

ROOTED *and* RESTORED

—  —
A 30 DAY FAITH JOURNEY
FOR WOMEN 45+

MOVING FROM HEARTBREAK
TO WHOLENESS



CHRISTA POSSIBLE





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Beautiful Woman

— the one holding this right now —
Can I be honest with you for a second?

I almost did not make this.

Not because I did not believe in it. But because I kept asking myself — who am I to write something like this? I am not a therapist. I am not a counsellor. I do not have a string of qualifications behind my name.

I am just a woman who has been through her own version of this. Who has sat in her car in a parking lot and cried until she had nothing left. Who has lain awake at 3am asking God questions she was not sure she was allowed to ask. Who has smiled her way through a whole day and then fallen apart on the bathroom floor.

That woman made this. For you.

Because when I was in the middle of my own hard season — I looked for something that felt real.

Something that did not ask me to be further along than I was. Something that met me exactly where I was sitting — in the mess, in the questions, in the I-do-not-know-if-I-am-going-to-be-okay of it all.

I could not find it.

So I made it.

Thirty days. Five minutes a day. Nothing fancy. No big spiritual performance required. Just you, your journal, a pen, and a God who I promise you — I absolutely promise you — is not waiting for you to get yourself together before He shows up.

He is already there.

He was there on the day it ended. He was there in every hard night since. And He is here right now — in this moment — as you hold these pages and wonder if healing is actually possible for someone like you at this point in your life.

It is.

I know that because I am on the other side of my own broken season. And I can tell you — not as a theory, not as a theological concept, but as a woman who lived it — that what is waiting for you on the other side of this is more beautiful than you can currently imagine.

But we are not skipping to the end.

We are walking through it. Together. One day at a time.

Some days will feel like nothing is happening. Some days will crack something open in you that you did not even know was there. Some days the five minutes will feel like too much and some days you will not want to stop.

All of that is okay.

There is no perfect way to do this. There is only your way — imperfect and honest and showing up anyway.

That is enough.

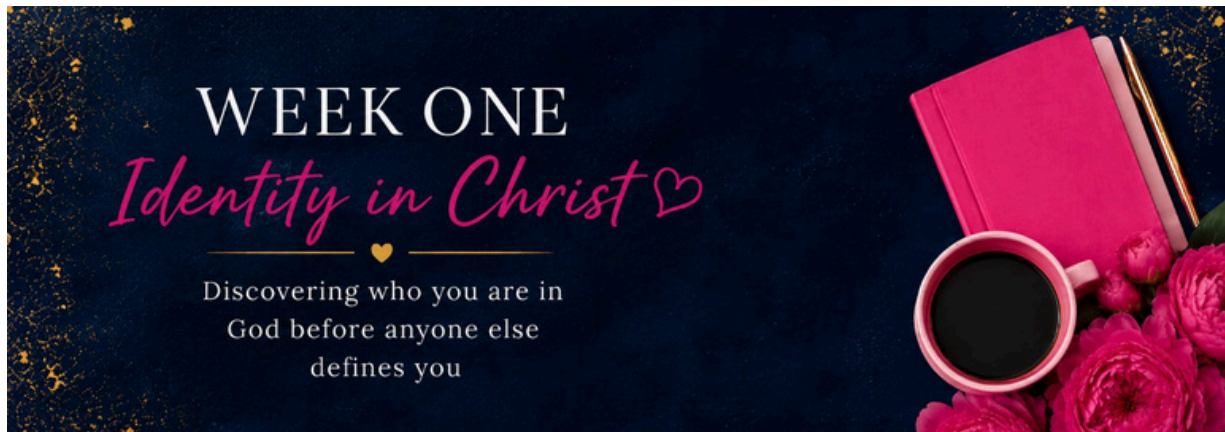
You are enough.

Now — find your favourite pen. Make yourself something warm to drink. And let us begin.

I am so glad you are here.

Much Love


Christa Possible



Before You Begin

Can I ask you something before we start Day 1?

Not a hard question. Just an honest one.

If someone stopped you today — right now, in the middle of everything you are carrying — and asked you to describe yourself in five words — what would those words be?

If you are anything like most women who find themselves in a season like this one — some of those words would be about him. About the relationship. About the ending. About what you lost or what you are no longer.

Half of her. Alone. Left behind. Starting over. Not enough.

I see you in those words. And I want to say something gently but directly before we go a single day further.

Those words are not your identity.

They are a season. They are a feeling. They are the very real and very human response of a heart that loved and lost. But they are not — and they have never been — who you are.

Week 1 is about going back to the beginning.

Not the beginning of the relationship. Not the beginning of the breakup. Further back than that. All the way back to before any of it — to the moment God formed you, knew you, named you, and called you His own.

Because here is what I have learned — and what I believe with everything in me: You cannot build a new season on a broken identity. You cannot step into what is coming while you are still defined by what is gone. And you cannot receive the love and the purpose and the beautiful life that God has written for you if you do not first know — deeply, unshakeably, in the marrow of your bones — who He says you are.

That is what this week is for.

Seven days. Seven devotionals. Seven journal prompts that are going to go gently but honestly into the places that need the most light.

You do not have to have it together before you start. You do not have to feel strong or faithful or ready. You just have to show up — with your pen and your honest heart — and let God do what only He can do.

He is very good at this.

And He has been waiting for this conversation with you for a long time.

Let us begin. 🧡

This week you will explore:

- ✿ Who God says you are — before anyone else had a say
- ✿ Why rejection from a person is never a verdict from God
- ✿ What it means to be a daughter of the King in this specific season
- ✿ How to begin rebuilding your identity on something that cannot be shaken
- ✿ The truth about your worth — where it came from and why nothing can touch it

A prayer before you start your week

Lord — I am coming to this week with an open heart and honest hands. I do not know exactly what You are going to say to me in these seven days. But I am willing to hear it. Speak to the places in me that have forgotten who I am. Remind me whose I am. And give me the courage to believe it — even before it feels true. Amen.

Now take a few moment and write down how you feel about the journey you are going on



Day 1

You Were Known Before He Knew You



Devotional

Before any man ever spoke your name — God had already called you His own. Your identity was never built on a relationship. It was never meant to be. It was built on something far older and far stronger — the unshakeable love of a God who formed you, fashioned you, and chose you before the foundation of the world. That is not a greeting card sentiment. That is the foundation everything else in your healing is going to be built on. This breakup has shaken many things. Your confidence. Your sense of the future. Your understanding of who you are when you are not in that relationship. But here is what it cannot shake — what it has never had the power to touch:

Who God says you are. He said you were fearfully and wonderfully made before anyone else had an opinion. He called you by name before anyone else knew it. He wrote plans for your future before you had lived a single day of your past. None of that has changed. Not because of the relationship. Not because of the ending. Not because of anything that has happened in between. You were His before you were anyone else's.

And you are still His now.

That is where we begin.

Key Scripture

"I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations

" Jeremiah 1:5

A Simple Prayer

Lord — today I am choosing to come back to the beginning. Back to You. Back to what You said about me before anyone else had a chance to say anything at all. Help me hear Your voice above the noise of this season. Remind me that my identity begins and ends with You — and that nothing that has happened can change what You decided about me before I was even born. Amen.

Journal Prompt

If God wrote five words to describe you — not based on this season, not based on the relationship, not based on how you feel today — what do you think those five words would be?

Write them down. Then write this underneath them:

These are true about me today. Not because I feel them. But because God said them.

Self-Care Task

Today — find one quiet moment that is just for you. Even five minutes. Make something warm to drink. Sit somewhere that feels peaceful. And just breathe.

No agenda. No to-do list. No processing or journaling or figuring things out.

Just you. And the quiet. And a God who is very glad you are here.

Tha is enough for today.

Day 2

You Are Not the Rejection



Devotional

Being rejected by someone does not make you rejectable.

That is one of the most important sentences in this entire workbook. Read it again slowly. Let it sit somewhere in your heart before we go any further.

Because the enemy is very clever. He does not always come loudly. He often comes quietly — in the days after an ending — whispering things that sound like conclusions. Things like: if he could leave, maybe you were not worth staying for. If this keeps happening, maybe there is something fundamentally wrong with you. Maybe you are the common denominator. Maybe you are just not the kind of woman that someone chooses and keeps choosing. Those are lies. Every single one of them.

A relationship ending is not a verdict on your worth. It is not God's assessment of your value. It is not proof that you are unlovable or too much or not enough.

It is information about compatibility. About timing. About two imperfect human beings in an imperfect situation. It is not — and it has never been — a reflection of what God thinks of you. He does not reject what He has called worthy. And He called you worthy long before this relationship began and long after it has ended.

Your identity is not written by what happened to you. It is written by the One who made you. And He has not changed a single word of it.

Key Scripture

"Thank You for making me so wonderfully complex! Your workmanship is marvelous -
how well I know it "

Psalm 139:14 (NLT)

A Simple Prayer

Lord — today I choose to reject the lies this season has tried to speak over me. Every thought that says I am not enough, not worthy, not loveable — I bring it to You right now. Replace every lie with Your truth. Help me see myself the way You see me. Not through the lens of this ending — but through the lens of Your love. Amen.

Journal Prompt

Write down the loudest lie this season has told you about yourself.

Now write next to it — what does God's Word say instead?

If you are not sure — start here. God says you are fearfully and wonderfully made. He says He has called you by name. He says He has plans for you — plans for hope and a future. Which truth do you most need to believe today? Write it out in full. Then write it again. And one more time. Repetition is not weakness. It is how truth takes root.

Self-Care Task

Write one true thing about yourself on a sticky note today. Not something he said. Not something this season has made you feel. One thing you know to be genuinely, quietly, beautifully true about who you are. Put it somewhere you will see it tomorrow morning. Let that be the first thing you read when you wake up

Day 3

You Are Not Alone



Devotional

One of the deepest wounds a breakup leaves is not the loss of the relationship itself. It is the feeling of being untethered. Unclaimed. Like you are floating in a space where nobody is specifically yours and you are not specifically anyone else's.

That feeling is real. I am not going to minimise it.

