Trusting God's Guidance: A 21-Day Journey for Women



A 21-day Bible study for women anxious about God's will, learning to trust His guidance in decision-making and find peace in His Shepherd's care.





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Introduction

Welcome to a transformative 21-day journey designed especially for women who feel anxious and paralyzed by decisions about God's will. Life often brings seasons when uncertainty dominates our hearts—especially when the path ahead isn't clear. In these moments, we may second-guess ourselves, feel overwhelmed, and struggle to recognize God's voice amid the noise.

But there is hope. The Bible consistently shows us how God cares deeply for His daughters, guiding them with tender love like a shepherd leading His sheep (Psalm 23). Through this study, you'll discover the peace and confidence that come from trusting God's loving guidance rather than relying solely on our understanding or feelings.

Each day focuses on a woman from Scripture or biblical truths about God's character that reveal His heart for you. As we walk through Scriptures and devotions, you'll be encouraged to pause, reflect, and hand your anxieties over to God. You'll be gently equipped to make decisions with clarity and faith, learning to embrace God's timing and way—even when it feels uncertain.

This study will gently walk you through essential spiritual practices: prayer, reflection, and journaling. These tools help quiet the mind and open the heart to God's whisper. By the end of these 21 days, my prayer is that you will feel empowered to say, with confidence and peace, "I trust my Shepherd's guidance."







Remember, you are not alone. God's promises and the stories of faithful women throughout the Bible stand as beacons of hope. May each day strengthen your relationship with your Shepherd and remind you that He walks beside you, lovingly leading every step.









Day 1: God's Shepherding Love









Day 1: **B** God's Shepherding Love

Your Verse

Psalm 23:1 - "The Lord is my shepherd, I lack nothing."

Supporting Scriptures

- John 10:27 "My sheep listen to my voice; I know them, and they follow me."
- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."







Day 1: **God's Shepherding Love**

Devotional: Embracing God as Your Tender Shepherd

Starting our journey, let's focus on one of the most comforting images of God's care: the Shepherd. Psalm 23 reminds us that God takes tender care of us, his sheep. When we feel anxious about decisions, it's easy to forget that we are not wandering alone. He is actively leading and providing for us.

God's guidance is rooted in love, not obligation or pressure. He wants the best for His daughters, listening to each anxious heart and leading gently. Remember, trusting the Shepherd means resting in the knowledge that He sees what we cannot and carefully guides with wisdom and mercy.

As you reflect today, consider how the Shepherd comforts and leads you personally. What areas of your life feel like wilderness right now? Bring those worries tenderly to Him and practice trusting His provision for your needs — even when the way seems unclear.







Day 1: **B** God's Shepherding Love

Reflect and Apply

1.	What does it mean for you to call God 'your Shepherd'?
2.	How have you experienced God's guidance in past decisions?
	Where are you feeling anxious or uncertain about God's direction right now?







Day 1: **B** God's Shepherding Love

Journaling Prompts

1.	Write about a time God clearly guided you through a difficult decision.
2.	List areas in your life where you struggle to trust God's timing and peace.
2	Describe what trusting God's shopherding looks like practically in your
	Describe what trusting God's shepherding looks like practically in your daily life.







Day 1: BG God's Shepherding Love

Prayer for Today

Lord, thank You for being my Shepherd and provider. Help me to trust Your guidance today, even when I feel overwhelmed. Calm my anxious thoughts and remind me that You are with me, leading every step. Teach me to listen for Your voice and follow Your path without fear. In Jesus' name, amen.

















Day 2: (Hannah's Trust in Waiting

Your Verse

1 Samuel 1:27 - "I prayed for this child, and the Lord has granted me what I asked of him."

Supporting Scriptures

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Lamentations 3:25–26 "The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord."







Day 2: (Hannah's Trust in Waiting

Devotional: Learning to Wait with Faith Like Hannah

Hannah's story teaches us the power of patient trust when God's timing feels delayed. She longed for a child and prayed fervently but faced years of waiting. Despite the agony of uncertainty, she chose to place her hope in God's promises rather than give up or make impulsive decisions.

Like Hannah, when you are anxious about God's will, you might feel stuck in a waiting season. Remember that waiting isn't passive but an active trust — keeping your heart open, continually praying, and believing God is at work even when answers don't come quickly. *Waiting refines our faith and prepares us for God's best.*

Today, embrace Hannah's example by surrendering your timelines and learning to find strength and peace in the waiting.







