# Women Living with Purpose Between Seasons



A 7-day study encouraging women to embrace waiting seasons with intentionality, prayer, and steadfast faith to fulfill God's purpose.





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#### Introduction

**Life between seasons** can feel uncertain, especially for women striving to live purposefully. These are the moments where the past has closed and the future is not yet clear. It's tempting to feel impatient, anxious, or even forgotten. But God's Word assures us that *waiting is not wasted time*. It is a time crafted by God to prepare us, shape us, and deepen our faith.

Throughout this 7-day journey, we will explore biblical examples of women who thrived in transitional seasons. You will be invited to maximize your waiting period with intentionality—through prayer, reflection, and purposeful living. These are not idle days but sacred opportunities to discover God's refining work in your heart.

There is power in waiting. Even when the future seems unclear, God is weaving a story of hope, growth, and divine timing. Whether you're between jobs, relationships, callings, or phases of life, trust that God has placed you exactly where you need to be. By engaging with this study, you will find strength, encouragement, and practical guidance on how to walk boldly forward—one intentional step at a time.

Embrace this season with an open heart, steadfast trust, and a prayerful spirit. Let's journey together—discovering that your purpose is alive and growing, even between seasons. Let's begin!







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Day 1: 💋 Embracing the Waiting Season

#### Your Verse

Psalm 27:14 – "Wait for the Lord; be strong and take heart and wait for the Lord."

#### **Supporting Scriptures**

- Isaiah 40:31 "But those who hope in the Lord will renew their strength."
- Lamentations 3:25 "The Lord is good to those whose hope is in him."







Day 1: **B** Embracing the Waiting Season

#### Devotional: Finding Strength and Courage in Waiting

Waiting can feel like standing still, yet God invites us to be strong and courageous during these seasons. Psalm 27:14 encourages us to wait on the Lord actively—not passively. This means cultivating strength and hope while we anticipate God's timing.

For women especially, life's transitions may bring uncertainty and self-doubt, but God's Word is clear: *waiting is purposeful*. It's a period where God renews your strength, refreshes your spirit, and refines your character. Instead of rushing ahead or feeling discouraged, use this time to deepen your trust and prepare for what's next.

Today, reflect on how God might be growing you in this waiting period. Are you strengthening your faith and hope? What opportunities have you found to grow and serve even in the in-between? Allow this season to be a sacred space of transformation.







Day 1: **B** Embracing the Waiting Season

# Reflect and Apply

1.	In what ways has waiting strengthened your faith?
2.	How can you take heart and be courageous during uncertain times?
3.	What is God teaching you through this season of waiting?







Day 1: **B** Embracing the Waiting Season

# **Journaling Prompts**

1.	Write about a recent waiting season in your life and how it impacted you.
2.	List three ways you can intentionally grow in faith during this season.
3.	Describe what it means for you to 'wait on the Lord' personally.







Day 1: 💋 Embracing the Waiting Season

#### Prayer for Today

**Dear God,** I thank You for being my strength and refuge in times of waiting. Help me to trust Your timing and remain hopeful even when the future is unclear. Teach me to be patient and courageous, knowing You are shaping me for Your purpose. Renew my spirit and keep my heart steadfast as I wait on You. *In Jesus' name, Amen.*

















#### Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

#### **Supporting Scriptures**

- Jeremiah 29:11 "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you."
- Romans 8:28 "In all things God works for the good of those who love him."







Day 2: **\$\frac{1}{2}\$** Purpose Even in Pauses

#### Devotional: Recognizing God's Purpose in Every Season

Ecclesiastes reminds us that every season has a purpose, even the quiet, uncertain ones. Being between seasons doesn't mean life lacks meaning; it means God is at work behind the scenes. Jeremiah 29:11 assures us that God's plans are for our good, even when we can't see the whole picture.

Women often feel pressure to be constantly productive, but some of the most significant preparation happens in these 'pauses.' During this time, God may be shaping your heart, teaching patience, or preparing new opportunities. This season is essential for your growth and testimony.

Take time today to embrace your current season. Ask God to reveal hidden purposes and to give you eyes to see His hand working for your good. Your waiting is part of His perfect design, so refuse discouragement and focus on purposeful living.







# Reflect and Apply

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#### **Journaling Prompts**

1.	Describe your current season and what you believe God is teaching you.
2.	Write about ways you can serve or grow during your waiting time.
3.	List verses or promises that remind you of God's purpose for your life.