But I want to tell you something that I need you to really hear today.

You are not alone. You have never been alone. And you will never be alone — not for a single moment of this season or any season that follows.

You have a Father who will never leave. Who will never go cold. Who will never wake up one day and decide that you are too much or not enough or that someone else is a better fit. Who will never ghost you or grow distant or stop choosing you.

He chose you before you were born. He is choosing you right now. And He will keep choosing you long after every earthly relationship has run its course.

That is not a consolation prize for the love you lost. That is the original love — the one every human love was always only ever a reflection of. And it is yours. Completely.

Without condition. Without end. You are not an orphan in this world. You are a daughter of the King. And that — no matter what this season has felt like — has never changed.

Not for one single day.

Key Scripture

"See how very much our Father loves us, for He calls us His children and that is what we are " 1 John 3:1 (NLT)

A Simple Prayer

Lord — on the days when the loneliness is loudest — remind me that I am never actually alone. That You are closer than my own breath. That You chose me and claimed me and called me Your own long before any person ever did. Help me feel Your presence today — especially in the quiet moments when the silence feels too heavy. Amen.

Journal Prompt

Think about a moment in this season when you felt most alone.

Now write about it — but this time write God into the scene. Where was He in that moment? What do you think He was doing? What do you think He was feeling as He watched you carry that?

If it helps — go back to the shortest verse in Scripture. John 11:35. Jesus wept. He was not distant from pain. He entered it. He enters yours too.

Self-Care Task

Today — reach out to one person who genuinely loves you.

Not to talk about the breakup necessarily. Just to connect. A text. A call. A coffee if you can manage it. Loneliness grows in isolation. Connection — even small moments of it — is medicine. You were never meant to do life alone. Let someone in today — even just a little.

Day 4

Strenght You Forgot You Had



Devotional

Maybe you haven't noticed it lately, but do you realize ...? You are still here. After everything this season has asked of you — the sleepless nights, the grief that arrived without warning, the mornings when getting out of bed felt like climbing a mountain — you are still here. Still showing up. Still choosing healing over hiding. That is not nothing. That is everything.

Strength after a breakup does not always look dramatic. It rarely does. It looks like the woman who cries in the car and then walks into work anyway. It looks like the woman who has asked God the same hard question a hundred times and keeps coming back even when the answer has not arrived yet. It looks like the woman on Day 4 of a 30-day workbook who is still holding her pen.

That is you.

God has always known this strength was in you. He was not surprised by this season. He was not worried about whether you would make it through. He knew — because He placed inside you everything you would need for exactly this moment.

Isaiah 40:31 says those who hope in the Lord will renew their strength. Not those who have it all together. Not those whose faith has never wavered. Those who hope. Even the smallest, most fragile, most barely-there hope counts.

You have that.

And it is enough.

Key Scripture

"He gives power to the weak and strength to the powerless."

Isaiah 40:29(NLT)

A Simple Prayer

Lord — on the days I feel anything but strong — remind me that Your strength was never dependent on mine. That You do not need me to have it together before You show up. Meet me in my weakness today. Fill the gaps that I cannot fill myself. And help me see — even if just a little — the strength You have already placed in me that I keep forgetting is there. Amen

Journal Prompt

Look back over the past few weeks since the breakup.

Write down three moments where you were stronger than you felt. Three moments where you kept going when you could have stopped. Three moments — however small — where something in you chose to keep moving forward.

They do not have to be big. They just have to be real.

Now read them back. That woman — the one in those three moments — she is who you actually are.

Self-Care Task

Do one physical thing for your body today.

A walk outside — even a short one. A stretch. A glass of water every hour. An early night. Your body has been carrying grief alongside your heart and your mind. It deserves some kindness today too. Tend to it gently. It is working hard for you.

Day 5

Your Worth Is Not Negotiable



Devotional

Here is something worth sitting with today.

Your worth did not go up when he chose you. Which means it did not go down when he left. That is such a simple sentence. And yet for most of us it takes a long time to really believe it. Because somewhere along the way — in this relationship or maybe in ones before it — we quietly handed someone else the pen and let them write the story of our value. When he was attentive we felt worthy. When he was distant we felt less so. When he chose us we felt like enough. When he stopped choosing us — the bottom fell out. But here is the truth.

Worth that can be given by a person can be taken by one too. And that is far too fragile a foundation for a woman to build her life on.

God never intended your worth to live in someone else's hands. He placed it in the only hands that could be trusted with it — His own. And He assigned it to you at the moment of your creation. Not conditionally. Not temporarily. Not subject to review based on how relationships turned out. Permanently. Completely. Without exception.

You were worthy before he came into your life. You are worthy right now in the middle of this pain. And you will be worthy long after this season has become the story you tell to help someone else through theirs. Nobody gets to change that.

Not even the one who walked away

Key Scripture

"She is more precious than rubies."

Proverbs 31:10 (NLT)

A Simple Prayer

Lord — I confess that I have let someone else define my worth. That I have felt more valuable when I was chosen and less valuable when I was not. Forgive me for handing that to a person when You were the only one qualified to hold it. Take it back today. Remind me what I am worth in Your eyes. And help me stop looking for that answer anywhere else. Amen.

Journal Prompt

Honestly — where have you been looking for your sense of worth lately?

In his opinion of you? In whether he has reached out? In how you compare to whoever came after you? Write it down without judgment. Just honesty.

Then write this:

My worth was decided by God before I was born. It has not changed. I am taking it back today.

Self Care Task

Do one thing today purely because it brings you joy.

Not because it is productive. Not because it helps anyone else. Not because you should.

Because you enjoy it. Because you are a woman who is allowed to enjoy things. Because joy is not something you have to earn — it is something you are allowed to simply receive.

One thing. Just for you.

Day 6

You Were Chosen Before You Were Overlooked



Devotional

Before the world began — God chose you.

Not your best version. Not the healed version. Not the version that has it all figured out and is thriving and has moved on gracefully and is absolutely fine thank you very much. He chose you exactly as you are right now. Hurting. Healing. Somewhere in between. Holding a workbook on Day 6 and still not entirely sure this is going to work but showing up anyway. That version. He chose her.

Being unchosen by one person — no matter how much that person mattered to you — does not change the fact that the God who created the universe looked at you specifically and said yes. Before you were born. Before you had done anything to earn it. Before you had proven yourself worthy of it in any way. He just chose YOU.

And here is what I love about the way God chooses people.

He does not change His mind. He is not going to wake up one morning and decide He made a mistake. He is not going to grow distant or go cold or find someone who seems like a better fit. He is not going to leave you wondering where you stand or what you did wrong or whether you are still wanted.

You are still wanted. You have always been wanted. And the same God who chose you before the foundation of the world is choosing you again today — in this season, in this pain, on this exact page — saying the same thing He has always said.

You. Yes you. Come.

Key Scripture

"Even before He made the world, God loved us and chose us in Christ to be holy and without fault in His eyes. God decided in advance to adopt us into His own family by bringing us to Himself through Christ Jesus. This is what He wanted to do and it brings Him great pleasure
." Ephesians 1:4-5 (NLT)

A Simple Prayer

Lord — today I need to feel chosen by You. Not just know it theologically — feel it. Speak it into the places in me that feel overlooked and passed over and not quite enough. Remind me that Your choosing was not based on my performance and cannot be undone by my pain. I am Yours. Help me live like I believe that today.

Amen

Journal Prompt

Write about a time in your life when you felt truly chosen. Truly seen. Truly wanted — by a person, by a community, by God. What did that feel like?

Now write this:

That feeling was always a reflection of something God already felt about me. He has chosen me since before I was born. And He has not changed His mind.

What would change today if you fully believed that?

Self-Care Task

Today — wear something that makes you feel like yourself.

Not to impress anyone. Not to perform okayness for the world. Just something that when you put it on makes you feel a little more like the woman you actually are underneath all of this. It sounds small. It is not small. How we adorn ourselves matters. You are a woman worth adorning.

Day 7

Rest in Who You Are



Devotional

We have walked through six days together now.

And before we close out this first week I want to say something that I think you need to hear — not as a theological truth to add to a list, but as a simple, honest, woman-to-woman statement. You are enough.

Not the healed version. Not the version that has forgiven completely and trusted fully and stepped boldly into her new season. Not the version that wakes up every morning with a grateful heart and a settled spirit and absolutely no residual grief.

This version. The one who showed up for seven days even when some of those days were hard. The one who wrote honest things in a journal even when the honest things were uncomfortable. The one who prayed even on the days the prayers felt like they went nowhere. She is enough.

I want to gently challenge something that many women carry without realizing it — the belief that enough is a destination. That one day, if you heal well enough and grow enough and become enough — you will finally arrive at the place where you are sufficient. Where you are complete. Where you are worth loving fully and keeping permanently. That day is not coming. Not because you will never get there — but because you are already there. Enough is not something you become. It is something you already are. It was decided about you by a God who does not make insufficient things. And this week — seven days of showing up honestly and imperfectly and faithfully — is evidence of that. Rest in that today.

You have done good work this week.

Key Scripture

"Then God looked over all He had made, and saw that it was very good."

Genesis 1:31 (NLT)

A Simple Prayer

Lord — I receive that today. Not perfectly. Not without the part of me that wants to argue with it. But I receive it. You made me and You called me very good. Help me stop striving for an enoughness I already have. Help me rest in what You have already declared over me. And carry me gently into the week ahead. Amen.

Journal Prompt

Look back over the past seven days.

What is one thing you discovered about yourself this week that you had forgotten — or maybe never fully believed in the first place?

Write it down. Give it space on the page. Let it be real.

Then write this:

I showed up for seven days. That is not nothing. That is everything. I am enough — not because of what I did this week but because of what God said about me before I was born. And I am choosing to believe that today.