Day 2: 💮 Hannah's Trust in Waiting

Reflect and Apply

	Are you currently in a waiting season regarding a decision? How does that affect your trust?
2.	What prayers or promises of God can you hold onto in your waiting?
3.	How can waiting refine your faith and character?







Day 2: 💮 Hannah's Trust in Waiting

Journaling Prompts

	Write about what waiting feels like for you—physically, emotionally, and spiritually.
2.	List Scriptures that encourage you to wait on God's timing.
	Reflect on any fears or frustrations you need to surrender during waiting periods.







Day 2: 🛞 Hannah's Trust in Waiting

Prayer for Today

Father, teach me to wait patiently and trust in Your perfect timing. When I am anxious about decisions, remind me of Hannah's faith and Your faithfulness. Help me to quiet my heart and believe You are working behind the scenes for my good. Strengthen my hope and keep me anchored in Your promises. In Jesus' name, amen.

















Your Verse

Esther 4:14 – "And who knows but that you have come to your royal position for such a time as this?"

Supporting Scriptures

- Joshua 1:9 "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."
- Psalm 56:3 "When I am afraid, I put my trust in you."







Devotional: Finding Courage to Trust God's Purpose

Esther reminds us that God places us in specific positions and moments for His purposes, even if the path ahead feels daunting. When she faced the decision to risk her life to save her people, Esther exhibited courage rooted in trust. Anxiety could have paralyzed her, but faith propelled her forward.

When you feel uncertain about God's will, consider that your current circumstances are part of a bigger story only God fully understands. *Your willingness to step out in faith, even when unsure, can impact many lives.* God calls you to courageous trust—not fear.

Let Esther's story encourage you today to embrace your unique role boldly, assured that God empowers you to do what He calls you to do.







Reflect and Apply

1.	What fears are holding you back from stepping forward in faith?
	How can you remind yourself of God's presence in your unique circumstances?
3.	In what ways might God be calling you to courageous trust today?







Journaling Prompts

	Write about an area where you feel called to be brave but anxious about the outcome.
2.	List how God has equipped you for current challenges.
3.	Reflect on moments you chose faith over fear and their impact.







Prayer for Today

Lord, give me courage like Esther's to trust and obey Your call. Help me overcome fear and believe that You have placed me where I am for a purpose. Strengthen my heart and let Your presence be my confidence in every decision. May I step forward boldly with Your guidance. In Jesus' name, amen.



















Day 4: W Mary's Surrendered Will

Your Verse

Luke 1:38 - "I am the Lord's servant... May your word to me be fulfilled."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."
- Romans 12:1 "Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."







Day 4: W Mary's Surrendered Will

Devotional: Surrendering Your Plans Like Mary

Mary models surrender—the willingness to let go of personal plans to embrace God's will entirely. When the angel announced God's plan, her response was immediate trust and submission despite uncertainty and potential hardship.

Anxiety about God's will often arises from our desire to control outcomes and avoid discomfort. Mary teaches us that true peace flows when we stop resisting and open our hands to God's purposes, even if they stretch and challenge us.

Today, practice saying with Mary, "May Your word to me be fulfilled." Let your heart align with God's plan, trusting He is good and sovereign, even when the path isn't fully clear.







Day 4: 🥰 Mary's Surrendered Will

Reflect and Apply

What areas of your life are hardest to surrender to God's will?
How does trusting God's plan reduce your anxiety about decisions?
What would it look like for you to say, 'May Your will be done' today?







Day 4: 🥰 Mary's Surrendered Will

Journaling Prompts

1.	Write a letter to God surrendering your anxieties and desires for control.
2.	Reflect on times God's plan differed from yours but proved better.
3.	List ways you can actively submit to God's leading in daily life.







Day 4: W Mary's Surrendered Will

Prayer for Today

Father, like Mary, I want to surrender my will and trust Yours. When I feel overwhelmed by decisions, remind me to say, 'May Your will be done.' Help me release control and rest in Your sovereign care. Strengthen my faith to embrace even uncomfortable seasons, knowing You are with me. In Jesus' name, amen. 🙏 🍪 🐒







Day 5: P Deborah's God-Given Wisdom









Day 5: O Deborah's God-Given Wisdom

Your Verse

Judges 4:9 - "Go, process in this way, for the Lord will deliver Sisera into the hands of a woman."

