



She Goes Through it, but She Grows Through It

Faith in Difficult Times of Life

SISTERS MANTRA

There's nothing too hard for God.

I am a daughter of the King.

God see's me!

He has great plans for me!

I will strive to live as a Christian should.

I will inspire and encourage my sisters to
do the same.





Many of us have asked God to change some aspect of our lives. But have you ever asked Him to change YOU?

We ask Him for a better job, restored relationship, freedom from anxiety, healing in our bodies, and there is nothing wrong with those desires, but God is far more interested in transforming who you are than in simply improving what you have.

Until we understand that, we will continue to ask for things, never growing as a person and never growing closer to our God.



Are You Stuck?

- Are you praying the same prayer over and over?
- Continually having the same issues in your relationships?
- Getting yourself into the same predicaments?
- Are you the same person spiritually as you were this time last year?

Why Is Nothing Happening for Me?

- You can attend every service, every Bible class, every church event, listen to every sermon, read every devotional, and still leave untouched on the inside.
- Not because God isn't powerful, but because real transformation requires true surrender, not just activity.
- Maybe God is waiting on you to move, before He moves.



Why We Go Through It...

1. **Storms Grow Us**-Trials develop perseverance, maturity, and spiritual strength."The testing of your faith produces perseverance." James 1:2–4
2. **Storms Teach Us to Trust God**-When we can't control the outcome, we learn to depend on God instead of ourselves.
"When I am afraid, I put my trust in you."-Psalm 56:3
3. **Storms Deepen Our Roots**- A faith that has never been tested can remain shallow. Storms push our roots deeper into God's Word, His presence, His promises.





4. Storms Refine Our Faith

God can use difficult seasons to reveal what is in us, remove what doesn't belong, and make our faith stronger.

“The tested genuineness of your faith—more precious than gold...” — 1 Peter 1:6–7

5. Storms Prepare Us to Help Others

What God brings us through can become part of how He uses us to encourage, strengthen, and minister to someone else.

2 Corinthians 1:3–4

Bottom Line

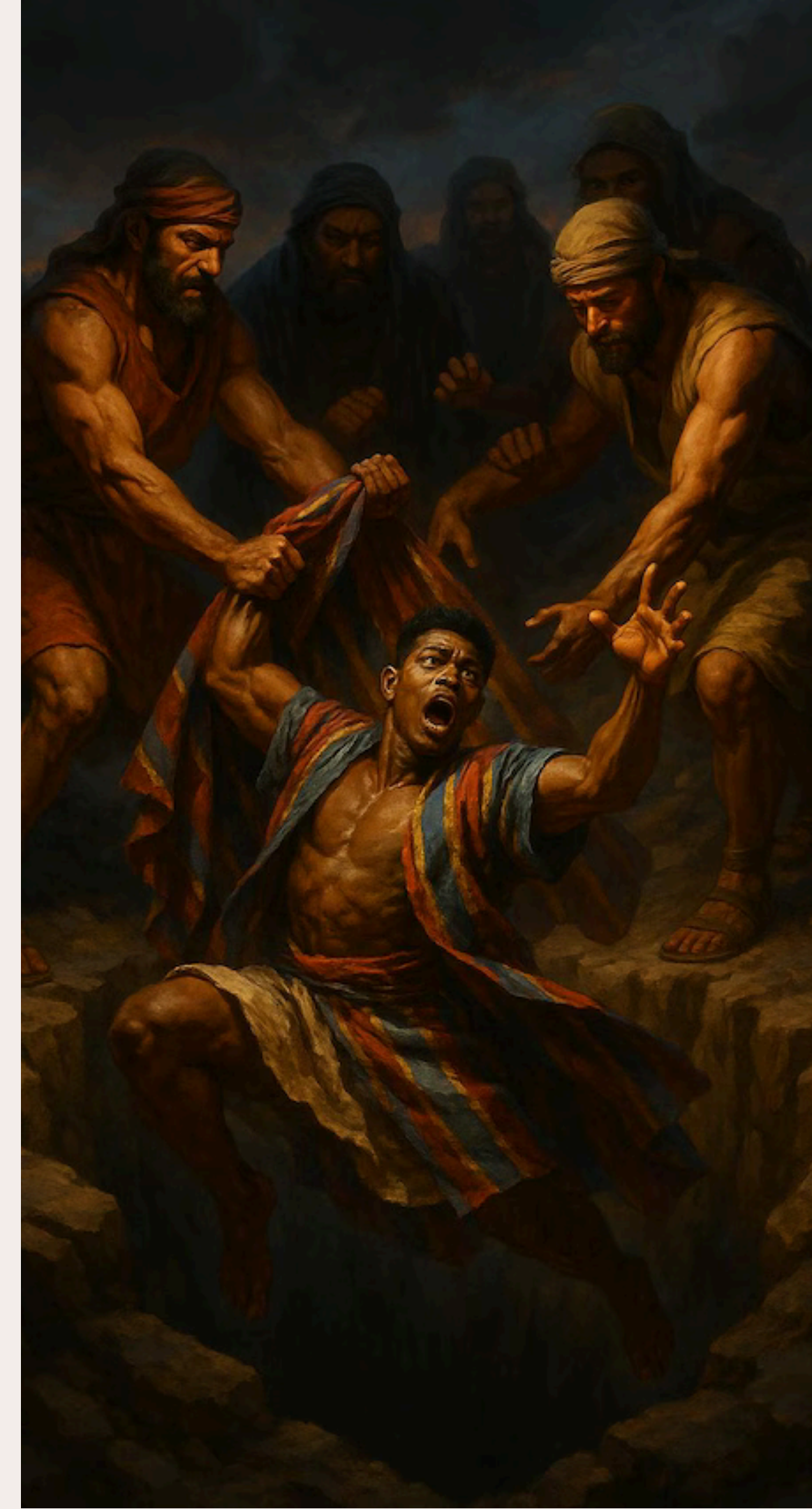
God does not promise a storm-free life. He promises that we will never have to walk through the storm alone.