Self-Care Task

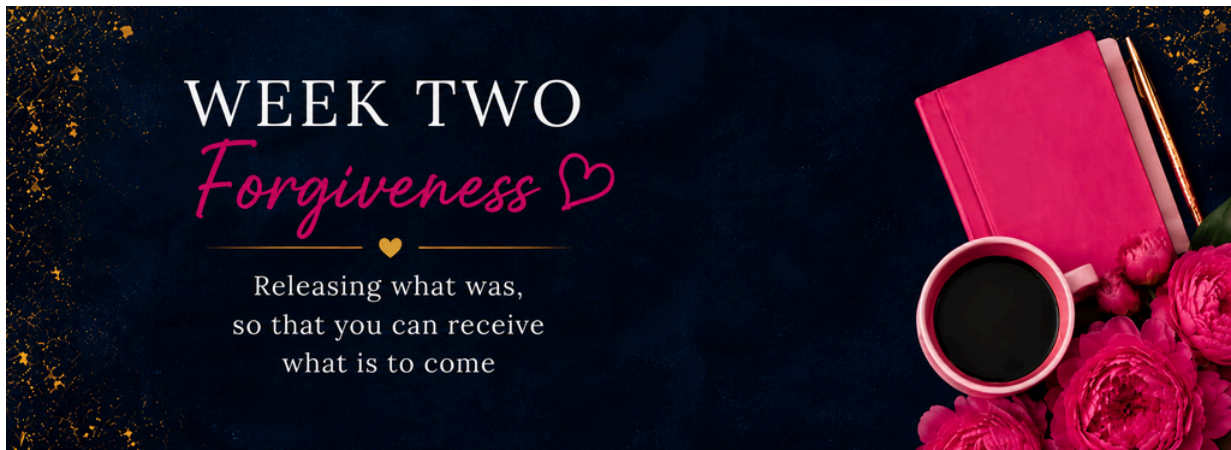
Today is a rest day.

No striving. No pushing. No trying to be further along than you are.

Do something today that genuinely restores you. A long bath. A slow walk. A favourite meal. A film that makes you laugh. Time with someone who loves you well.

You have done real work this week. Your heart deserves a gentle day.

Receive it without guilt.



Before You Begin

I just want to be honest with you before we start this week.

This is the hardest week in the entire workbook.

Not because the devotionals are longer or the journal prompts are more complex.

But because what we are walking into this week is the thing that most women quietly avoid for as long as possible — sometimes for years — because it feels too big, too complicated, or too unfair to even attempt.

Forgiveness.

Before we go a single day further I want to clear something up. Because I think forgiveness is one of the most misunderstood words in the Christian vocabulary — and if we do not get this right at the start of the week it will be almost impossible to do the work honestly.

Forgiveness is not saying what happened was okay.

It is not pretending it did not hurt. It is not reconciliation. It is not trust restored. It is not letting him back into your life. It is not minimising what you lost or rushing past the grief to get to the grace.

Forgiveness is one thing and one thing only.

It is releasing the debt.

It is choosing — not feeling, choosing — to stop requiring payment from someone who cannot give you what you are owed anyway. It is putting down the weight of someone else's wrong choices so that you are no longer the one carrying them. It is not a gift you give him. It is a gift you give yourself.

And here is what I need you to hear before Day 8.

You do not have to feel ready to forgive before you start this week. You do not have to have arrived at some place of peaceful acceptance before God can work in you.

You just have to be willing to be made willing. That is enough. That is actually all He needs.

This week is going to ask something real of you.

But what it gives back — freedom — is worth every hard moment of the asking.

Let us walk into it together.

This week you will explore:

- ✿ What forgiveness actually is — and what it is not
- ✿ How to release the weight of unforgiveness without minimizing your pain
- ✿ The freedom that comes from forgiving someone who may never apologize
- ✿ The harder work of forgiving yourself
- ✿ What it means to forgive faithfully — not perfectly

Prayer before you start your week

Lord — I will be honest. Part of me does not want to do this week. Part of me is not sure I am ready. Part of me feels like forgiving means letting someone off the hook who does not deserve it. So I am bringing all of that to You right now — the resistance, the anger, the grief that is still here. I am not asking You to make it easy. I am asking You to make me willing. And I trust that You can work with that. Amen.

Day 8

Forgiveness Is Not What You Think



Devotional

Let us start with the thing that makes forgiveness feel impossible for most women. The idea that forgiving him means what he did was okay. It does not. Forgiveness does not minimise what happened. It does not pretend the pain was not real or that the loss was not significant or that you did not deserve better. It does not require you to act like everything is fine or to welcome someone back into your life who has not earned that place. Forgiveness is not any of those things.

Here is what it actually is.

It is the moment you stop requiring him to pay a debt he cannot repay anyway. Think about that for a second. The person who hurt you — no matter how sorry he is or how much he tries to make it right — cannot give you back what you lost. He cannot give you back the time. The plans. The future you imagined. The version of yourself you were when you were loved well. He does not have the currency to settle that account. And unforgiveness keeps you standing at a counter waiting for a payment that is never coming. Forgiveness does not excuse him. It releases you. It says — I am no longer going to let what you did have authority over my present and my future. I am picking up what belongs to me and I am walking forward. Not because you deserve it. Because I do. That is not weakness.

That is one of the bravest and most powerful things a woman can do.

Key Scripture

"Make allowance for each other's faults, and forgive anyone who offends you. Remember the Lord forgave you, so you must forgive others."

Colossians 3:13 (NLT)

A Simple Prayer

Lord — I am beginning to understand that forgiveness is for me more than it is for him. Help me loosen my grip on the debt today — even just a little. I am not asking for the feeling of forgiveness yet. I am asking for the willingness to choose it. Meet me in that small willing place and do what only You can do from there. Amen.

Journal Prompt

Write down honestly what forgiveness has meant to you up until now.
What did you think it required of you? What made it feel impossible or unfair?
Now write what you understand forgiveness to actually be after today's devotional.
What is one small way you could begin to release the debt this week — not all at once, not perfectly, but just begin?

Self-Care Task

Today — do something that is entirely about your own freedom.
Open a window and let fresh air into the room. Take a different route on your walk.
Rearrange something small in your home.
Small acts of physical change can create space for internal change too.
Freedom often starts with one small movement toward it.

Day 9

The Weight You Were Never Meant to Carry



Devotional

Unforgiveness is exhausting.

Not in a dramatic way. In the quiet relentless way of something you carry every single day without putting down. It shows up in the tension you feel when his name comes up. In the replaying of conversations you wish had gone differently. In the anger that surfaces at unexpected moments — in the car, in the shower, in the middle of an ordinary afternoon when you were not even thinking about him.

That is the weight of unforgiveness. And it does not punish him. It exhausts you. God never asked you to carry it.

He asked you to bring it to Him. Every heavy piece of it. The anger and the grief and the injustice of it and the parts that still do not make sense. Not because He needs you to hand it over before He will love you — but because He knows what carrying it costs you. And He does not want you paying that price a single day longer than necessary. Psalm 55:22 says cast your burden on the Lord and He will sustain you.

Cast. Not place gently. Not hand over neatly. Cast — the way you throw something you have been holding too long. With relief. With the full force of someone who is ready to not be holding it anymore.

You are allowed to throw it. You are allowed to be done carrying what was never yours to carry in the first place.

His choices. His limitations. His inability to love you the way you deserved to be loved. That was never your burden. And today — even just a little — you can begin to put it down. Not because he deserves your release. Because you deserve your freedom.

Key Scripture

"Give your burdens to the Lord, and He will take care of you."

Psalm 55:22 (NLT)

A Simple Prayer

Lord — I am tired of carrying this. I did not always know that was what I was doing but I can feel it today. The weight of it. The way it shows up when I least expect it. So today I am choosing to cast it. Not perfectly. Not all at once. But I am opening my hands and I am letting You take what I was never strong enough to carry alone. Sustain me. Steady me. And show me what it feels like to walk a little lighter. Amen.

Journal Prompt

What specific things have you been carrying that belong to him and not to you? His choices. His words. His actions. The things he did or did not do. Write them down — not to rehearse the pain but to name what you are ready to release.

Next to each one write these words:

This is not mine to carry. I am giving this to God today.

Then take a breath. And mean it as much as you can

Self-Care Task

Today — declutter one small space.

A drawer. A shelf. A corner of a room.

Remove what no longer belongs. Create a little room for something new.

What we do in the physical world often mirrors what we are doing in the internal one.

Create some space today. You are going to need it for what is coming.

Day 10

Forgive Him



Devotional

Here is the hard truth that nobody wants to say out loud. He may never apologise. He may never fully understand what his choices cost you. He may never sit across from you and say the words you deserve to hear. He may never acknowledge the pain. He may never take responsibility in the way that would finally feel like enough.

And you may have to forgive him anyway.

Not because that is fair. It is not fair. Not because he deserves it. He may not. But because waiting for an apology that may never come means handing him continued power over your healing. It means your freedom is dependent on his choices. And that is far too important a thing to leave in someone else's hands.

Joseph in Genesis understood this.

His brothers sold him into slavery. They did not apologise immediately — it took years. And in those years Joseph did not wait for their remorse before he chose to live fully. He did not put his life on hold until they came around. He showed up faithfully in every season he found himself in — slave, prisoner, second in command — because his peace was not dependent on their acknowledgement of what they had done.

And when the moment of reconciliation finally came — Genesis 50:20 — Joseph said something extraordinary. You intended to harm me but God intended it for good.

He had already done the work of forgiveness long before they asked for it.

Beautiful Child of God — you can do the same.

Not in your own strength. In His. One willing day at a time

Key Scripture

"You intended to harm me, but God intended it all for good."

Genesis 50:20 (NLT)

A Simple Prayer

Lord — this is the hard one. Forgiving someone who has not asked for it. Someone who may not even know the full extent of what their choices cost me. I cannot do this in my own strength — I have tried and I do not have enough. So I am asking for Yours. Not the feeling of forgiveness today — just the willingness to begin choosing it.

Take it from here. Amen.

Journal Prompt

Write a letter today that you will never send.

Write it to him. Say everything you have not been able to say. The hurt. The anger. The disappointment. The things you wish he understood. Do not edit yourself. Do not make it spiritual or gracious or fair.

Just honest.

