
SEASONS OF GRACE

A Quarterly Devotional from Grace Hormone Health

FALL 2025



A Note from Karen

Hello Friend.

I'm so glad you're here. Fall always feels like a season of change. The air shifts, the light softens, and nature reminds us that slowing down is part of the rhythm God built into life. For many women in midlife, life feels anything but slow. We're juggling work, family, aging parents, and our own bodies that may feel unfamiliar as hormones shift. This is exactly why we need God's invitation to rest.

Scripture for the Season

“Be still, and know that I am God.” – Psalm 46:10

This verse reminds us that God is sovereign in every season, even when life feels uncertain. It invites us to release our worry, fear, and need for control, and to rest in His steady presence. Midlife often tempts us to push harder, prove more, and keep going even when we are weary. Yet in the midst of it all, God whispers: Be still. Trust Me. Rest and find peace in My care.



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Reflection: Slowing Down with Grace

If you've noticed changes in your body, such as hot flashes, disrupted sleep, shifting moods, or fatigue, then you're not alone. These symptoms are common in perimenopause and menopause, but they're also reminders to pause and listen.

Just as autumn invites trees to release their leaves, this season invites you to let go of the pressure to "do it all." Letting go gives you a chance to be still and reset. God designed your body with rhythms and seasons, and honoring those rhythms is a reflection of faith.

A Gentle Practice: Stretch, Breathe, Pray

Try starting your morning with 5 minutes of gentle stretching. As you inhale, pray a simple breath prayer like, "Lord, You are my strength." As you exhale, release tension and whisper, "I rest in You." This small rhythm cares for both your body and your spirit, and is a reminder that wellness and worship can be woven together.

A Resource for You

If you'd like to be more intentional about pausing and noticing changes in your body this season, I created a free [Menopause Symptom Tracker](#) for you. It's a simple tool to help you tune into your health. Tracking these symptoms can help bring clarity to the conversations between you and your healthcare provider.



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Closing Prayer

Lord, thank You for the gift of this season. Teach us to slow down, to care for our bodies with compassion, and to find stillness and peace in Your presence. May every stretch, every pause, and every prayer draw us closer to You. Amen.

With grace,
Karen LeRoy, NP
Grace Hormone Health