The goal isn't just to GET THROUGH the storm—it's to GROW THROUGH the storm.

Examples of Faith and Growth in the Storms of Life

- Abraham waited for Isaac
- Joseph endured the pit, slavery, false accusations, and prison before reaching the palace.
- David was anointed king but waited years before sitting on the throne.
- The Israelites walked through the wilderness before entering the Promised Land.

"Consider it all joy, my brothers and sisters, when you encounter various trials, knowing that the testing of your faith produces endurance, and let endurance have its perfect result, so that you may be perfect and complete lacking nothing." James 1:2-3



God Desires for Us to Grow



2 Peter 3:18 –But grow in the grace and knowledge of our Lord and Savior Jesus Christ...



James 1:2-4 – Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be **MATURE** and **COMPLETE** , not lacking anything.



Col 1:10: “So that you may live a life worthy of the Lord and please Him in every way: bearing fruit in every good work, growing in the knowledge of God.”

God tells us, “Do not conform to the patterns of this world, but be transformed by the renewing of your mind.” Romans 8:28

God isn't trying to
fix the outside
version of you.

God is trying to
rebuild you from
the inside out

What does it actually look like for us to grow?

You start being honest. Who is the real you? Are you being truthful about what you see when you look in the mirror? Are you performing?

You recognize that transformation will be painful, but invite it in any way. You learn to not confuse pruning with punishment.

You understand that the mind is a battlefield where transformation is won or lost. You know your thinking must change and you must become a new creature (Ephesians 4:23). Requires intention!

You wait on Him to do His work in you. Can't rush the process. Phil 1:6- The word completion implies a process, a timeline, a season, THEN the process will be completed.





Levels of Spiritual Growth: Behavioral Transformation

The first part of growth is Behavioral Transformation-when God changes what you do. This level of transformation is visible. God begins by touching your choices, your words, your rhythms and the way you show up to the world. Obedience at this stage is not about performing, but about practicing and being intentional until a new way of living becomes your normal. You stop exaggerating and start telling the truth, you return what is not yours, you answer softly when you feel like going off, you follow through on what you promise, you say no to the small compromises that use to feel harmless, you stop feeding habits that keep your soul sick and tired. Your devices and your calendar begin to reflect a new loyalty.

Levels of Spiritual Growth: Behavioral Transformation con't

Think of this level as spiritual physical therapy. You have to retrain reflexes that have been natural to your body for years.

You learn to pause before you post, you chose silence over sarcasm, you take the lower seat in a conversation, you ask for forgiveness without adding any excuses, you practice generosity in secret, because your heart remembers that it's about God, not about winning, getting the credit, or being seen.





Levels of Spiritual Growth: Inner Transformation

This is when God changes how you think and feel. He begins to work on the mind and the heart that drive your behaviors. This is not about gaining new information, but about allowing the Holy Spirit to rewire how you see the world. Here, God isn't correcting what you do, He wants to address why you do it. He touches motives, attitudes, and hidden fears that have quietly shaped your choices. You recognize purity of motive matters as much as purity of behavior. You notice pride where you once saw passion, resentment where you thought there was justice, control hiding inside what you called care. The beautiful part, he does not expose these things to shame you, He exposes them to free you. You start to want alignment more than achievement. God opens what hurts, so he can heal what hides. He brings up memories, patterns and lies you have believed for years, not to torment you, but to remove their power. He teaches you to stop running from pain, and to start listening for His voice inside it. When He shows you a wound, He also shows you a promise. Let Him work, refine you and burn off every impurity.



