## Main Thought and Scriptures:

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the image of his Son..." (Romans 8:28-29 NIV)

Scripture reminds us that God is constantly working in our lives through "all things." He uses the good, bad, and ugly to shape us into "the image" or character of Christ. It is important to regularly reflect on what God is doing in our lives so that we can truly learn the lessons He is trying to teach us. Regular reflection also gives us a greater sense of gratitude as we acknowledge the fact that through all things, God is with us and is always working in us.

## **Reflection:**

(Select those that apply)

- Take turns sharing one highlight of this season of your life, something positive that you are grateful for. What do you think God is trying to teach you through that? How is God shaping you through this?
- Share one "lowlight," something that is challenging or disappointing in this season of your life. How is God shaping your character through this? What do you think He is trying to teach you?
- What practical steps can you take to become more like Christ through BOTH the good and the bad? Explain.

## Prayer:

(Break into groups of two or three to pray)

- Pray for one another to allow the circumstances of our lives to shape us into the image of Christ.
- Pray for the opportunity to share the gospel or to pray for a friend or family member this week.