to help guide our thoughts. After identifying a situation we wish to reflect on, the key is to focus on the aspect of growth and that process of overcoming (even the most overwhelming circumstances). Though we may never know or hope to know on this side of the kingdom the WHY of a trial we most definitely feel the pain and suffering from the HOW of God shaping us. We can take comfort that God has revealed to us that there IS reason and meaning behind each trial, and it is important to acknowledge that so we can reflect on our transformation.

We will organize our thoughts into three main sections:

THE TRIAL: What was your Red Sea Moment?

- Think of time where you felt: trapped, afraid, alone, lacked purpose, lacked motivation, fearful, weary, with no friends, lacked control, despair, overwhelmed, anxious, could not see a way out
- Something missing, no meaning to life

PROCESS OF DELIVERANCE: Crossing the Red Sea

- Describe the circumstance that allowed you to consider God as the solution.
- What events led to this change?
- Did this happen over a period of time?
- How was your faith challenged?
- What scriptures did you find helped you through this process?
- Did any individuals help support you through the trials?
- How did God make a way of escape?
- Was there a mindset you had to adopt to help you through?

RETURNING TO PRAISE GOD: "O Come and See What God has done for me"

- What lessons have you learned through your trial or troubles?
- How have you changed as a disciple of Christ?
- How are you able to support and comfort others in similar trials?
- How did God fulfill your needs?
- How have you found peace through your situation?
- How can you use this situation to profess what God has done for you?
- How has your perspective changed?

*This exercise is often easiest to do in hindsight, considering a situation in the past that was especially challenging but one that made us grow. We might be in the midst of a very hard trial right now and finding ourselves at the foot of the Red Sea and not able to see how we will overcome it. However, being able to reflect on how God has worked with us in times past can be helpful in trying to cultivate a mindset of thankfulness and trust in God in delivering us from the present trial.*

*Once you have written out and organized your thoughts, it is often helpful to share with someone or a trusted group of people you feel comfortable sharing with. Doing this as a small group activity can be very powerful in helping to build and encourage one another up. Being able to verbalize our difficulties can be key in helping us process our experiences.*