And at the end of the letter — write this. Even if it does not feel true yet. Even if it feels too big for today.

I am choosing to release you from this debt. Not because you deserve it. Because I deserve to be free. And I am handing this to God now.

Then close the journal. And breathe

Self-Care Task

Today — spend ten minutes outside.

Feel the sun or the wind or the cold on your face. Look up at the sky. Remember that the world is bigger than this season. That there is beauty still happening all around you even on the hard days.

Let nature remind you today that things change. Seasons turn. And what feels permanent — never is

Day 11

Forgive Yourself



Devotional

We have spent three days talking about forgiving him.

Today we need to talk about the harder one.

Forgiving yourself. Because if you are honest — and I think you are, because you have been honest all the way through this workbook — some of the heaviest weight you are carrying is not about what he did. It is about what you did. Or did not do. Or wish you had done differently. I stayed too long. I gave too much. I ignored things I should not have ignored. I should have seen it coming. I should have walked away sooner. I should have loved myself better. I should have known.

Those sentences.... I wonder how many times you have said them to yourself since this ended. Here is what I want to say to you today — gently but directly.

You did the best you could with what you knew at the time. That is not a platitude. That is the truth. If you had known then what you know now — you would have made different choices. But you did not know. You were doing what human beings do — loving imperfectly, hoping faithfully, trying your best with the information and the strength and the self-awareness you had in that moment.

Romans 8:1 says there is no condemnation for those who are in Christ Jesus.

No condemnation. Not — there is a little condemnation but God is willing to overlook most of it. Not — there is condemnation but you can work it off over time with enough guilt and self-reproach. None.

That verse was written for exactly this moment. For the woman sitting with a journal on her lap quietly condemning herself for every mistake she made in a relationship that did not survive. God is not condemning you. And it is time — gently, honestly, faithfully — to stop condemning yourself.

Key Scripture

"So now there is no condemnation for those who belong to Christ Jesus."

Romans 8:1 (NLT)

A Simple Prayer

Lord — this one is harder than forgiving him. Because I know exactly what I did wrong.

I remember every moment I wish I could take back. Every choice I would make differently. So today I am bringing all of it to You. Not to justify it or explain it away — but to lay it down. I receive Your forgiveness today. And I am choosing — one small step at a time — to forgive myself too. Amen.

Journal Prompt

Write down the things you have been holding against yourself since this ended.

The choices. The moments. The things you wish you had done differently.

Write them without editing. Without defending yourself. Just honestly.

Then read Romans 8:1 out loud over every single one.

And write this at the bottom of the page:

God does not condemn me for any of this. And I am choosing today — imperfectly and with His help — to stop condemning myself.

What would it feel like to actually believe that? Write about that too

Self-Care Task

Today — say sorry to yourself.

Out loud if you can manage it. In the mirror if you are brave enough.

Not a performance. Just a quiet honest acknowledgement that you have been hard on yourself. That you have held yourself to a standard you would never hold a friend to. That you deserved more grace from yourself than you gave.

Say it. Mean it. And then let it be the beginning of something.

Day 12

Forgiveness is a Daily Choice



Devotional

Yesterday was one of the hardest days in this workbook.

And if you are anything like most women who have done this work — you may have woken up this morning and felt some of the same weight you thought you had put down yesterday. That is normal. That is actually how forgiveness works.

Because forgiveness is not a single moment. It is not a prayer you pray once and then the feeling is gone forever. It is not a line you cross and never have to revisit. For most of us — for most human beings dealing with real pain from real loss — forgiveness is a daily choice. Sometimes an hourly one. And that is not failure. That is faithfulness.

The moment you choose forgiveness and then feel the anger return the next morning — that is not evidence that you did not really forgive. It is an invitation to choose it again. And again. And again. Until one day — not all at once but gradually and quietly — you notice that the choosing is getting a little easier. That the weight is a little lighter. That the anger surfaces a little less often and stays a little shorter each time it does. That is how it works.

Colossians 3:13 says forgive as the Lord forgave you.

How did He forgive you? Completely. Continuously. Without keeping a record. Without bringing it back up. Without making you earn your way back to His good graces after every mistake.

That is the model. And it is a high standard. One we will not always meet perfectly.

But we keep choosing it anyway. One day at a time.

That is enough.

Key Scripture

"Instead be kind to each other, tenderhearted, forgiving on another just as God through Christ has forgiven you."

Ephesians 4:32 (NLT)

A Simple Prayer

Lord — today I am choosing forgiveness again. Not because it feels complete or settled or finished. But because I am committed to the practice of it. On the days it feels impossible — remind me that You are not asking me to do this alone. You are asking me to do it with You. And with You — even this is possible. Amen.

Journal Prompt

Forgiveness is a practice not a destination.

Write about where you are in that practice today. Not where you think you should be — where you actually are.

Is the anger still loud? Is it a little quieter than last week? Are there moments where it lifts and then returns?

Write honestly about the reality of your forgiveness journey right now.

Then write this:

I do not have to be finished to be faithful. Every time I choose forgiveness — however imperfectly — I am doing the work. And that is enough

Self-Care Task

Today — make a cup of something warm and sit with it for ten minutes without your phone. No scrolling. No checking. No distraction.

Just you and the quiet and the warmth in your hands.

Let your mind rest from the work. Let your body be still. Let God meet you in the ordinary simple moment of a warm drink and ten minutes of peace.

Sometimes the most faithful thing you can do is simply rest

Day 13

Forgiving the Future You Lost



Devotional

There is a grief inside this season that does not always get named. And I want to name it today. Because you are not only grieving him. You have been grieving something else — quietly, in the background, underneath all the other layers of this season. You have been grieving the future.

The one you imagined. The one you planned for. The holidays that were supposed to look a certain way. The growing old alongside someone. The sense of a shared direction — a we instead of just a me. That future felt real. You had built things around it. And when the relationship ended — that future ended too. And nobody really tells you that you need to grieve that. So today I want to give you permission to do exactly that. Grieve the future you lost. Not with bitterness. Not with resentment toward him or toward God or toward the life that did not go the way you planned. But with honesty. With the kind of holy grief we talked about in Week 1 — the grief that acknowledges what was real and what was lost without letting that loss become the final word.

Because here is what I know about futures. God has never once run out of them. The future you imagined may be gone. But the future He has written for you — the one that was always His plan, the one that was always more aligned with who He made you to be — that future is still very much alive.

You are not grieving the end of your story. You are grieving one chapter of it. And the Author is still writing.

Key Scripture

"For I know the plans I have for you — says the Lord — plans for good and not for disaster, to give you a future and a hope."

Jeremiah 29:11 (NLT)

A Simple Prayer

Lord — today I grieve the future I thought I had. I am not going to pretend it did not feel real or that losing it did not hurt. It was real. And it hurt. But I am choosing today to release that future into Your hands. And I am asking You — with everything I have — to help me trust the future You are writing instead. Even though I cannot see it yet. Even though it looks nothing like what I planned. Help me trust the Author. Amen.

Journal Prompt

Write about the future you lost.

Not to rehearse the pain — but to honour what was real. What did that future look like? What were you looking forward to? What did you have to let go of when it ended?

Give it the space it deserves on the page.

Then write this:

That future was real and losing it was a real loss. I am allowed to grieve it. And when I am ready — I am going to trust that the God who holds my future has something written for me that is even better than what I planned.

Are you ready to begin trusting that? Even just a little? Write honestly.

Self-Care Task

Today — do one thing that is oriented toward your future rather than your past.

Book something you have been putting off. Research something you have been curious about. Take one small step toward something that excites you — however quietly or tentatively. It does not have to be big. It just has to be forward.

One small step toward the future that is still coming

Day 14

Freedom Is on the Other Side



Devotional

You have done two weeks of some of the hardest and most honest work a woman can do. And before we close out this week I want to say something simple and true.

You are freer than you were seven days ago.

Maybe it does not feel that way completely. Maybe the anger still visits sometimes.

Maybe the grief is still present and the forgiveness still feels more like a decision than a feeling. Maybe you are somewhere in the middle of all of it — not finished but further along than when you started. That is freedom in progress. And progress — however slow, however imperfect, however different from what you imagined it would look like — is still progress.

Forgiveness was never meant to be a destination you arrive at fully formed. It is a road you walk. And this week you walked it. Some days easily. Some days with everything in you. Some days just putting one foot in front of the other because that was all you had. All of it counts. I want to leave you with this before Week 3. Galatians 5:1 says it is for Freedom that Christ has set us free. Not freedom from difficulty. Not freedom from grief or pain or hard seasons. But freedom from the things that bind us — the unforgiveness, the shame, the condemnation, the weight of carrying what was never ours to carry. That freedom is available to you. Not when the forgiveness feels complete. Not when the healing is finished. Not when you have arrived at some place of perfect peace. Now. Right here. In the middle of the still-healing, still-choosing, still-showing-up. You are already walking in freedom my friend. Keep going.

Key Scripture

"So Christ has truly set us free. Now make sure that you stay free."

Galatians 5:1 (NLT)

A Simple Prayer

Lord — thank You for this week. It was not easy. Some days it was the last thing I wanted to do. But I showed up. And I believe — even when I cannot fully feel it yet — that something shifted. Something loosened. Something that was bound is beginning to come free. I receive that today. And I ask You to carry me gently into the week ahead. Amen.

Journal Prompt

Look back over the past seven days of forgiveness work.

What shifted — even slightly — this week? What feels a little lighter than it did on Day 8? What are you still working through that you want to bring into next week? Write honestly about where you are right now. Not where you think you should be. Where you actually are.

Then write this:

Two weeks of showing up. Two weeks of honest hard faithful work. I am not the same woman who started Day 1. And the freedom I am walking toward — I can feel it getting closer.

Self-Care Task

Today — celebrate yourself.

Not with anything extravagant. Just something that acknowledges that you did something hard this week and you did it anyway.

Your favourite meal. A bunch of flowers for your own table. A long hot bath with candles. A walk somewhere beautiful.

Whatever feels like a celebration to you — do that today.

You did good work this week

Beautiful Woman

Two weeks done.

