

Soufuvibesinc

Refinement Reflection Guide

Life's challenges shape and refine us, just like precious metals in the fire. Use this guide to reflect on how your current season is strengthening your spirit.

Reflection Prompts:

- What current challenge am I facing?
- How might God be using this to refine me?
- What old habits or mindsets do I need to release?
- How have I grown through past difficulties?

Scripture to Reflect On:

- Daniel 3:25
- Romans 5:3-4: 'Suffering produces perseverance; perseverance, character; and character, hope.'

Action Steps:

- One habit I will let go of this week:

- One faith-filled step I will take today:

Closing Affirmation:

"I trust the refining process. I am growing stronger every day."