# Women of Faith: Walking Through Menopause with God



A 7-day journey embracing faith amidst menopause, fostering trust in God's love through emotional and physical changes.





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#### Introduction

**Menopause** is a significant season in a woman's life marked by numerous physical and emotional changes. It can bring challenges that leave many feeling isolated or uncertain. However, this transition also offers a profound opportunity to deepen one's faith and rely on God's unfailing love and wisdom.

Throughout these seven days, we will explore Scripture that honors women's strength, God's compassionate care, and His promise to walk with us through every change. Menopause is not just about loss or discomfort; it can be a season of renewal, growth, and spiritual intimacy.

Trusting God during menopause means acknowledging the emotions that arise, embracing our changing bodies, and seeking His peace and guidance. This plan invites you to reflect, pray, and journal as you navigate this journey of faith, learning to lean on God's promises rather than your own understanding.

Let this time be one where you affirm your identity not through the changes you experience, but through the eternal identity you have in Christ. You are fearfully and wonderfully made, and God is with you every step of the way.







# Day 1: Embracing Change with God's Grace









Day 1: **B** Embracing Change with God's Grace

#### Your Verse

Isaiah 40:31 NIV - "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

#### **Supporting Scriptures**

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 1: **B** Embracing Change with God's Grace

# Devotional: Finding Strength Through Hope and Grace

Menopause often brings unexpected changes—physically, emotionally, and spiritually. On days when fatigue or uncertainty overwhelms you, Isaiah 40:31 reminds us of the profound strength found in hoping in the Lord. Rather than relying solely on your own capability, this time invites you to trust God's renewing power.

Menopause might feel like losing your stamina or identity, but God promises renewal. When your body feels weak, His grace is made perfect, offering strength that surpasses human limitations. It's important to lean into this grace daily, acknowledging both your feelings and God's sustaining presence.

Let today be a step towards embracing the changes with hope instead of fear. Reach out to God, asking Him to refresh your soul and remind you that you are never alone in this season.







Day 1: 💋 Embracing Change with God's Grace

### Reflect and Apply

1.	How have you experienced God's renewal in difficult seasons before?
	What feelings or fears about menopause do you need to bring to God today?
3.	In what ways can you lean more fully on God's grace right now?







Day 1: **B** Embracing Change with God's Grace

### **Journaling Prompts**

	Describe the emotions you feel as you consider the changes menopause brings.
2.	Write a prayer asking God to renew your strength daily.
3.	List past experiences where God has been your refuge and strength.







Day 1: **B** Embracing Change with God's Grace

#### Prayer for Today

**Dear Lord,** I thank You for Your promise to renew my strength. As I walk through the changes of menopause, help me place my hope fully in You. *Refresh my soul, strengthen my spirit, and make Your grace sufficient for me.* When I feel weak or weary, remind me that You are my refuge, always present and powerful. Carry me through this season with peace and confidence. Amen.















#### Your Verse

Psalm 139:14 NIV – "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

#### **Supporting Scriptures**

- Jeremiah 1:5 "Before I formed you in the womb I knew you..."
- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."







#### Devotional: Embracing God's Design and Your True Self

Menopause can challenge how you view yourself, especially when physical changes impact your confidence. Yet, Psalm 139:14 anchors your worth in the truth that you are "fearfully and wonderfully made" by God.

Your identity is not defined by age, appearance, or hormonal shifts, but by the Creator who knit you together and calls you beloved. Jeremiah reminds us that God knew us before birth, and Galatians reveals that our life is now found in Christ — a covenant that transcends any outward change.

*Today, embrace your eternal identity.* Reflect on the spiritual beauty and purpose God has woven into your life. Menopause can be a gateway to rediscovering your value and the unique calling God has for you in this season.







## Reflect and Apply

1.	How do you currently define your identity?
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2.	What scriptures help you remember your worth in God's eyes?
-	
	How can menopausal changes become an invitation to deepen your spiritual identity?
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-	







#### **Journaling Prompts**

	Write about what it means to be 'fearfully and wonderfully made' to you personally.
2.	List qualities and gifts God has given you beyond your physical self.
3.	Write a letter of affirmation to yourself from God's perspective.







