



Study Guide, Episode 44: How to G.R.O.W. Through What You Go Through

Jeremiah 29-33, 36 Lamentations 1,3

w/Natalie Gessell

00:00-04:51	“QOTW: How do I G.R.O.W. through what I have to go through?”
04:52-15:01	“Self-compassion & kindness is a first step”
15:02-23:57	“He’s going to build me & plant me, and help me grow & help others”
23:58-27:35	“‘In our own personal Gethsemanes:’ focus on ‘small wins’”
27:36-37:41	“G.R.O.W.=Grasp Repeating Opportunities for Wisdom, & ‘Seek peace’”
37:42-48:53	“Self-worth & choosing to GROW”
48:54-END	“The compassion & grace of Christ enables us to grow”

1. Do you compare your trials to others and let that either minimize or maximize how you feel? How might you stop the comparison and focus on what you are going through, acknowledge it is real and challenging, and let yourself feel what you feel?
2. Are you using your hardships & challenges to connect to & help others? Why or why not? What might you be able to help others with, because of what you've been through?
3. What are your current “private Gethsemanes?” What do you feel about these experiences? What needs do you have? What support do you need? What is one thing you can do this week to increase your connection to God & others to receive (& give) better support and care?
4. What are the “small (or big) wins” you've experienced today? How do you look for the positives, even in the midst of your “Gethsemane moments?”
5. How are you “seeking peace,” even “in captivity?”
6. Listen to 27:36-37:41. What might you do to “Grasp Repeating Opportunities for Wisdom” through whatever experiences come your way?

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