

# Glory & Grit Podcast

## Episode 14 Reflection Guide Fierce Hope in the Middle of Medical Chaos

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 do you need “fierce hope” right now?
- Have you ever felt like being tired meant you were failing? What would it look like to let God meet you with compassion instead of shame?
- Crystal talked about God already knowing what we are walking through. How does that truth challenge or comfort you?
- Is there a place where you have been waiting for healing, answers, provision, or clarity? What would it look like to trust God in the waiting?
- Who has God used to help sustain you in a difficult season
- Is there something painful in your story that God may be slowly turning into purpose, wisdom, or encouragement for someone else?
- What is one way you can practice hope this week without pretending everything is fine?

### Closing Scripture

Proverbs 3:5–6

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.

### Continue the Conversation

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

You can find more episodes and reflection guides at [gloryandgritpodcast.com](http://gloryandgritpodcast.com).

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