#### Prayer for Today

**Father God,** thank You for creating me purposefully and beautifully. Help me see myself through Your eyes rather than the world's standards. In this season of change, remind me that my identity is secure in You. Teach me to embrace my worth that does not fade with time or circumstance. Fill me with confidence rooted in Your love. Amen.  $\heartsuit$   $\diamondsuit$   $\diamondsuit$ 







# Day 3: Navigating Emotional Waves with Peace









Day 3: 
Navigating Emotional Waves with Peace

#### Your Verse

Philippians 4:6-7 NIV - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 3: navigating Emotional Waves with Peace

# Devotional: Casting Anxiety and Receiving God's Peace

Menopause often brings emotional fluctuations—anxiety, sadness, irritability—that can feel overwhelming. Yet, God offers a path to peace that surpasses our feelings.

Philippians 4:6-7 teaches us to bring our anxieties directly to God with prayer and thanksgiving. This practice opens our hearts to experience His guarding peace, which protects our minds from spiraling worry.

Remember, God is near when you feel brokenhearted (Psalm 34:18), and Jesus invites the weary to rest (Matthew 11:28). Emotional waves are a natural part of this journey, but you do not need to navigate them alone or without hope.

Lean into God's peace today by casting all your cares on Him. Trust that He is listening, understands deeply, and will sustain you.







Day 3: 
 Navigating Emotional Waves with Peace

### Reflect and Apply

1.	What emotional challenges have been most difficult during menopause?
2.	How can you incorporate prayer and thanksgiving into those moments?
3.	Where have you seen God's peace guard your heart before?







Day 3: 💮 Navigating Emotional Waves with Peace

### **Journaling Prompts**

Write about specific worries or emotions you want to give to God today.
Record prayers and moments when you experienced God's peace.
List ways you can remind yourself of God's presence when emotions rise.







Day 3: 
Navigating Emotional Waves with Peace

#### Prayer for Today

**Lord Jesus,** I bring my anxious thoughts and feelings to You today. Teach me to communicate openly with You through prayer and thanksgiving, trusting that Your peace will flood my heart and mind. When I feel overwhelmed, draw near and calm my spirit. Help me find rest in Your loving arms, even when my emotions fluctuate. Amen.















#### Your Verse

Ecclesiastes 4:9–10 NIV – "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

#### **Supporting Scriptures**

- Romans 12:15 "Rejoice with those who rejoice; mourn with those who mourn."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







#### Devotional: The Power of Sharing Burdens and Joys

This season often tests your resilience, sometimes leading to feelings of isolation or shame for needing help. However, Scripture encourages us to embrace vulnerability and community support.

Ecclesiastes 4:9-10 reminds us that together we can lift one another up. Menopause is an opportunity not only to nurture self-compassion but also to invite trusted friends, family, or church sisters into your journey.

Romans 12:15 calls you to both rejoice and mourn with others, fostering emotional connection that validates your experience. Galatians 6:2 urges us to carry each other's burdens, fulfilling Christ's law through mutual care.

Today, consider who can walk with you through emotional or physical difficulties. Strength grows as we share our joys and struggles with others who are rooted in faith.







### Reflect and Apply

Who in your community can you be vulnerable with?
How comfortable are you asking for support when you're struggling?
What blessings can arise from walking through this season together?







### **Journaling Prompts**

1.	Write about relationships that bring you encouragement and support.
	Identify steps you can take to invite community into your menopause journey.
3.	Reflect on moments you've helped or been helped by others spiritually.







#### Prayer for Today

**Gracious God,** thank You for the gift of community. Help me not to isolate myself but to seek and accept support from others during this season. Teach me to be open about my struggles and offer compassion to those around me as well. May I experience strength through vulnerability and mutual care, reflecting Your love in every relationship. Amen.  $\mathbb{Q} \ \mathcal{Q} \ \mathbb{Q} \ \mathbb{Q}$ 







# Day 5: \$\ \text{Embracing Wisdom from Life's} \ Seasons









#### Your Verse

Proverbs 3:5-6 NIV - "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."

#### **Supporting Scriptures**

- Job 12:12 "Is not wisdom found among the aged? Does not long life bring understanding?"
- Titus 2:3-5 "Older women...are to be taught to love what is good, to be self-controlled and pure... to teach what is good."