#### Prayer for Today

Heavenly Father, help me to see that my current season has a divine purpose. Teach me to trust Your plans and resist discouragement during this pause. Open my eyes to opportunities for growth and service. I choose to live intentionally and with hope, knowing You work all things for good. *In Jesus'* name, Amen. 💮 😂 🔲 🙏

















#### Your Verse

Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

#### **Supporting Scriptures**

- 1 Thessalonians 5:17 "Pray continually."
- James 5:16 "The prayer of a righteous person is powerful and effective."







# Devotional: Harnessing the Power of Prayer in Waiting

Prayer is a critical tool in seasons of waiting. Paul reminds us in Philippians 4 to replace anxiety with prayer, petition, and thanksgiving. This discipline shifts our focus from uncertainty to God's peace, which guards our hearts and minds.

Women navigating transitional seasons can often feel overwhelmed, but persistent prayer cultivates peace and clarity. It anchors your soul and opens a channel for God's guidance and provision. Prayer is not just asking; it's listening, trusting, and surrendering your timeline to God's perfect wisdom.

Begin and end your day with intentional prayer. Share your hopes, fears, and desires. Thank God for His faithfulness and sovereignty. Watch how prayer strengthens you, brightens your perspective, and empowers you to live with boldness and peace.







# Reflect and Apply

1.	How does prayer help you manage anxiety during waiting seasons?
2.	In what ways can you make prayer a daily habit right now?
	How might thanksgiving change your heart in your current circumstances?







# **Journaling Prompts**

1.	Write a prayer releasing your worries and embracing God's peace.
2.	List specific things you want to bring before God in prayer.
3.	Describe how you experience God's peace through prayer recently.







#### **Prayer for Today**

















Day 4: 🚨 Lessons from Biblical Women

#### Your Verse

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

#### **Supporting Scriptures**

- Ruth 1:16 "Where you go I will go, and where you stay I will stay."
- Hannah's prayer in 1 Samuel 1:27 "I prayed for this child, and the Lord has granted me what I asked of him."







Day 4: 🚨 Lessons from Biblical Women

#### Devotional: Drawing Inspiration from Women of Faith

The Bible offers rich examples of women who honored God by living with purpose between seasons. Proverbs 31 celebrates a woman clothed in strength and dignity, unafraid of what the future holds. Ruth's faithful journey shows commitment in uncertainty, while Hannah's earnest prayers illustrate hope and trusting God's timing.

These women faced challenges and waiting but chose faith over fear. They embraced their seasons with intentionality—leaning on God, supporting others, and remaining steadfast in prayer. Their lives remind us that God equips us to live courageously, even when the next chapter is unfolding.

Reflect today on the stories of these women. What qualities do you want to emulate? How can their example inspire your own walk? Your waiting season is fertile ground for God to build strength and deepen your character.







Day 4: 👺 Lessons from Biblical Women

# Reflect and Apply

1.	Which biblical woman's story resonates most with your current season?
2.	How can you apply her faith and resilience in your life today?
	What does it mean to 'laugh at the days to come' with trust and confidence?







Day 4: 👺 Lessons from Biblical Women

# **Journaling Prompts**

1.	Write about a biblical woman who inspires you and why.
2.	List qualities you want to develop as you wait for your next season.
3.	Describe a time God showed faithfulness during your waiting.







Day 4: 👺 Lessons from Biblical Women

#### Prayer for Today

**Gracious God,** thank You for the examples of strong, faithful women in Scripture. Help me to embrace strength, dignity, and joy as I wait. Teach me to trust You fully and live intentionally like Ruth and Hannah. May Your Spirit guide me to honor You each day. *In Jesus' name, Amen.* 🛱 🔲 💪 🙏















#### Your Verse

James 5:7-8 - "Be patient, then, brothers and sisters, until the Lord's coming."

#### **Supporting Scriptures**

- Galatians 5:22 "The fruit of the Spirit is... patience, kindness, goodness."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."







# Devotional: Growing Patience and Inner Peace through God's Spirit

Patience is a fruit of the Spirit that grows most during waiting. James encourages us to be patient like a farmer waiting for the harvest. This requires trust and endurance when outcomes seem delayed.

Women living between seasons must cultivate patience alongside peace. The Spirit provides these gifts as you choose to surrender anxious thoughts and focus on God's faithfulness. Isaiah promises perfect peace for those whose minds fix on Him.

