



10 Steps to Surviving a Refining Season

1. *Humble ourselves before God.*

God is not upset with us, but He can only do a work in us if our hearts and minds are surrendered to His ways and plans.

2. *Pray a prayer of repentance.*

Is there anything we need to turn from or repent of? Could there be known sin, a bad habit, a negative attitude, someone we need to forgive, or a relationship we should no longer be a part of?

3. *Ask God to show us what needs changing in our lives.*

Partner with Him in the process, and instead of asking Him to remove the trial, ask Him to show us what we need to change.

4. *Acknowledge the pain.*

The refining process is often very difficult, but it's incredibly healing to be vulnerable with God about how difficult it is. Learn to be honest with God because there's nothing we are able to hide from Him.

5. *Trust the goodness of God.*

Do we believe God is inherently good? If we don't, it will be very hard to trust Him. Ask Him to reveal His goodness to us through His Word. When we search the scriptures on our own we will be amazed at how He will transform us.

6. *Stand on God's promises with faith.*

Often during a refining season, it's difficult to grasp God's promises. Everything we're experiencing is difficult. Our faith will grow as we learn to exercise it. Flabby faith doesn't believe, but tested faith stands strong.

7. *Hold on to hope.*

Hope believes things will get better, trusts the season of refining will end, and new growth will take place because of it. Hope looks to Jesus each day for the strength to endure.

8. *Control our thoughts.*

The battle is waged in our minds. It's important to take every thought captive and make it obedient to the Word. Think about the things which are good, lovely, and excellent, instead of worrying about everything. This discipline will take a lifetime to perfect.

9. *Fix our eyes on Christ.*

Our inclination will be to look at our difficult circumstances, but we must learn to shift our gazes to Christ, each day, every day.

10. *Learn to persevere.*

We are not comfortable with long-suffering in our fast-paced culture. We'll do anything to end our pain, but it's by learning to persevere through hardship, we gain the most.

Remember Dear Ones, God is for us and He is doing something beautiful in us through our refining season. We must move closer to Him while we learn.

"This trouble you're in isn't punishment, it's training."

- Hebrews 13:7 The Message