Take a moment before you turn this page and acknowledge what just happened.

You walked into forgiveness — one of the hardest things a human heart can do — and you did not turn back. You named the debt. You began to release it. You forgave someone who may never apologise. You extended grace to yourself. You grieved the future you lost. And you kept choosing — imperfectly, faithfully, one day at a time.

That is extraordinary.

And I want to say something before Week 3 that I think you need to hear.

The forgiveness work you did this week was not just for you. It was for every woman you are going to sit with one day — in a coffee shop, or on a phone call, or through words you write — who needs someone to tell her that forgiveness is possible.

That freedom is real. That you can put down what you were never meant to carry.

You are going to be that someone for her.

Because you did the work first.

Rest today. Come back ready.

Week 3 is about trust. And after what you have walked through in these two weeks — you are more ready for it than you think.

I am so very proud of You

Christa Possible





Before You Begin

I want you to hear my heart.

Trusting God again after a painful season is not something most people talk about openly in church. It is one of those things that sits quietly in the back of a woman's heart — unspoken, a little uncomfortable, not entirely sure it is allowed.

So let me say it out loud so you do not have to.

Sometimes when life does not go the way we prayed it would — when the thing we believed God for did not happen the way we asked — trust gets complicated.

Not broken necessarily. Just complicated.

You prayed for that relationship. Maybe you believed God was in it. Maybe you trusted that it was heading somewhere good. And then it ended. And somewhere in the grief and the confusion a quiet question began to form.

Can I trust Him with this?

Can I trust Him with my future when my past did not go the way I hoped? Can I trust His plan when I cannot see it? Can I trust His love when I cannot feel it? Can I trust His goodness when this season has felt anything but good?

Those are not faithless questions.

Those are the most honest questions a woman of faith can ask.

And this week — we are going to sit with them. Not rush past them. Not cover them with spiritual platitudes that sound right but do not reach the real place. We are going to bring them honestly to a God who is not threatened by our doubt and not diminished by our confusion.

Because here is what I have found to be true.

Real trust — the kind that holds in hard seasons — is not built by pretending the questions do not exist. It is built by bringing them directly to God and discovering — again and again — that He is still there. Still faithful. Still good. Even when the circumstances have not looked like it.

That is what this week is for.

Not to manufacture a trust you do not feel. But to build a trust that is real enough to hold you through everything that is still to come.

Let us begin.

This week you will explore:

- ✿ Why trusting God feels complicated after pain — and why that is okay
- ✿ The difference between blind faith and honest faith
- ✿ What God's faithfulness actually looks like in the middle of uncertainty
- ✿ How to rebuild trust one small faithful step at a time
- ✿ What it means to trust God's plan when you cannot see it

A prayer before you start your week

Lord — I am going to be honest with You before this week begins. Trust does not feel simple right now. Not because I have stopped believing in You — but because this season has raised questions I have not known what to do with. So I am bringing them here. To You. Directly. I am not going to pretend they do not exist. I am going to trust that You are big enough to hold them. And I am asking You — gently and honestly — to rebuild something in me this week that this season has shaken. Amen.

Day 15

When Trust Feels Complicated



Devotional

Let us start today with something honest.

Trusting God after a painful season is not the same as trusting Him before one.

Before the hard season trust can feel almost effortless. You believe He is good because your experience has largely confirmed it. You trust His plan because things have largely gone in a direction that made sense. Faith feels natural because life has not yet asked you to hold onto it with everything you have. And then a season like this one arrives. And suddenly trust is not effortless anymore. It is a choice you have to make — consciously, deliberately, sometimes against every feeling in your body — on the days when God feels distant and His plan feels invisible and His goodness feels like something you believe in theory but cannot quite locate in practice.

That is not weak faith. That is real faith.

Hebrews 11:1 says faith is the substance of things hoped for — the evidence of things not seen. Not felt. Not understood. Not yet visible. Not seen. Which means faith was always designed for exactly this — the season where you cannot see what God is doing. Where the plan is not visible. Where the outcome is not guaranteed and the path is not clear and all you have is a choice about whether to keep trusting the One who holds it all. That choice — made in the dark, made in the uncertainty, made when it costs you something — is the most powerful kind of faith there is.

And you are making it. Every day you show up to this workbook. Every day you choose to keep the conversation with God going even when it feels one-sided. Every day you pick up your pen and bring your honest heart to these pages.

That is not complicated faith. That is courageous faith. And God sees every single day of it.

Key Scripture

"Now faith is the substance of things hoped for — the evidence of things not seen."

Hebrews 11:1

A Simple Prayer

Lord — I am choosing to trust You today. Not because it feels easy or natural or obvious. But because I have decided that You are worth trusting even when I cannot see what You are doing. Meet me in that decision today. Show me — even in small ways — that You are still here. Still working. Still faithful. Even in this. Amen.

Journal Prompt

Write honestly about where your trust in God is right now.

Not where you think it should be. Not the answer that sounds most spiritual. Where it actually is.

Is it shaken? Complicated? Quietly holding on? Somewhere in between?

Write about what specifically has made trust feel hard in this season.

Then write this:

Real faith was always designed for seasons like this one. The fact that trust feels hard right now does not mean I have lost it. It means I am being asked to choose it in a deeper way than I ever have before. And I am choosing it. Today. Right now. Even here.

Self-Care Task

Today — spend a few minutes looking for evidence of God's faithfulness in your own history. Not in this season necessarily. Further back. A time He came through. A moment He showed up. A prayer that was answered. A season that turned when you thought it never would.

Write down one or two of those moments.

Let your history with God speak to your present doubt. He has a track record with you. And it is worth remembering today.

Day 16

When You Can't Feel God



Devotional

There will be days in this healing journey when God feels very far away.

Not absent. But far. Like there is glass between you and Him. Like your prayers are hitting the ceiling. Like everyone else seems to have access to a presence that you are somehow not finding right now.

I want to talk about those days today.

Because they are real. And they are more common than anyone admits in church on a Sunday morning. Here is what I know to be true — and what I want you to hold onto when the feeling of God's presence is nowhere to be found. Feelings are not the measure of His faithfulness. God does not move closer when you feel Him, and further away when you do not. He is not governed by your emotional state. He is not more present on the days your faith feels strong and less present on the days it feels like nothing. He is constant.

Deuteronomy 31:6 says He will never leave you nor forsake you. Not — He will stay as long as you can feel Him. Not — He will remain close as long as your faith is strong enough. He will never leave. Full stop.

On the days He feels distant — He is not distant. You are moving through something that has made it harder to perceive Him. And there is a difference between God being absent and God being imperceptible. He is always there.

Even on the days it feels like He is not.

Key Scripture

"SO be strong and courageous. Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you"

Deuteronomy 31:6 (NLT)

A Simple Prayer

Lord — today I cannot feel You. And I am choosing to trust You anyway. Not because the feeling is there — because it is not. But because Your Word says You are here. And I am choosing Your Word over my feeling today. Meet me in that choice. Make Yourself known in whatever way I am able to receive today. Amen.

Journal Prompt

Write about a time in your life when God felt completely absent — and then later you could see that He had actually been working the whole time.

What did that teach you about the difference between His presence and your perception of it?

How can that memory speak to where you are right now?

Write this at the end:

I choose to trust His presence today even when I cannot feel it. He said He would never leave. And He has never broken that promise.

Self Care Task

Today — put on one worship song and just sit with it.

Not to feel something. Not to manufacture an emotional response. Just to create space.

Sometimes the feeling follows the choice. And sometimes it does not come at all — and that is okay too.

Just sit. Just breathe. Just be in the space where God already is.

Day 17

Trusting What You Can't See



Devotional

Faith has never been about seeing clearly.

It has always been about trusting the One who does.

You are in a season right now where very little is clear. The path ahead is not visible. The plan is not obvious. The future you thought you had is gone and the future that is coming has not yet shown itself. And somewhere in that uncertainty a very reasonable question keeps surfacing. How do I trust a plan I cannot see? I want to offer you something practical today. You trust people you cannot fully see all the time.

You trust the pilot of a plane you have never met to get you safely from one place to another. You trust the engineer who built the bridge to have done their calculations correctly.

You trust because you have evidence of competence — because the plane has landed safely before and the bridge has held before. God has a track record with you. Think back over your life — not this season, further back — and look for the moments He came through. The moments a door closed and a better one opened. The moments what felt like loss turned into something you could not have planned. The moments His plan turned out to be better than yours. That track record is your evidence.

And it is enough to trust Him with what you cannot yet see.

Key Scripture

"Trust in the Lord with all your heart and do not depend on your own understanding.
Seek His will in all you do and He will show you which path to take."

Proverbs 3:5-6 (NLT)

A Simple Prayer

Lord — I am choosing today to trust what I cannot see. That is not easy. My natural instinct is to need the path to be clear before I step forward. So I am asking You to loosen my grip on needing to understand — and help me hold more tightly to simply trusting You. You have never once failed me. Help me remember that today. Amen.

Journal Prompt

Write down two or three moments in your life where God's plan turned out to be better than what you had planned for yourself.

What did those moments teach you about His faithfulness?

Now bring that same God into your current uncertainty. Write a prayer of trust — not a prayer that asks Him to reveal the plan, but a prayer that chooses to trust Him with it.

Finish with this:

I do not need to see the whole path. I just need to trust the One who does. And I do.

Self-Care Task

Today — take a walk somewhere you find beautiful.

Not to think. Not to process. Just to notice.

The sky. The trees. The light. The small details that remind you that God is still creating beautiful things.

Let creation speak to you today about a God who is still very much at work — even when you cannot see what He is doing

Day 18

When God's Plan Looks Nothing Like Yours



Devotional

Sometimes God's plan is inconvenient.

Sometimes it looks nothing like what we asked for. Nothing like what we prayed for. Nothing like the neat and tidy version we had mapped out in our hearts and handed to Him with such faith and such hope. And when His plan diverges from ours — when the relationship ends instead of healing, when the door closes instead of opening, when the answer is not yes but redirect — it can feel deeply disorienting.