Levels of Spiritual Growth: Identity Transformation

This is when you become who God designed you to be. You are not becoming a better version of yourself, you are becoming a truer reflection of Christ. You no longer see your self mainly as the person who failed, struggled, or messed up. You start to recognize that you are not defined by your past, your weakness or even your strengths. You are defined by His presence in you. 2 Cor 5:27 says if any one is in Christ, he is a new creation, old things have passed away and all things have become new. Godly character and behavior is natural. Just as a branch does not strain to bare fruit, but simply abides on the vine. You will begin to bear fruit simply because you remain connected to God. Sin starts to feel foreign, not because you are perfect, but because its against your nature. Your heart has changed homes. Identity transformation doesn't mean you never struggle again, it means the struggle doesn't define you!



Three questions I want you to ask yourself

1. Am I spiritually growing and becoming more like Christ, or am I just learning more about Christ?
2. How do I respond when life doesn't go the way I want?
3. Is my relationship with God changing the way I live and treat others?

Where Do We Start?

BE HONEST!



Replace Old Thinking With God's Truth

- Romans 12:2 connects transformation with the renewing of our minds. Many of us have spent years developing certain ways of thinking.
- Examples: fear, comparison, pride, people pleasing, bitterness, self-reliance, doubt, defensiveness, jealousy, envy, and negativity.
- God's Word will gradually replace those patterns with truth.
- Transformation happens when God's truth becomes louder than our old thought patterns.
- God has given us brains capable of change. Science calls it neuroplasticity. We just have to be willing to do the work.



God gave us Neuroplasticity...



- Neuroplasticity is the brains God given ability to change, reorganize and form new neural connections throughout our lives.
- What we repeatedly think, believe, focus on, and practice can strengthen pathways in the brain and build new habits
- This is why staying rooted in God's Word matters and works!
- We may not be able to control every thought that enters our minds, but we can choose which thoughts we continue to feed. Phil 4:8, 2 Cor 10:5, Col 3:2

A close-up photograph of an open book with a lit candle resting on it, set against a dark, textured background. The candle is lit, casting a warm glow. The book is open, showing text on the pages. The background is dark and out of focus.

Invite the Holy Spirit into the Process

- Pray, Lord open my heart to Your Word. Show me anything in my thinking, attitude, desires, or actions that doesn't align with You. Give me the humility to receive Your correction and the courage to obey what You show me.
 - David prayed – “Search me, O God, and know my heart...and lead me in the way everlasting.” – Psalm 139:23-24
- Transformation requires honesty. We have to become willing to say, God show me, me. Not my spouse, not my children, not my family, not my friend, not the person who hurt me, but ME!!!!
- One sign of spiritual maturing is when we stop using scripture to evaluate everyone else and begin allowing scripture to evaluate ourselves!



Read God's Word Expecting Transformation

- How do we read scriptures?
- Allow the Bible to study us.
- It will expose motives, reveal attitudes, challenge assumptions, correct thinking, confront sin, strengthen faith, and reveal our character.
- It will show you who you are, if you are open and honest enough to receive the truth.



Slow Down and Meditate on God's Word

- Spiritual growth isn't necessarily about reading more. It's about sitting with what you've already read.
- Sometimes one verse carried throughout your day can transform you more than several chapters read quickly.
- Psalms 1 describes the person who meditates on God's Word day and night as "a tree planted by streams of water."
- A tree doesn't become strong overnight. Its roots grow slowly. And much of that growth happens where nobody can see it. The same is true spiritually.
- Let God's Word move from the page>into your mind>into your heart>into your life. Identify the gaps between God's Word and your life.



Simple Daily Practice for Spiritual Growth

Give God 15 intentional minutes each day.

READ → RECEIVE → REFLECT → RESPOND → REPEAT

- 2 minutes- **PRAY**, “God prepare my heart to hear you”
- 10 minutes-**READ** and meditate on a manageable passage slowly. What is God revealing about Himself and what He is revealing about you.
- 3 minutes-**RESPOND**. Write down whatever is on your heart.
- Here are some prompts that may help.
 - What is God showing me?
 - What needs to change in me?
 - What will I do differently today?
- Ask God to help you become the person He has called you to be.