Practice daily surrender and gentle self-compassion. Instead of rushing, invite the Holy Spirit to nurture patience and peace within you. This spiritual growth is a powerful preparation for whatever God is orchestrating next in your life.







# Reflect and Apply

1.	How do you currently handle impatience during waiting seasons?
2.	What steps can you take to cultivate more peace and patience?
3.	How has the Holy Spirit helped you endure difficult or uncertain times?







#### **Journaling Prompts**

Describe moments when God granted you peace despite uncertainty.
List practical ways you can practice patience daily.
Reflect on what 'perfect peace' means for your heart today.







#### **Prayer for Today**

**Holy Spirit,** please cultivate patience and peace in my heart as I wait. Help me to trust Your timing and stay focused on God's promises. Teach me to be gentle with myself and to rest in God's perfect peace. Thank You for walking with me through every season. *In Jesus' name, Amen.* 







# Day 6: P Living Intentionally Each Day









Day 6: V Living Intentionally Each Day

#### Your Verse

Colossians 3:23 – "Whatever you do, work at it with all your heart, as working for the Lord."

#### **Supporting Scriptures**

- Ephesians 5:15–16 "Be very careful, then, how you live... making the most of every opportunity."
- Proverbs 16:3 "Commit to the Lord whatever you do, and he will establish your plans."







Day 6: O Living Intentionally Each Day

# Devotional: Choosing Purpose and Focus Amid Waiting

Intentional living transforms waiting seasons from passive to powerful. Colossians instructs us to work wholeheartedly as if serving Jesus in everything we do. Ephesians reinforces the importance of making the most of every opportunity—even the small daily moments.

For women between seasons, this means choosing purposeful behaviors, attitudes, and actions. Instead of wasting energy on worry or stagnation, commit your day to the Lord. Seek ways to grow, serve others, and build skills that matter.

Intentionality invites God's blessing on your plans. When you align your heart and actions with His purpose, waiting becomes a launching pad, not a dead end. Live today with focus, hope, and enthusiasm.







Day 6: 🖓 Living Intentionally Each Day

# Reflect and Apply

1.	How can you live each day more intentionally during your waiting?
2.	What opportunities can you seize to grow or serve today?
3.	How does committing your plans to God change your outlook?







Day 6: 🖓 Living Intentionally Each Day

# **Journaling Prompts**

List three intentional actions you will take this week.
Write about a time God blessed your purposeful efforts.
Describe how your mindset shifts when focusing on God's purpose.







Day 6: O Living Intentionally Each Day

#### **Prayer for Today**

**Father God,** help me to live each day with intention and purpose. Teach me to work wholeheartedly, trusting You will establish my plans. Open my eyes to opportunities and fill me with passion to serve and grow. Help me embrace this season as a vital part of Your plan. *In Jesus' name, Amen.* ?

















#### Your Verse

Isaiah 43:19 – "See, I am doing a new thing! Now it springs up; do you not perceive it?"

#### **Supporting Scriptures**

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."
- Lamentations 3:22–23 "His mercies are new every morning; great is Your faithfulness."







#### Devotional: Welcoming God's New Work with Joy

As you conclude this study, embrace the hope that God is doing something new in your life. Isaiah's promise reminds us that new beginnings often emerge from waiting. God is at work—sometimes quietly, sometimes in surprising ways—making all things new.

Women living between seasons can hold onto the truth that waiting leads to renewal. As a new creation in Christ, every day is an opportunity to experience God's fresh mercy and faithfulness. This hope fuels courage, joy, and confidence as you step into your next season.

Allow your heart to anticipate God's new things with expectant faith. Celebrate the lessons learned and the growth gained. And move forward with boldness, knowing your purpose remains alive and unfolding.







# Reflect and Apply

1.	What new things do you sense God is beginning in your life?
2.	How can hope sustain you beyond the waiting season?
3.	What steps will you take to walk confidently into your new season?







# **Journaling Prompts**

1.	Write about God's new work you sense starting in your life.
2.	List affirmations that encourage hope and joy.
3.	Describe how you will carry lessons from waiting into your future.







#### Prayer for Today

Lord of New Beginnings, thank You for doing new things in my life. Help me to perceive Your work and embrace it with joy and faith. May Your mercies and faithfulness sustain me as I step boldly into the future You have prepared. I trust Your timing and purpose. *In Jesus' name, Amen.* 😂 🥬 🙏







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