Supporting Scriptures

- James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."
- Proverbs 2:6 "For the Lord gives wisdom; from his mouth come knowledge and understanding."







Day 5: O Deborah's God-Given Wisdom

Devotional: Seeking and Receiving God's Wisdom

Deborah was a leader known for her wisdom and courage, demonstrating that God equips women uniquely to lead and make decisions. When anxious about God's will, it's essential to seek His wisdom above all else, trusting He will direct our steps.

James encourages us to ask God boldly for wisdom, promising He gives generously without reproach. Like Deborah, we can lean into God's counsel instead of our own limited perspective.

Today, invite God to fill your mind and heart with His wisdom as you face decisions or uncertainty. Remember that His wisdom is perfectly designed to guide your unique path.







Day 5: 🖓 Deborah's God-Given Wisdom

Reflect and Apply

1.	How do you typically seek wisdom when facing important decisions?
2.	Are there fears that prevent you from asking God for guidance?
3.	What steps can you take to listen more intently for God's wise counsel?







Day 5: 🖓 Deborah's God-Given Wisdom

Journaling Prompts

1.	Write about times God's wisdom clarified your path.
2.	List questions or areas where you need wisdom from God now.
3.	Reflect on how you can cultivate a habit of daily seeking wisdom.







Day 5: 🖓 Deborah's God-Given Wisdom

Prayer for Today

Lord, I ask for Your wisdom as I navigate difficult decisions. Equip my heart and mind to discern Your voice clearly in the midst of anxiety. Help me to trust that Your knowledge surpasses my understanding and that You lovingly direct my steps. Thank You for Your generous grace. In Jesus' name, amen.

















Your Verse

Luke 18:1 – "Never give up!" Jesus told his disciples a parable to show that they should always pray and never give up.

Supporting Scriptures

- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
- Psalm 34:17 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."







Devotional: Persevering in Prayer Amid Anxiety

Jesus encourages persistent prayer and faith even when answers seem delayed. The persistent woman in Luke 18 exemplifies unwavering trust and refusal to give in to discouragement.

Anxiety can tempt us to give up on seeking God's will or second-guess His care. Yet the Bible calls us to keep bringing our worries and questions persistently before God with thanksgiving, believing He hears and acts in His perfect timing.

Today, renew your commitment to pray consistently and hold onto faith regardless of how slow or confusing the journey seems. God honors perseverance and wants you to know you are heard.







Reflect and Apply

1.	In what ways have you been tempted to give up on seeking God's will?
2.	How can persistent prayer transform your perspective on uncertainty?
3.	What does 'never giving up' look like in your current context?







Journaling Prompts

1.	Write about your current struggles with anxiety and how prayer helps.
2.	List prayers you want to keep renewing in faith.
	Reflect on Scripture verses that encourage perseverance and why they speak to you.







Prayer for Today

Father, teach me to never give up seeking You. When I feel anxious or overwhelmed, help me to bring my concerns boldly to You with thanksgiving. Strengthen my faith to persist in prayer and trust that You hear me and work all things for good. In Jesus' name, amen. \bigwedge

















Your Verse

Luke 2:38 – "Coming up to them at that very moment, she gave thanks to God..."

Supporting Scriptures

- Romans 8:25 "But if we hope for what we do not yet have, we wait for it patiently."
- Hebrews 10:23 "Let us hold unswervingly to the hope we profess, for he who promised is faithful."







Devotional: Holding Onto Hope in Waiting

Anna, the prophetess, is a beautiful example of hopeful waiting and joyful worship even in long seasons of expectation. She waited faithfully in the temple, praying and fasting with undimmed hope.

When anxiety about God's will weighs heavy, hope can feel fragile. But Anna shows us how turning to grateful praise and faith-filled hope can sustain us as we wait.

Today, practice cultivating hopeful waiting—remind yourself that God is faithful, and your season of anxiety will give way to peace as you continue trusting Him.







Reflect and Apply

1.	How does hope change your perspective during anxious seasons?
2.	What spiritual habits help you maintain joy while waiting?
3.	How can you incorporate thanksgiving and worship into your wait?