Even for a woman of faith. Maybe especially for a woman of faith.

Because you prayed. You trusted. You believed. And it still went a different way.

Here is what I want to say to you about that — gently and honestly.

God's plan being different from yours does not mean He was not listening. It does not mean your prayers were wrong or your faith was insufficient. It means He could see something you could not. It means the road He has for you goes somewhere that the road you were on could not reach.

Isaiah 55:8 says His thoughts are not our thoughts and His ways are not our ways.

That is not a dismissal. That is a comfort. It means the God who holds your future is not limited by your imagination. He is not confined to the options you could see. He is working with a perspective that is infinitely wider and deeper and further reaching than anything you or I could map out on our best day. His plan looks different from yours because it is better than yours. Not easier necessarily. But better.

And one day — not today perhaps, but one day — you will see exactly what He was doing. And it will make complete and beautiful sense.

Key Scripture

"For my thoughts are nothing like your thoughts" says the Lord. And my ways are far beyond anything you could imagine.

Isaiah 55:8 (NLT)

A Simple Prayer

Lord — I am going to be honest. There are parts of Your plan that I do not understand right now. Parts that hurt. Parts that I would have written differently if the pen had been in my hand. But I am choosing today to trust that Your perspective is bigger than mine. That what looks like a detour from where I am standing is actually the road You always intended. Help me rest in that today. Amen.

Journal Prompt

Write honestly about the gap between what you prayed for and what happened. Not to rehearse the pain — but to acknowledge it honestly before God.

Then write about this:

If God could see something in that situation that you could not — what do you think it might have been? What might He have been protecting you from? What might He have been redirecting you toward?

Finish with this:

His ways are higher than mine. I do not always understand them. But I am choosing today to trust the One who does

Self-Care Task

Today — cook or prepare something nourishing for yourself. Not convenience food grabbed in a hurry. Something you actually make with intention. The act of preparing something good for yourself is a small but powerful statement — I am worth nourishing. I am worth the time it takes to care for myself well. You are worth that. Today and every day.

Day 19

Letting Go of the Need to Understand



Devotional

There is something we do as human beings when life does not make sense. We try to figure it out. We replay conversations looking for the moment everything changed. We analyse what we could have done differently. We search for a reason — a logical, satisfying explanation that makes the pain make sense. Because if we can understand it — if we can find the why — then maybe we can feel some sense of control over something that felt completely out of our control.

I understand that impulse completely. But here is what I have learned about the need to understand. It keeps you looking backward when God is trying to move you forward.

The why behind this ending may never fully make sense to you this side of eternity. And spending your energy searching for it is energy that could be going into healing. Into becoming. Into the life that is still waiting for you.

Job spent a long time demanding an explanation from God. And when God finally spoke — He did not give Job the explanation he was looking for. He gave him something better. A revelation of who He is. And somehow — in the presence of that — the need to understand dissolved. That is available to you too.

Not the explanation. But the presence. And the peace that comes with it that — as Paul says — surpasses all understanding. You do not need to understand this to heal from it. You just need to trust the One who does.

Key Scripture

"And the peace of God which surpasses all understanding will guard your hearts and your minds in Christ Jesus."

Philippians 4:7

A Simple Prayer

Lord — I am letting go today of the need to understand why this happened. Not because the questions have stopped — they have not. But because I am choosing to trust that You hold the answers even when You do not share them with me. Give me the peace that surpasses understanding today. Guard my heart and my mind. And help me look forward instead of backward. Amen

Journal Prompt

Write down the questions about this season that you have been trying hardest to answer.

The whys. The what ifs. The if onlys.

Write them all down. Give them space on the page.

And then — one by one — write next to each one:

I am releasing this question to God today. He holds the answer. And I trust Him with it.

How does it feel to release them — even just a little? Write about that too.

Self-Care Task

Today — do something creative.

Draw something. Write something just for yourself. Cook something new. Arrange flowers. Rearrange a shelf.

Creativity is one of the ways we reflect the image of a creative God. And it has a beautiful way of moving us out of our heads and into the present moment.

Make something today. Just for the joy of making it.

Day 20

Halfway Through



Devotional

Stop for a moment and let that land.

You are two thirds of the way through this journey. Twenty days of showing up. Twenty days of bringing your honest heart to these pages when staying numb would have been so much easier. Twenty days of choosing healing over hiding. That is not small. That deserves to be acknowledged. But today I want to talk about something that often happens around this point in a healing journey.

The plateau. It is the place where the initial momentum of beginning something new has worn off — but the finish line is not yet in sight. The place where the progress feels less visible. Where the excitement of starting has faded and the breakthrough has not yet come and you are just — in the middle. Faithfully. Quietly. Without much fanfare. This is where many women stop. Not because they do not care. But because the middle is hard. Because progress in healing is rarely linear or dramatic or obvious. Because some days it feels like nothing is changing and the effort is not worth it.

Keep going. Not because it gets easier immediately. But because what is being built in you in the quiet faithful middle — the perseverance, the depth of character, the roots that go down in the dark — that is the most important work of the entire thirty days. Romans 5:3-4 says that suffering produces perseverance. Perseverance produces character. And character produces hope. You are in the perseverance part right now. And it is producing something extraordinary in you.

Keep going.

Key Scripture

"We also glory in our sufferings — because we know that suffering produces perseverance — perseverance produces character — and character produces hope." Romans 5:3-4

A Simple Prayer

Lord — I am in the middle today. Not at the beginning where everything felt new and not yet at the end where I can look back and see what You were doing. Just in the middle. Faithfully. Quietly. Help me trust that the middle matters. That what You are building in me right now — in the ordinary faithful showing up — is just as significant as the beginning and the end. Keep me going. Amen.

Journal Prompt

Write honestly about where you are today — not where you think you should be at Day 20 but where you actually are.

What has shifted in the past twenty days — even slightly? What still feels hard? What are you proud of yourself for?

Then write this:

Twenty days of showing up. That is not nothing. That is everything. And whatever has shifted in me — however quietly — is real. I am not the same woman who started Day 1. And the woman I am becoming is worth every hard day of the middle.

Self-Care Task

Today — write yourself a short note of encouragement.

Not a long letter. Just a few sentences. The kind of thing you would say to a dear friend who had shown up faithfully for twenty hard days and needed someone to acknowledge it.

Say it to yourself.

Tuck it somewhere you will find it later — in your journal, on your mirror, in your bag. Let your own words of kindness find you when you need them most.

Day 21

You Can Trust Him With Your Future



Devotional

Three weeks.

You have walked through identity. You have walked through forgiveness. And this week you have been rebuilding trust — one honest faithful day at a time.

Today — on the last day of Week 3 — I want to bring all of that together and point it toward something specific. Your future.... Because that is ultimately what trust is about. Not just trusting God with the past — with the ending, with the pain, with the unanswered questions. But trusting Him with what comes next. With the life that is still ahead of you. With the woman you are still becoming. And I want to be honest about what that requires. It requires releasing the future from your own hands.

Not passively. Not giving up or checking out or deciding nothing matters. But actively and faithfully choosing to hold the future with open hands rather than clenched ones. Choosing to say — I have plans and hopes and dreams, and I am bringing all of them to You. And whatever You do with them — I trust You.

That is one of the hardest prayers a woman can pray. Because open hands feel vulnerable. Open hands mean you are not in control. Open hands mean the future could look different from what you imagined. But open hands are also the only ones that can receive something new.

And God has something new for you.

Not a lesser version of the life you planned. Not a consolation prize. Something specifically and intentionally and lovingly prepared for the woman you are right now — with everything you have been through and everything you have learned and everything you are still becoming. He can be trusted with that. He has always been trustworthy with that.

Open your hands today.

Key Scripture

"Commit your way to the Lord. Trust in Him and He will act."

Psalm 37:5

A Simple Prayer

Lord — today I am opening my hands. I am releasing my grip on the future I planned and I am choosing to trust You with the future You have prepared. That is not easy. But I am doing it anyway. Take what I am handing You and do what only You can do with it.

I trust You. I choose to trust You. Today and every day that follows. Amen.

Journal Prompt

Write about what it would look like to hold your future with open hands. What are you currently gripping tightly that you need to release to God? What dreams, plans, or expectations are you holding so firmly that there is no room for Him to work? Write them down. And next to each one write:
I am releasing this to God today. I trust Him with it completely.
Then write about what you imagine open hands might allow God to place in them that clenched ones never could

Self-Care Task

Today — physically open your hands. Sit quietly for a few minutes. Turn your palms upward. And in that posture — pray. Give God everything you have been gripping. The fears. The plans. The hopes. The uncertainty. Let the physical posture of open hands become a prayer in itself. Sometimes the body needs to lead what the heart is still learning



Before we begin.

Please know that I am so proud of you.

Not in a motivational poster kind of way. In a real, genuine, woman-to-woman kind of way. Because what you have done in the past three weeks is not easy. You went into your identity and let God speak truth into the places where lies had taken root. You walked into forgiveness — one of the hardest things a human heart can do — and you did not turn back. You rebuilt trust — slowly, honestly, imperfectly — with a God who has been faithful every single step of the way.

That is three weeks of real work.

And now we are here.

Week 4.

It is not a week where everything suddenly feels resolved. It is not the week the grief disappears completely or the questions all get answered or the healing wraps up neatly with a bow. Healing does not work that way and I am not going to pretend it does.

What this week is — is a decision.

A decision to step forward. Not when you feel completely ready. Not when the pain is entirely gone. Not when the future is fully visible. But here and now. In the middle of still-healing and still-becoming and still-trusting.

A new season does not begin when the hard season ends.

It begins when you choose it.

And this week — we are going to choose it together.

Not because everything is perfect. But because God is faithful. And because the life He has written for you on the other side of all of this is worth stepping toward — even before you can fully see it.

Let us begin.