# Devotional: Trusting God's Guidance and Sharing Wisdom

Menopause is not only a time of endings but also ripe with wisdom and purpose. Proverbs 3:5–6 encourages trusting God rather than relying only on human understanding, which can be clouded during physical or emotional challenges.

Job highlights the value of wisdom that comes through the years, reminding you that your experiences are a treasure. Titus 2 exhorts older women to embrace roles as mentors and guides, passing on godly love and wisdom.

This season is an opportunity to model faith and resilience to younger generations. Your journey can inspire others to trust God through their changes too.







## Reflect and Apply

1.	How has your understanding of God's faithfulness grown over time?
2.	Who might benefit from the wisdom you've gained?
3.	In what ways can you model trust in God despite uncertainty?







### **Journaling Prompts**

1.	Reflect on lessons menopause has taught you so far.
2.	Write about how you can mentor or encourage younger women in faith.
3.	Note scriptures that provide guidance and clarity for your path.







#### Prayer for Today

**Lord,** as I walk through this season of life, help me to lean fully on Your wisdom. Teach me to trust Your path, even when I don't understand the journey ahead. May my growth and experiences be a light to others, revealing Your faithfulness. Use me to encourage younger women to seek You and embrace their own seasons of change. Amen. �� \times\_A \times\_C















#### Your Verse

Lamentations 3:22–23 NIV – "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

#### **Supporting Scriptures**

- Zephaniah 3:17 "The LORD your God is with you, the Mighty Warrior who saves."
- Romans 8:38–39 "Nothing can separate us from the love of God that is in Christ Jesus our Lord."







#### Devotional: Resting in the Faithfulness of God's Love

Menopause may sometimes feel like a season of loss, but God's unfailing love reassures us otherwise. Lamentations reminds us that His compassions never fail and are renewed daily. This promise offers hope and comfort when physical or emotional changes challenge your sense of stability.

God is your mighty warrior who fights for you (Zephaniah 3:17) and nothing can separate you from His love (Romans 8:38–39). Holding on to these truths strengthens your spirit and sustains you through difficult days.

Take time today to celebrate the constancy of God's love—a powerful foundation unshaken by any change or challenge.







## Reflect and Apply

1.	How have you experienced God's faithfulness amid challenges?
2.	In what ways does God's daily compassion bring you comfort?
3.	How can you remind yourself of God's unbreakable love?







#### **Journaling Prompts**

1.	Write about moments where God's love was evident to you this week.
2.	List verses that speak to God's faithfulness and mercy.
3.	Describe how knowing God's love never fails changes your outlook.







#### Prayer for Today

**Faithful God,** thank You for Your endless compassion and new mercies each morning. As I face the changes menopause brings, let me rest in the assurance that Your love never fails. Surround me with Your presence and remind me that nothing can separate me from You. Renew my heart daily with hope and joy. Amen.















#### Your Verse

Jeremiah 29:11 NIV - "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**

- Isaiah 43:19 "I am doing a new thing! Now it springs up; do you not perceive it?"
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







#### Devotional: Stepping into God's Hopeful Future

As this study closes, Jeremiah 29:11 offers a powerful reminder that God's plans for you include hope and a flourishing future beyond menopause.

Isaiah encourages you to perceive the new things God is doing in your life—even when change feels uncertain or difficult. The hope God offers fills you with joy and peace as you trust Him, as Romans 15:13 promises.

Step forward confidently knowing that menopause is but one part of your story, and God's purposes for you remain vibrant and good. Your faith journey continues with renewed hope and divine purpose.







## Reflect and Apply

1.	What hope does God's plan offer you as you move forward?
2.	How can you remain attentive to the new things God is doing?
3.	What steps can you take to embrace this season with joy and peace?







### **Journaling Prompts**

1.	Write about your hopes for the post-menopause season guided by God.
2.	List new opportunities or purposes you sense God leading you toward.
3.	Pray for God's joy and peace to overflow in your heart.







#### Prayer for Today

**Lord,** thank You for the hope You provide and the plans You have for my life. Help me to embrace the new things You are doing and to move forward with joy and peace. Strengthen my trust in You as I walk through these transitions, knowing You are shaping a beautiful future for me. May my faith grow deeper each day. Amen. **\*\*** \*\* **\*\*** \*\* **\*\*** \*\*







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