Journaling Prompts

1.	Write about how hope has sustained you in past hardships.
2.	List things you are thankful for today despite uncertainty.
3.	Reflect on what it means to wait patiently with hope.







Prayer for Today

Lord, fill my heart with hope and joy as I wait on You. Help me to worship and give thanks, even when answers feel delayed. Remind me that You are faithful and my hope is secure in Your promises. Strengthen me to trust Your timing. In Jesus' name, amen. $\checkmark \$















Your Verse

John 20:18 - "Mary Magdalene went to the disciples with the news: 'I have seen the Lord!""

Supporting Scriptures

- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"
- Isaiah 43:19 "I am doing a new thing! Now it springs up; do you not perceive it?"







Devotional: Embracing God's New Beginnings

Mary Magdalene's story reveals that no matter our past or current anxiety, God offers new beginnings through Christ. After devastating loss and fear, Mary became the first to witness Jesus' resurrection and share the hope of new life.

If decision paralysis comes from fear of failure or past mistakes, Mary's transformation reminds you that God can redeem your story and lead you forward with renewed purpose.

Today, open your heart to God's new thing in your life. Trust that He is making ways where there seemed to be none and leading you into fresh hope.







Reflect and Apply

	Are there past mistakes or fears holding you back from trusting God's will?
2.	How does Christ's resurrection bring hope into your decision-making?
3.	What new beginnings do you feel God is calling you to embrace?







Journaling Prompts

1.	Write about how God has brought new beginnings in your life.
2.	List fears or doubts you want to release to God today.
3.	Reflect on how resurrection hope can empower your decisions.







Prayer for Today

Jesus, thank You for making all things new. Help me leave behind anxiety rooted in past failures and embrace the fresh start You offer. Lead me fearlessly into the future You have prepared. Fill me with resurrection hope as I trust Your guidance. In Your name, amen.









Day 9: Futh's Loyal Trust









Day 9: **F** Ruth's Loyal Trust

Your Verse

Ruth 1:16 - "Where you go I will go, and where you stay I will stay."

Supporting Scriptures

- Psalm 118:8 "It is better to take refuge in the Lord than to trust in humans."
- Jeremiah 29:11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you."







Day 9: Ruth's Loyal Trust

Devotional: Following God's Plan with Loyal Trust

Ruth's story showcases loyalty and trust in God's unfolding plan despite uncertainty and loss. Choosing to follow Naomi and embrace a new path, Ruth stepped in faith without knowing the full picture, trusting God's provision.

You too may face decisions that require following God into the unknown. Ruth's example invites you to lean on God's faithfulness as your refuge when human plans seem unstable.

Allow her trust to inspire you to move forward with confidence that God's plans are for your good, even when the way feels unclear.







Day 9: 💗 Ruth's Loyal Trust

Reflect and Apply

What uncertainties make you hesitant to follow God's leading?
How can you deepen your trust when human guidance fails?
In what ways is God calling you to step out in faith today?







Day 9: 💗 Ruth's Loyal Trust

Journaling Prompts

Write about a time you followed God's direction despite uncertainty.
List fears you need to surrender in trusting God's plans.
Reflect on how God's promises give you confidence for the future.







Day 9: **F** Ruth's Loyal Trust

Prayer for Today

Lord, help me to trust loyally in Your plans. When I face unknown paths, remind me that You are my refuge and provider. Give me courage to follow where You lead, knowing Your plans are for my good. Strengthen my faith to walk boldly today. In Jesus' name, amen.







Day 10: Miriam's Praise in Deliverance









Day 10: W Miriam's Praise in Deliverance

Your Verse

Exodus 15:20-21 - "Then Miriam the prophetess... took a timbrel in her hand, and all the women followed her... singing to the Lord."

Supporting Scriptures

- Psalm 100:1–2 "Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs."
- Psalm 28:7 "The Lord is my strength and my shield; my heart trusts in him, and he helps me."







Day 10: 🔀 Miriam's Praise in Deliverance

Devotional: Responding to God's Guidance with Praise

Miriam's response to God's deliverance was joyous praise—an act of joyful surrender and trust in God's faithfulness. Amid anxiety about God's will, praising God redirects our focus from fears to His goodness and power.

Praise strengthens our faith muscles and helps us remember that God fights for us and delights in leading His children to victory.