This week you will explore:

- ✿ What it actually means to embrace a new season — not just survive one
- ✿ How to step forward before you feel completely ready
- ✿ What the woman you are becoming actually looks like
- ✿ How to dream again after loss
- ✿ What it means to live — fully and joyfully — in the life God has prepared

A prayer before you start your week

Lord — I am standing at the threshold of something new. I cannot see all of it yet. Some days I am not sure I am ready for it. But I am choosing today to step toward it anyway. Not in my own strength — in Yours. Go before me into this week. Show me what embracing a new season actually looks like for a woman like me. And give me the courage to receive everything You have prepared. Amen.

Day 22

This Is Not the End of Your Story



Devotional

Your story is not over Not even close.

I know this season has felt like an ending. And in some ways it was — the ending of a relationship, of a future you had planned, of a version of yourself that existed inside that chapter. Those are real endings and they deserved the grief you have given them. But an ending in one chapter is not the ending of the book. And God is still writing yours. Ruth understood this. She stood at what looked like the end of everything — widowed, in a foreign land, with nothing but her loyalty to a grieving mother-in-law and a faith in a God she was still learning to trust. By every earthly measure her story looked finished. And then God wrote the next chapter.

And the next chapter was more beautiful than anything that came before it.

Not because her pain was not real. Not because the loss did not matter. But because she kept walking forward — faithfully, humbly, one day at a time — and God met her in every single step. He is meeting you in yours.

The chapter that just ended was real and it mattered and you are allowed to grieve it fully. But it was not the last chapter. It was not even close to the last chapter.

God is still writing. And what He is writing next for you — the woman who has done three weeks of honest faithful healing work — is something worth staying for.

Keep turning the pages.

Key Scripture

"Being confident of this — that He who began a good work in you will carry it on to completion until the day of Christ Jesus."

Philippians 1:6

A Simple Prayer

Lord — remind me today that You are not finished with my story. That the chapter that ended was not the last one. That You are still writing — still working — still preparing something for me that I cannot yet fully see. Give me the faith to keep turning the pages even when I cannot read what is coming next. I trust the Author.

Amen.

Journal Prompt

If your life were a book — write a short description of the chapter that just ended.

What was it about? What did it cost you? What did it teach you?

Now write the opening line of the next chapter.

Not what you think it should be. What you hope it could be. What you would write if you truly believed God was still working on your behalf.

Give yourself permission to hope on the page today

Self-Care Task

Today — buy yourself a new journal or a beautiful pen.

Not because you need one necessarily. But as a symbol.

A new journal is a physical reminder that there are blank pages still ahead. Pages that have not yet been written. Pages that are waiting for the next chapter of a story that is far from over. If a new journal is not possible today — find a blank page somewhere and write at the top:

My next chapter begins here.

Day 23

Stepping Forward Before You Feel Ready



Devotional

You might want to say to me "Christa, I am not feeling as ready as I would have wanted to feel by now". But here is the truth... You are never going to feel completely ready. Not for the new season. Not for the next chapter. Not for the life that is waiting on the other side of this healing. There will always be a part of you that wants to wait just a little longer. Until the grief is fully resolved. Until the trust feels more solid. Until the identity work feels more complete. Until you feel more like the woman you are becoming and less like the woman you are still leaving behind.

But here is what I have learned. Ready is not a feeling. It is a decision.

And the women who step into their new seasons most powerfully are not the ones who waited until everything felt perfect. They are the ones who stepped forward while things were still a little messy and a little uncertain and a little unresolved — because they decided that waiting was costing them more than moving.

Peter did not feel ready when Jesus said come. He stepped out of the boat anyway.

Esther did not feel ready when Mordecai said you were made for such a time as this.

She went to the king anyway. Mary did not feel ready when the angel said you will bear the Son of God. She said let it be to me according to your word anyway.

None of them felt ready. All of them said yes. And God met them in the stepping — not in the waiting. He will meet you there too.

You are more ready than you think you are.

Take the step.

Key Scripture

"Have I not commanded you? Be strong and courageous. Do not be frightened and do not be dismayed — for the Lord your God is with you wherever you go."

Joshua 1:9

A Simple Prayer

Lord — I do not feel completely ready. But I am choosing to step forward anyway. Not in my own strength — because I do not have enough of it. In Yours. Go before me. Walk beside me. Catch me if I stumble. And remind me — every time the fear says wait — that You are already in the place I am stepping toward. Amen.

Journal Prompt

What is one area of your life where you have been waiting to feel ready before you move forward? What has that waiting cost you?

What would one small step forward look like — not a giant leap, just one small faithful step — in that area this week?

Write it down. Make it specific. Make it achievable.

And then write this:

I am stepping forward today. Not because I feel ready. Because God goes with me. And that is enough

Self-Care Task

Today — do one thing you have been putting off.

Not something huge. Just one small thing you have been avoiding because it felt too connected to moving forward. A phone call. An email. A decision you have been circling.

Do it today.

One small act of forward momentum. That is all.

And notice how it feels when you do

Day 24

Dreaming Again



Devotional

When did you last let yourself dream?

Not plan. Not strategise. Not figure out the practical next steps of rebuilding a life. But actually dream — the way you did before loss taught you to be careful about wanting things too much. I want to talk about that today.

Because somewhere in the grief of this season — quietly and without announcement — many women stop dreaming. Not consciously. But the heart that has been hurt learns to protect itself. And one of the ways it protects itself is by shrinking its hopes down to something safer. Something smaller. Something that cannot disappoint as badly if it does not work out. And I understand that impulse completely. But I want to gently challenge it today. Because a small safe hope is not actually safer. It is just smaller. And God never asked you to shrink your hopes down to a size that felt manageable. He asked you to bring them to Him — all of them, the big ones and the tender ones and the ones that feel almost too vulnerable to say out loud — and trust Him with them. Ephesians 3:20 says He is able to do immeasurably more than all we ask or imagine. Immeasurably more.

Not slightly more. Not a little better than what you hoped for. Immeasurably more than anything you could ask or imagine. That is the God who holds your future.

So today — I want to give you permission to dream again. Not carefully. Not safely. Not with one eye on managing your expectations. Fully. Openly. Like a woman who believes that the God who holds her future is good enough and powerful enough and loving enough to be trusted with her biggest and most tender hopes.

Dream today.

Key Scripture

"Now to Him who is able to do immeasurably more than all we ask or imagine — according to His power that is at work within us." Ephesians 3:20

A Simple Prayer

Lord — I want to dream again. But I will be honest — it feels a little frightening. Hoping feels vulnerable after a season like this one. So I am asking You today to help me open that part of my heart back up. Gently. Safely. In Your hands. Show me what You have imagined for my future. And help me be brave enough to want it. Amen.

Journal Prompt

If you knew — completely and without doubt — that God was going to come through for you, what would you dare to dream for our life in this next season?

Write without editing yourself. Without being practical or reasonable or careful.

What do you want? What excites you? What would make you come alive?

Write it all down.

Then write this:

These dreams are not too big for God. He is able to do immeasurably more than all I ask or imagine. And I am choosing today to bring every one of them to Him with open hands.

Self-Care Task

Today — do something that used to bring you joy before this season made everything feel heavy.

A hobby you set aside. A place you loved to go. A song you used to sing along to without thinking.

Revisit something that once made you feel alive.

Joy is not disloyal to grief. They can exist alongside each other. And choosing joy today — even a small quiet moment of it — is an act of faith

Day 22

You Are Allowed to Be Happy



Devotional

Something that does not get talked about enough, is the guilt of feeling okay. Because somewhere in the healing journey — often around this point — something starts to shift. The grief gets a little quieter. A moment of genuine laughter slips through. A morning arrives where the first thought is not about him. A small joy surfaces unexpectedly and for a moment — just a moment — everything feels almost normal again. And then the guilt comes.

Should I be feeling this already? Is it too soon? Does feeling okay mean I did not love him enough? Does laughing feel like a betrayal of the grief I have been carrying? I want to say something clearly today. You are allowed to be happy. Not instead of the grief. Alongside it. Healing does not require you to stay sad until some invisible timer goes off and someone gives you permission to feel something good again.

Joy and grief can exist in the same heart at the same time.

In fact — the return of joy is not a sign that the healing is over. It is a sign that the healing is working.

Psalm 30:5 says weeping may stay for the night but rejoicing comes in the morning. The morning is not a betrayal of the night. It is what the night was always moving toward. Let the joy come when it comes. Receive it without guilt. It is not disloyal to your grief. It is the evidence of a God who promised that morning was coming. And morning is here.

Key Scripture

"Weeping may stay for the night — but rejoicing comes in the morning."

Psalm 30:5

A Simple Prayer

Lord — I receive joy today without guilt. I receive the moments of lightness and laughter and almost-okayness as gifts from You — not as betrayals of what I have been through. Thank You that morning comes. Thank You that You never intended for the night to last forever. And thank You that the return of joy is not the end of healing — it is the evidence of it. Amen.

Journal Prompt

Write about the first moment in this season when you felt something other than grief. A laugh. A moment of peace. A morning that felt almost normal.

What was it? What did it feel like? Did guilt follow it?

Now write this:

Joy is not disloyal to my grief. It is the evidence that healing is working. I am allowed to feel it. I am allowed to receive it. Morning is coming — and some days it is already here.

Self Care Task

Today — do something that makes you genuinely laugh.

Call the friend who always makes you laugh. Watch something funny. Remember a story that never fails to make you smile.

Laughter is not shallow. It is medicine. It is a gift. And it is completely consistent with being a woman who has been through something hard and is healing well.

Laugh today. Without guilt.

Day 26

The Woman You Are Becoming



Devotional

I want to introduce you to someone today.

You have been catching glimpses of her throughout this journey. In the moments of unexpected strength. In the prayers that came from a deeper place than you knew you had. In the honesty of your journal entries. In the days you showed up when everything in you wanted to stay hidden.

She is the woman you are becoming. And she is worth pausing to acknowledge today. She is not the woman you were before the relationship. That woman was real and she mattered — but she was also someone who did not yet know what you know now. Who had not yet developed the depth of faith that only comes from having to hold onto God in the dark. Who had not yet discovered the particular kind of strength that is forged in hard seasons.

