

Becoming Reflection Sheet Who God Is Forming Me to Be

You are not just going through something, you are becoming someone.

Take a few moments to reflect on the seasons you've walked through and what God may be forming in you through them.

Step 1: Reflect on Your Seasons: Think of 3 seasons in your life (past or present).

These could be:

- a hard season
- a stretching season
- a season of growth or change

Season 1

What was this season?

How did it feel at the time?

What might God have been forming in me?
(e.g., patience, strength, trust, courage)

Season 2

What was this season?

How did it feel at the time?

What might God have been forming in me?

Season 3

What was this season?

How did it feel at the time?

What might God have been forming in me?

Step 2: Notice the Pattern: Looking back at these seasons, what themes do you see in what God is forming in you?

Step 3: Speak Truth Over Yourself: Complete these statements

God is growing _____ in me.

I am becoming someone who is _____ .

Step 4: Surrender + Prayer: Write a simple prayer to God

“God, help me to trust that you are forming _____ in me,
even when I don’t understand the process _____

Closing Reminder: Nothing you’ve walked through is wasted.
God is using every season to shape who you are becoming.

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