Take time today to praise God aloud and thank Him for every moment of guidance and provision. Let joy fill your anxious heart as you celebrate your Shepherd's faithfulness.







Day 10: 😭 Miriam's Praise in Deliverance

Reflect and Apply

1.	How does praising God influence your anxiety and trust?
2.	What specific ways have you seen God's faithfulness recently?
3.	How can you cultivate a heart of gratitude amidst uncertainty?







Day 10: 😭 Miriam's Praise in Deliverance

Journaling Prompts

1.	List blessings and moments of God's guidance to praise Him for.
2.	Write about how praise has lifted your spirit in tough times.
3.	Reflect on how your worship influences your decisions and outlook.







Day 10: 🔀 Miriam's Praise in Deliverance

Prayer for Today

God, I praise You for Your unfailing love and guidance. Thank You for delivering me from fear and leading my steps. Fill my heart with joy and trust as I walk with You. May my life continually reflect Your goodness and strength. In Jesus' name, amen.

















Day 11:

Abigail's Wise Peacemaking

Your Verse

1 Samuel 25:32 - "Praise be to the Lord, the God of Israel, who has sent you today... to keep me from bloodshed..."

Supporting Scriptures

- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."
- James 3:17 "But the wisdom that comes from heaven is first of all pure; then peace-loving..."







Day 11:

Abigail's Wise Peacemaking

Devotional: Choosing Wisdom and Peace in Decisions

Abigail demonstrates godly wisdom and peace-making in the midst of a potentially volatile situation. Her quick, prayerful action prevented harm and brought God's peace into conflict.

When anxious about God's will, decisions can feel like crises. Abigail's example reminds us to seek wisdom that pursues peace and to respond calmly with prayerful insight rather than impulsive emotions.

Ask God to give you Abigail's discernment to navigate stressful decisions and create harmony through His wisdom.







Day 11: **(**) Abigail's Wise Peacemaking

Reflect and Apply

1.	Are you approaching your decisions with calm, peace-seeking wisdom?
2.	How can prayer shape your responses to anxiety and conflict?
3.	What steps can you take to promote peace in your decision-making?







Day 11: **(**) Abigail's Wise Peacemaking

Journaling Prompts

1.	Write about a time your calm and wisdom prevented a conflict.
2.	List areas where you need God's peace in tough decisions.
3.	Reflect on how you can cultivate peace-loving wisdom daily.







Day 11: (Abigail's Wise Peacemaking

Prayer for Today

Lord, grant me wisdom and peace like Abigail's. Help me to respond to decision anxiety with calm discernment and prayer. Lead me to be a peacemaker in my circumstances and to reflect Your wisdom in all I do. In Jesus' name, amen.

















Day 12: 💍 Sarah's Faith Despite Doubt

Your Verse

Hebrews 11:11 – "By faith Sarah herself... received power to conceive, even though she was past childbearing age."

Supporting Scriptures

- Romans 4:20 "Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God."
- Psalm 37:5 "Commit your way to the Lord; trust in him and he will do this."







Day 12: 🔥 Sarah's Faith Despite Doubt

Devotional: Persevering in Faith Through Doubts

Sarah's story is one of faith that perseveres even when circumstances seem impossible. She struggled with doubt but eventually trusted God's promise and saw His miraculous provision.

Anxiety can stem from internal doubts about whether God's promises are real for us. Sarah's experience encourages us to bring our doubts honestly before God and choose faith repeatedly.

Today, allow God to strengthen your faith. Commit your ways and worries to Him, clinging to His promises even when your heart wavers.







Day 12: 🖰 Sarah's Faith Despite Doubt

Reflect and Apply

1.	What doubts arise when you face decisions about God's will?
2.	How can you be honest with God about your fears and still choose faith?
3.	What promises of God speak most courage to your heart today?







Day 12: 🖰 Sarah's Faith Despite Doubt

Journaling Prompts

1.	Write honestly about your current doubts and fears.
2.	List Scriptures that encourage faith despite uncertainty.
3.	Reflect on past moments when faith led to breakthrough.







Day 12: 💍 Sarah's Faith Despite Doubt

Prayer for Today

Father, help me persevere in faith even when doubts creep in. Strengthen my trust in Your promises and lead me to give You glory in every situation. Teach me to commit my way fully to You and rest in Your faithfulness. In Jesus' name, amen.







