

## Episode 9 Reflection Guide

When God Stretches You Beyond What Feels Comfortable

Take a few moments to reflect on this episode. You may want to write your thoughts, pray about them, or discuss them with someone you trust.

- Where in your life does something feel uncomfortable, unfamiliar, or heavier than expected?
- Have you been interpreting that feeling as something going wrong, or could it be a sign of growth?
- What is one area where you feel stretched beyond what feels comfortable right now?
- How have you been responding to that stretching—avoiding it, resisting it, or leaning into it?
- What would it look like to stay faithful in this season, even if you don't feel ready?
- Where might God be increasing your capacity, even if it feels like pressure right now?
- What is one small step you can take this week, even in the middle of discomfort?

### Closing Scripture

Isaiah 54:2 — Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes.

### Continue the Conversation

If this reflection guide helped you, consider sharing this episode with someone who might need encouragement today.

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