# Women Living with Purpose: Seeking God's Direction When Stuck



Discover God's purpose for your life during times of stagnation. Embrace direction, hope, and renewal as you seek His guidance daily.





## Table of contents

Introduction	3
Day 1: Jay Trusting God's Timing	4
Day 2: N Finding Purpose in Prayer	10
Day 3: 6 Courage to Step Forward	16
Day 4:  Finding Identity in Christ	22
Day 5: X Embracing God's Plans	28
Day 6: S Inspired by Biblical Women	34
Day 7: Walking Forward with Hope	40







#### Introduction

Feeling stuck is something many women experience at various points in life. Whether due to career challenges, relationship struggles, or personal doubts, these moments can feel like barriers to the purposeful life God intends. But these seasons aren't meant to define us. Instead, they are invitations to pause, seek God's guidance, and realign with His perfect plan.

Throughout this 7-day Bible study, you will explore stories and wisdom from Scripture about women who encountered moments of uncertainty but chose to trust God's direction. From Hannah's heartfelt prayers to Esther's bravery, each journey reveals how God calls women to live purposefully—even during stagnant seasons.

By engaging with the Scriptures, journaling your reflections, and committing your prayers to God, you'll open your heart to His guidance and find renewed hope. This plan encourages you not only to seek answers but to embrace God's timing and plan with faith and courage.

Let's walk together through a week of discovery and encouragement, trusting that God's direction for your life is near even when the path seems unclear. Your purpose is alive, and through this study, you will learn to see beyond stagnation to God's unfolding story for you.









Day 1: **B** Trusting God's Timing









#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength."







## Devotional: Embracing God's Perfect Timing

When life feels stuck, the temptation is to rush ahead or despair. However, **Ecclesiastes 3:1** reminds us that God has a perfect time for everything. Even in seasons of waiting or uncertainty, God is working behind the scenes. Trusting His timing allows us to grow in patience and faith.

Psalm 27:14 encourages us to be strong and courageous as we wait. Trusting God is an active choice, not passive resignation. When you feel stuck, lean into God's promises and take heart, knowing He is orchestrating your life purposefully.

In times of stagnation, remember **Isaiah 40:31**'s assurance that hope in the Lord renews strength. Your waiting season is not wasted but a preparation for what God is about to do.

How can you cultivate trust today, even when your path seems unclear? Let this be your prayer and posture.







# Reflect and Apply

1.	How have you responded to seasons of waiting in the past?
2.	What does trusting God's timing look like in your current situation?
3.	In what ways can you strengthen your hope during times of uncertainty?







# **Journaling Prompts**

1.	Write about a time when God's timing was perfect in your life.
2.	List areas where you feel impatient or stuck right now.
3.	Journal a prayer asking God for peace and trust in His timing.







## Prayer for Today

**Lord, help me trust Your perfect timing.** When I feel stuck or uncertain, renew my strength and give me courage to wait patiently. Open my eyes to see Your hand at work even when I can't yet understand the path. Teach me to hope in You fully, knowing You are orchestrating every detail of my life with love and purpose. *Guide me out of stagnation and into growth.* In Jesus' name, Amen.



















Day 2: 🍇 Finding Purpose in Prayer

#### Your Verse

1 Samuel 1:10-11 – "In her deep anguish Hannah prayed to the Lord, weeping bitterly."

#### **Supporting Scriptures**

- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, present your requests to God."
- Jeremiah 29:12 "Then you will call on me and come and pray to me, and I will listen to you."







Day 2: 👸 Finding Purpose in Prayer

#### Devotional: The Power of Prayer in Stagnant Seasons

Hannah's story is a powerful example of how prayer can be a source of strength when life feels stuck. In **1 Samuel 1:10-11**, we see her pouring out her soul before God in deep anguish, yet with unwavering faith.

Like Hannah, our prayers become a lifeline when we are overwhelmed or uncertain about the future. Philippians 4:6 reminds us not to be anxious but to bring everything to God in prayer. This act is not just about asking but about aligning our hearts with God's will.

God invites us to call on Him anytime (Jeremiah 29:12). Even when answers seem delayed, our consistent prayers keep us connected to His loving presence, opening the door for His guidance and peace.

Today, consider prayer as a purposeful action that clears the fog of stagnation and draws you into God's purposeful plan for your life.







Day 2: 👸 Finding Purpose in Prayer

# Reflect and Apply

1.	How do you currently approach prayer when you feel stuck?
2.	What feelings or thoughts do you want to bring honestly before God today?
3.	In what ways might prayer shift your perspective about your situation?