Day 13: 4 The Proverbs 31 Woman's Strength









Day 13: 3 The Proverbs 31 Woman's Strength

Your Verse

Proverbs 31:25 – "She is clothed with strength and dignity; she can laugh at the days to come."

Supporting Scriptures

- Psalm 46:5 "God is within her, she will not fall; God will help her at break of day."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 13: 🚨 The Proverbs 31 Woman's Strength

Devotional: Clothed with Strength and Hope

The Proverbs 31 woman represents a powerful, dignified trust in God's provision and guidance. Her confidence is not rooted in self-reliance but in the strength and Spirit God provides.

When paralyzed by anxiety over decisions, remember that God equips you to face tomorrow with courage and peace. You can trust Him to give you power, love, and self-discipline as you navigate uncertain paths.

Today, embrace the truth that your strength flows from God and laugh with hope into the future.







Day 13: 😂 The Proverbs 31 Woman's Strength

Reflect and Apply

1.	How can God's strength replace your anxiety about the future?
2.	What does it mean to 'laugh at the days to come' in faith?
3.	How does the Spirit empower you to face decisions confidently?







Day 13: 😂 The Proverbs 31 Woman's Strength

Journaling Prompts

1.	Write about ways God has shown His strength in your life.
2.	List fears about the future and give them to God.
3.	Reflect on how you can embody dignity and courage daily.







Day 13: 🚨 The Proverbs 31 Woman's Strength

Prayer for Today

God, clothe me with strength and dignity today. Replace my fear of the unknown with laughter and hope. Empower me with Your Spirit to face every decision with power, love, and self-discipline. Help me walk confidently in Your guidance. In Jesus' name, amen.







Day 14: 👸 Elizabeth's God-Prepared Season









Day 14: 餐 Elizabeth's God-Prepared Season

Your Verse

Luke 1:25 - "For the Lord has shown his favor and taken away your disgrace among the people."

Supporting Scriptures

- Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."
- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."







Day 14: 👸 Elizabeth's God-Prepared Season

Devotional: Trusting God's Perfect Timing

Elizabeth's story shows that God often works in our lives through specific seasons that prepare us for His unfolding purposes. Though she faced years of barrenness and societal shame, God's timing brought a miraculous blessing.

Anxiety about God's will may arise when your season feels long or unproductive. Elizabeth reminds you to trust that every moment is under God's sovereign care, and His timing is perfect.

Today, embrace your current season as God-prepared, letting go of frustration and waiting expectantly for His harvest.







Day 14: 🍇 Elizabeth's God-Prepared Season

Reflect and Apply

1.	Are you struggling with your current season or feeling impatient?	
2.	How can you trust God's timing, even when it differs from yours?	
3.	What fruit might God be cultivating in your life during waiting?	







Day 14: 🍇 Elizabeth's God-Prepared Season

Journaling Prompts

1.	Write about your current season and what it feels like.
2.	List ways God has been faithful in similar 'waiting' seasons.
3.	Reflect on how to find joy and purpose now while waiting for change.







Day 14: 👸 Elizabeth's God-Prepared Season

Prayer for Today

Lord, thank You for working in every season of my life. Help me to trust Your timing and not grow weary. Teach me to see Your favor even in waiting and to hold onto hope for the harvest You promise. Strengthen my faith for today. In Jesus' name, amen.









Day 15: 😂 Lydia's Open Heart









Your Verse

Acts 16:14 - "The Lord opened her heart to respond to Paul's message."

Supporting Scriptures

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- James 4:8 "Come near to God and he will come near to you."







Devotional: Opening Your Heart to God's Guidance

Lydia's story reminds us that God's guidance often begins when we open our hearts fully to Him. She responded to God's call with willingness and faith, receiving both rest and direction.

Anxiety closes many hearts to God's leading, but inviting Him in with openness brings clarity and peace amid confusion.

Today, ask God to open your heart wide. Release resistance and rest in His presence, allowing Him to speak clearly into your decisions.







Reflect and Apply

1.	In what ways might your heart be closed or resistant to God's voice?
2.	How can cultivating openness bring peace to your anxious thoughts?
3.	What practical steps help you 'come near to God' daily?







Journaling Prompts

1.	Write about barriers you feel preventing closeness with God.
2.	List ways you can cultivate an open heart towards God today.
3.	Reflect on times God clearly guided you when your heart was open.







Prayer for Today

Lord, open my heart to hear and trust Your guidance. Help me lay down worries and resistance so I can come near to You fully. Fill me with rest and clarity as I seek Your will. I surrender my anxious thoughts to You today. In Jesus' name, amen. **② • • •**

















Your Verse

Acts 18:26 - "...explained to him the way of God more adequately."

Supporting Scriptures

- Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Devotional: Embracing Community for God's Direction

Priscilla exemplifies the power of bold partnership and community in discerning God's will. Together with her husband Aquila, she taught and encouraged others in faith.

When decision-making feels isolating or overwhelming, remember that God designed us for community and support. Seeking wise counsel and walking with trusted companions can clarify God's voice and give strength amidst anxiety.

Today, consider who God might be placing around you to encourage and guide you—lean into those relationships with openness.







Reflect and Apply

1.	Are you trying to make decisions alone or with support?
2.	Who in your life can offer wise counsel and prayerful encouragement?
3.	How does community help reduce anxiety and increase clarity?







Journaling Prompts

	Write about meaningful partnerships that have helped your spiritual journey.
2.	List people you can reach out to for support in decision-making.
3.	Reflect on the role of community in helping you trust God.







Prayer for Today

God, thank You for the gift of community. Lead me to relationships that sharpen and encourage me in faith. Help me to seek wise counsel and share my burdens, knowing You work through others to guide me clearly. In Jesus' name, amen. **\mathcal{O} \mathcal{O} \mathcal{O}









Day 17: Martha's Serving Heart









Day 17: // Martha's Serving Heart

Your Verse

Luke 10:41–42 – "You are worried and upset about many things... only one thing is needed."

Supporting Scriptures

- Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord."
- Philippians 2:14–15 "Do everything without grumbling or arguing."







Day 17: // Martha's Serving Heart

Devotional: Balancing Service and Trust in God

Martha's story reminds us that serving God with a willing heart is vital but needs to be balanced with attentive trust. Jesus gently corrected Martha to focus on what matters most—listening and resting in Him.

Decision anxiety can sometimes be fueled by overworking or distraction. Jesus invites you today to sit at His feet, balancing action with surrender.

Let your serving become an expression of trust, not a way to earn God's approval or control outcomes.







Day 17: **B** Martha's Serving Heart

Reflect and Apply

1.	Do you find yourself anxious because of striving or overworking?
2.	How can you create space to rest and listen to God amidst busyness?
3.	What does it mean to serve God with a heart of trust rather than worry?







Day 17: **B** Martha's Serving Heart

Journaling Prompts

1.	Write about your current balance of doing and resting in God.
2.	List ways you can intentionally pause to focus on God daily.
3.	Reflect on how service can be an act of worship and trust.







Day 17: // Martha's Serving Heart

Prayer for Today

Jesus, help me balance service with listening to You. When I become anxious or distracted, gently redirect me to the one thing needed—sitting in Your presence. Teach me to serve You with a trusting heart that rests in Your care. In Your name, amen.







Day 18: X The Samaritan Woman's Encounter









Your Verse

John 4:28–29 – "Come, see a man who told me everything I ever did... Could this be the Messiah?"

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- John 7:38 "Whoever believes in me, streams of living water will flow from within them."







Devotional: Receiving Healing and Guidance from Jesus

The Samaritan woman's encounter with Jesus illustrates hope and transformation when we bring our brokenness honestly to God. Anxiety often feels like brokenness or isolation, but Jesus meets us there with living water that restores.

When uncertain about God's will, bring your worries, past hurts, and questions openly to Him. He desires to refresh your spirit and guide you from a place of wholeness.

Today, invite Jesus into your anxious places to receive His healing and direction.







Reflect and Apply

1.	Are you hiding parts of your heart from God out of shame or fear?
2.	How can Jesus' living water renew your spirit amid anxiety?
3.	What steps can you take to bring your whole self before God today?







Journaling Prompts

Write honestly about your brokenness and need for God's healing.
List ways Jesus has refreshed your spirit before.
Reflect on what 'living water' means for your life right now.