Day 2: 👸 Finding Purpose in Prayer

# **Journaling Prompts**

1.	Write your own prayer asking God for direction and peace.
2.	Describe how prayer has helped you in past difficult seasons.
3.	Reflect on any barriers you feel to consistent prayer and how to overcome
	them.







Day 2: 🍇 Finding Purpose in Prayer

## Prayer for Today

Dear Lord, teach me to bring my worries and desires to You in prayer. When I feel stuck, help me to be honest and open before You like Hannah. Let prayer be my guide and comfort, reminding me that You hear and care deeply. Calm my anxious heart and fill me with Your peace as I seek Your direction. Thank You for listening and leading me out of stagnation. In Jesus' name, Amen.

















Day 3: 6 Courage to Step Forward

#### 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 31:24 "Be strong and take heart, all you who hope in the Lord."







Day 3: 6 Courage to Step Forward

#### Devotional: Embracing Courage in Uncertainty

Feeling stuck often comes from fear or uncertainty about taking the next step. But God calls us to courage—just as He did with Esther. In **Esther 4:14**, Mordecai's words remind her that she may have been placed in her position for a divine purpose, even if the path is unclear.

God's perfect plan often requires us to step out in faith, trusting that He is with us. Joshua 1:9 boldly commands strength and courage, assuring us God's presence goes before and behind us.

Similarly, Psalm 31:24 encourages hope-filled courage. When you feel stuck, remember that courage isn't the absence of fear but the decision to trust God despite it.

Ask yourself: What bold step might God be inviting me to take? Let courage arise from the hope and presence of God.







Day 3: 💪 Courage to Step Forward

# Reflect and Apply

1.	What fears are holding you back from moving forward?
2.	How might God be calling you to courageous action today?
3.	How can the example of Esther inspire your faith journey?







Day 3: 💪 Courage to Step Forward

# **Journaling Prompts**

1.	Write about a time you stepped out bravely in faith.
2.	List small steps you can take to move forward despite fear.
3.	Journal what 'being strong and courageous' means for you today.







Day 3: 6 Courage to Step Forward

## Prayer for Today

Heavenly Father, grant me courage to trust Your plan. When I feel frozen by fear or doubt, remind me that You have placed me where I am for a purpose. Help me step forward with strength, secure in Your presence leading each step. Build my faith to embrace uncertainty with hope, and fill me with boldness to pursue what You have called me to do. In Jesus' name, Amen.

















Day 4: 💮 Finding Identity in Christ

#### Your Verse

Galatians 3:28 – "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus."

#### **Supporting Scriptures**

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."
- Romans 8:38–39 "Nothing can separate us from the love of God."







Day 4: 🏠 Finding Identity in Christ

#### Devotional: Your True Value Is in Christ Alone

When life feels stagnant, it's easy to question our worth and purpose. But Scripture anchors our identity firmly in Christ. **Galatians 3:28** declares that in Jesus, our distinctions no longer define us—our true identity is unified and secure.

*Psalm 139:14* reminds us how wonderfully we are created by God, precious in His eyes regardless of our circumstances or feelings of stuckness.

Romans 8:38–39 assures us that nothing can separate us from God's love—not our past failures, present struggles, or future uncertainties.

Let this truth renew your spirit today: your value is not measured by achievement or circumstance, but by who you are in Christ. When you feel lost or stuck, return to this unchanging identity and stand firm in God's love.







Day 4: 💮 Finding Identity in Christ

# Reflect and Apply

1.	How have feelings of stagnation affected your sense of self-worth?
2.	What does being 'one in Christ' mean for your identity?
3.	In what ways can you remind yourself daily of your value in God's eyes?







Day 4: 🏠 Finding Identity in Christ

# **Journaling Prompts**

1.	Write about how God's love has shaped your identity.
2.	List affirmations that reflect your worth in Christ.
3.	Reflect on times you doubted your value and how you overcame it.







Day 4: 🏠 Finding Identity in Christ

## **Prayer for Today**

**Lord, help me grasp the depth of my identity in You.** When I feel stuck or unsure, remind me my value is not found in achievements or circumstances but in Your unconditional love. Help me embrace the truth that I am wonderfully made, loved, and complete in Christ. Strengthen me to stand firm in this identity daily. In Jesus' name, Amen.  $\bigwedge$ 

















#### 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**

- 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."
- Romans 8:28 "In all things God works for the good of those who love him."