Prayer for Today

Jesus, thank You for meeting me where I am broken and weary. Pour Your living water into my anxious soul and refresh my heart. Help me bring all my fears and questions before You without shame, trusting that You heal and guide me lovingly. In Your name, amen.

















Day 19: 💋 Anna's Faithful Endurance

Your Verse

Hebrews 12:1 - "Let us run with perseverance the race marked out for us."

Supporting Scriptures

- James 1:12 "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."







Day 19: 💋 Anna's Faithful Endurance

Devotional: Enduring with Faith Towards God's Promise

Endurance is key when anxieties weigh heavy, and faith feels stretched. Hebrews calls us to run our race with perseverance, keeping our eyes on Jesus who strengthens us.

God's will often unfolds through seasons requiring patience and steadfast trust. Giving up too soon may cause us to miss the harvest God has promised.

Today, renew your commitment to trust and persevere in your journey, knowing God's strength will sustain you.







Day 19: 🥬 Anna's Faithful Endurance

Reflect and Apply

1.	Where do you feel weary or tempted to give up in your faith journey?
2.	How can keeping your focus on Jesus help you persevere?
3.	What promises of God encourage you to keep going even when anxious?







Day 19: 🥬 Anna's Faithful Endurance

Journaling Prompts

1.	Write about moments when perseverance led to blessings.
2.	List areas where you need renewed endurance and strength.
3.	Reflect on how faithfulness now can impact your future testimony.







Day 19: 💋 Anna's Faithful Endurance

Prayer for Today

Lord, strengthen my endurance as I run the race You've set before me. When anxiety or weariness arise, help me fix my eyes on Jesus and trust Your faithfulness. Encourage me to persevere, knowing Your promises are sure and Your timing perfect. In Jesus' name, amen.

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Your Verse

Romans 16:3 - "Greet Priscilla and Aquila, my co-workers in Christ Jesus."

Supporting Scriptures

- Hebrews 13:2 "Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it."
- 1 Peter 4:9 "Offer hospitality to one another without grumbling."







Devotional: Trusting God Through Hospitality and Service

Priscilla's life shows that a heart open in hospitality reflects a spirit yielded to God's will. Her partnership and welcoming nature made her a vital influence in the early church.

When anxiety entangles us, cultivating kindness and hospitality can ground us in God's love and purpose, shifting focus outward instead of inward worry.

Today, think of ways to open your heart and home (even in small ways) as an act of trusting God's leading and serving others.







Reflect and Apply

How can practicing hospitality help ease your anxious thoughts?
What are simple ways to serve others that bring you joy?
How does hospitality reflect trust in God's provision?







Journaling Prompts

1.	Write about experiences where serving or hospitality blessed you or others.
2.	List ways you can practice hospitality this week.
3.	Reflect on how outward focus can shift your perspective during anxiety.







Prayer for Today

Lord, cultivate in me a heart of hospitality and service. Help me to trust Your provision and care by opening my life to others. May serving be a way I demonstrate faith and draw closer to You, even amid uncertainty. In Jesus' name, amen.

















Your Verse

Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- Romans 8:28 "And we know that in all things God works for the good of those who love him."
- Psalm 37:4 "Take delight in the Lord, and he will give you the desires of your heart."







Devotional: Resting Fully in God's Good Plans

As we conclude, anchor your heart in the unwavering truth that God's ultimate plans are for your good, hope, and future. Even when anxious about each step, you can rest knowing God orchestrates every detail with love.

Romans reminds us that God works through every circumstance for the benefit of those who trust Him. *Your peace and joy come not from knowing every answer but from resting in His faithful plan.*

Today, commit anew to surrender your anxieties and trust fully in God's sovereign purpose for your life.







Reflect and Apply

	How does knowing God's plans are for good change your view of anxious decisions?
	What steps can you take to daily surrender your worries and trust God's plan?
3.	How can delighting in God shift your desires and bring peace?







Journaling Prompts

1.	Write a prayer of surrender committing your future to God.
2.	List past situations where God's plan ultimately brought blessing.
	Reflect on how trusting God's ultimate plan empowers your present choices.







Prayer for Today

Father, thank You for Your perfect plans and enduring love. Help me to fully trust Your purposes even when I can't see the way. Calm my anxious heart and teach me to delight in You daily. May Your peace guard my mind and guide my decisions as I rest in Your goodness. In Jesus' name, amen.









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