## Devotional: Surrendering to God's Purpose

It can be difficult to embrace God's plans when life feels unmoving or confusing. However, **Jeremiah 29:11** offers a powerful encouragement that God's plans are filled with hope and promise for the future.

*Proverbs 3:5-6* calls us to trust God wholeheartedly, not relying on our own insight but submitting to Him in all things. This trust opens the door to divine direction amid uncertainty.

God's sovereignty means that even when progress feels stalled, He is working everything for our good, as Romans 8:28 assures us. Our role is to surrender control and walk faithfully with Him.

Today, choose to embrace God's plans for you, trusting that He is guiding your steps toward purpose and fulfillment.







# Reflect and Apply

1.	What areas of your life are hard to surrender to God's plan?
2.	How can trust in God's promises transform your experience of stagnation?
3.	What practical steps can you take to submit more fully to God's leading?







# **Journaling Prompts**

Write about what it means to you to trust God without full understanding.
List fears or doubts you have about following God's plans.
Journal a commitment to surrender a specific area of your life to God.







## Prayer for Today

Father, teach me to trust Your plans for my life. Help me surrender my own understanding and anxieties, knowing You work all things for good. Give me peace as I lean on You and submit fully to Your direction. Thank You for the hope and future You promise, even when I cannot see it clearly now. In Jesus' name, Amen. 🙏 🌈 🗀 😂

















Day 6: W Inspired by 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."
- Mary, Luke 1:38 "I am the Lord's servant," Mary answered. "May your word to me be fulfilled."







Day 6: W Inspired by Biblical Women

#### Devotional: Lessons from Women of Faith

The Bible is filled with inspiring stories of women who lived purposefully despite challenges. **Proverbs 31:25** paints a picture of a woman anchored in strength and dignity, joyful and confident about the future.

Consider Ruth's loyalty and courage in Ruth 1:16, choosing faithfulness even when the future was uncertain. Mary's humble submission in Luke 1:38 showcases trust in God's plan against all odds.

These women remind us that purpose is often found amid trials and uncertainty. Their stories encourage us to embody strength, faith, and joy as we seek God's direction when life feels stagnant.

Reflect on how their examples might inspire you to live with renewed hope and confident purpose today.







Day 6: 🌄 Inspired by Biblical Women

# Reflect and Apply

1.	Which biblical woman's story resonates most with your current situation?
2.	How do strength and dignity look in your life today?
3.	What can you learn from their faith and obedience?







Day 6: 🌄 Inspired by Biblical Women

# **Journaling Prompts**

1.	Write about a woman in the Bible who inspires you and why.
2.	Reflect on ways you can emulate their faith in your challenges.
3.	Journal a prayer asking God to fill you with strength and dignity.







Day 6: W Inspired by Biblical Women

## Prayer for Today

Lord, thank You for the examples of faithful women in Scripture. Help me to embody their strength, dignity, and trust as I seek Your purpose. Fill me with courage to face the unknown and joy to laugh at the days to come. May Your Spirit guide me to live boldly and faithfully. In Jesus' name, Amen. 🙏 😩 📜

















#### Your Verse

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

#### **Supporting Scriptures**

- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come."
- Philippians 3:13–14 "Forgetting what is behind and straining toward what is ahead."







#### Devotional: Renewed Hope and Purpose Ahead

As this study concludes, God invites you to release the past and embrace the new things He is doing in your life. **Isaiah 43:18-19** powerfully encourages us not to be bound by former struggles or seasons of stagnation.

*In Christ, we are new creations* (2 Corinthians 5:17), called to press forward, leaving behind regrets or doubts. Philippians 3:13–14 highlights the importance of focusing on what lies ahead with hope and determination.

Living with purpose means choosing daily to move toward God's light, trusting that He transforms all things for good. Your journey may have moments of feeling stuck, but God's new thing is always on the horizon.

Step forward with confidence in God's renewing power and unwavering presence.







# Reflect and Apply

What former things do you need to let go of to move forward?
How can you focus more intentionally on God's new work in your life?
What hopes and purposes do you feel stirring within you now?







# **Journaling Prompts**

1.	Write about what 'a new thing' means for your future.
2.	List steps you can take toward embracing God's purpose daily.
3.	Journal a prayer asking for courage to walk forward in hope.







## Prayer for Today

Gracious God, thank You for making all things new. Help me to release past disappointments and embrace the future You are preparing. Fill me with hope and courage to walk forward with purpose, trusting Your plans and presence every step of the way. May I continually seek Your direction and live boldly for You. In Jesus' name, Amen. 🙏 🚨 🕸







## Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

#### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.