And she is not the woman you were at the beginning of this journey either. That woman was brave to start — but she was carrying more than she needed to and believing things about herself that were not true. The woman you are becoming is different from both of them. She knows who she is in Christ — not perfectly, not without doubt, but more deeply than she ever has before. She has walked through forgiveness and come out the other side with a freedom she could not have found any other way. She has learned to trust God in the uncertainty.

And she is beginning — slowly, carefully, with open hands — to step into a new season she could not have imagined when this all began. That woman is extraordinary. And she is you

Key Scripture

"And we all — who with unveiled faces contemplate the Lord's glory — are being transformed into His image with ever increasing glory." 2 Corinthians 3:18

A Simple Prayer

Lord — thank You for the woman I am becoming. Not who I was. Not who I thought I needed to be. But who You are making me — through this season, through this work, through the faithful daily choosing to show up. I receive that transformation today. And I ask You to keep doing what only You can do. Amen.

Journal Prompt

Describe the woman you are becoming.

Not who you were. Not who you think you should be. Who you actually are right now — after twenty six days of honest healing work.

What is different about her compared to the woman who started Day 1?

What does she know now that she did not know then? What has she let go of? What has she picked up?

Write her down in as much detail as you can.

Then write this:

This woman — the one I just described — she is real. She is me. And she is becoming more herself every single day.

Self-Care Task

Today — look in the mirror and say something kind to yourself.

Not a performance. Not a forced affirmation you do not believe yet.

Just one true and gentle thing.

Something like — you are doing well. Or — I am proud of you. Or simply — you are enough.

Say it. Mean as much of it as you can today. And know that the more you say it — the more true it will feel.

Day 27

Letting Go of the Old Season



Devotional

There is something that has to happen before a new season can fully begin. The old one has to be released. Not forgotten. Not pretended away. Not minimized or rushed past. But genuinely and consciously released — the way you release a breath you have been holding too long. With intention. With relief. With the quiet acknowledgement that what was — was real and mattered — and what is coming deserves your full presence. This is harder than it sounds.

Because we are creatures of familiarity. And even painful familiarity can feel safer than unknown newness. Even a season that hurt can feel more comfortable than the uncertainty of what comes next. And so sometimes — without realizing it — we hold onto the old season. Not because we want to stay in the pain. But because letting go feels like losing something all over again.

I want to say something gently today.

Holding onto the old season is not honoring it. It is just delaying what is next.

Isaiah 43:18-19 says forget the former things. Do not dwell on the past. See I am doing a new thing. Do you not perceive it? Do you not perceive it? God is doing something new in your life right now. Something is springing up. Something is being prepared.

Something is already in motion that you cannot yet fully see. But you will not be able to receive it with hands that are still holding the old. Open your hands today. Let the old season go. Not because it did not matter.

Because what is coming matters more.

Key Scripture

"Forget the former things. Do not dwell on the past. See I am doing a new thing. Now it springs up — do you not perceive it?"

Isaiah 43:18-19

A Simple Prayer

Lord — today I am choosing to release the old season. Not to forget it — it shaped me. Not to minimize it — it was real. But to release my grip on it so that my hands are free to receive what You are bringing next. Help me perceive the new thing You are doing. Help me step toward it with open hands and an open heart. Amen.

Journal Prompt

What are you still holding onto from the old season that you need to release? Not the lessons — those are yours to keep. But the grief you have been recycling. The hope that things might still go back to how they were. The identity that was tied to that chapter. Write it down. And then write this:

I am releasing the old season today. Not because it did not matter — it did. But because God is doing something new. And I do not want to miss it because my hands were too full of what was to receive what is coming.

Self Care Task

Today — do one physical act of letting go. Clear out a drawer that has been bothering you. Delete old messages you have been holding onto. Give away something that belongs to the old season rather than the new one. Let the physical act mirror the internal one. Make room. Something new needs space to arrive.

Day 28

You Are Ready for What Is Next



Devotional

Twenty eight days.

You are ready. Not perfect. Not completely healed. Not without questions or uncertainties or moments where the grief still surfaces unexpectedly. But ready — in the way that matters most — for what God has prepared for you next.

Because readiness was never about having everything resolved. It was never about arriving at some place of complete wholeness before God could use you or bless you or move you forward. If that were the requirement nobody would ever be ready for anything. Readiness is about willingness.

And you have been willing — for twenty eight days — to do the hard honest faithful work of healing. You have been willing to look at the painful things. To name them. To bring them to God. To release what needed releasing and receive what needed receiving. That willingness is readiness. And God works with willing hearts. Think about the disciples Jesus chose. Fishermen. Tax collectors. Doubters. Deniers. Men who were very much works in progress when He said — come follow Me. He did not wait until they were polished and perfect before He invited them into the most significant work of their lives. He chose them in the middle of their becoming. Just like He is choosing you. Right now. In the middle of yours.

You are ready my friend.

Step forward.

Key Scripture

"For we are God's handiwork — created in Christ Jesus to do good works — which God prepared in advance for us to do." Ephesians 2:10

A Simple Prayer

Lord — I receive that today. I am ready. Not perfect — ready. Willing — and therefore ready. Help me step into what You have prepared without waiting for a perfection that was never the requirement. You chose me in the middle of my becoming. And I choose to trust that Your timing is exactly right. Amen.

Journal Prompt

Write about what ready means to you today.

Not what you thought it meant before this journey — what it means now.

How has your understanding of readiness changed over these twenty eight days?

What would you say to the woman who started Day 1 about what is waiting for her on Day 28?

Write this at the end:

I am ready. Not because everything is resolved — but because God prepared me for this. He called me. He equipped me. And He goes before me into everything that is next

Self-Care Task

Today — dress intentionally.

Put on something that makes you feel like the woman you are becoming. Not the woman of the old season. The new one.

It does not have to be anything special. Just intentional. Just chosen with the awareness that you are a woman stepping into something new.

Let how you present yourself to the world today reflect who you actually are becoming on the inside.

Day 29

You Were Made for More Than Surviving



Devotional

There is a difference between surviving a season and actually living through it. Surviving looks like getting through the days. Functioning. Keeping it together well enough to do what needs to be done. Putting one foot in front of the other until the hard part is over. And surviving is not nothing. In the early days of this season surviving was everything. It was enough. It was brave. But surviving was never meant to be the destination.

You were not made to merely get through your life. You were made to live it. Fully. Intentionally. With the kind of joy and purpose and meaning that does not depend on circumstances being perfect or pain being absent or every question being answered. John 10:10 says Jesus came that you might have life — and have it to the full. Not a half-life. Not a careful life built around managing disappointment. Not a small safe life designed to protect you from ever being hurt again. A full life. And a full life after a season like this one does not look like the life you had before. It looks like something richer. Something deeper. Something that carries the weight of what you have been through and wears it not as a wound but as wisdom.

The woman who has been through something hard and chosen to heal well — she does not just survive the next chapter. She thrives in it. That woman is who you have been becoming for twenty nine days. And she is ready — not just to survive what is next — but to live it fully and joyfully and completely.

You were made for more than surviving Beautiful One.

You were made for this.

Key Scripture

"I have come that they may have life — and have it to the full." John 10:10

A Simple Prayer

Lord — I do not want to just survive anymore. I want to live — fully, intentionally, joyfully — in the life You have prepared for me. Help me make that shift today. From surviving to living. From getting through to stepping into. From managing my pain to walking in my purpose. You came that I might have life to the full. I receive that today. All of it. Amen.

Journal Prompt

Write honestly about the difference between the way you have been surviving this season and what it would look like to truly live through it.

What does surviving look like for you right now?

What would living fully look like instead?

What is one thing you could do differently tomorrow that would be a step from surviving into living?

Write this at the end:

I was not made to merely survive. I was made for a full life — rich with purpose, deep with faith, wide with love. And that life is available to me. Starting now. Starting today.

Self-Care Task

Today — do something that feels like living rather than just getting through.

Something that makes you feel present and alive and like yourself.

A meal shared with someone you love. A walk somewhere beautiful. A creative project. A conversation that goes deep.

Something that when you look back on today you will remember not as a day you got through — but as a day you actually lived.

That is what you were made for.

Day 30

Welcome to Your New Season



Devotional

Can I just take a moment before we do anything else today?

I need you to look at you. Really look at you. Do you have any idea what you just did? Thirty days ago you picked up this workbook. And I do not know exactly what was in your heart that day — maybe hope, maybe doubt, maybe a quiet desperate prayer that something in these pages would reach the part of you that had been hurting for so long. And you stayed.

Through the hard days and the soft days. Through the days the words flowed and the days you stared at the page with nothing left. Through the days God felt close and the days He felt miles away. Through the grief and the forgiveness and the trust and all the tender uncomfortable honest work in between.

You stayed.

And I need you to hear this — not as a motivational statement, not as a nice way to end a workbook — but as a woman speaking truth to another woman. You are not the same person who opened Page 1. Something happened in you over these thirty days.

Something quiet and deep and real. Something that did not announce itself dramatically or arrive with a trumpet — but that has been growing steadily underneath the surface like roots going down in the dark.

You are rooted now.

In who God says you are. In a forgiveness that has begun to set you free. In a trust that has been rebuilt — slowly, faithfully, honestly — with a God who never once left the room. And now? Now it is time to live.

Not to keep healing indefinitely. Not to stay in the workbook forever. Not to wait until every last piece of the grief has resolved before you allow yourself to step fully into the life that is waiting. Now.

Ecclesiastes 3:11 says He makes everything beautiful in its time.

This is your time sweet friend.

Not someday. Not when you feel more ready. Not when the last question gets answered or the last wound completely closes. Now.

Go live the beautiful life He has been preparing. With your whole heart. With your chin up. With the quiet unshakeable confidence of a woman who went through something that broke her precious heart, and came out the other side knowing exactly who she is and whose she is. That woman is extraordinary.

That woman is you.

And she is free

Key Scripture

"He has made everything beautiful in its time."
Ecclesiastes 3:11

A Simple Prayer

Lord — thirty days. Thank You for every single one. For the ones that felt like breakthroughs and the ones that felt like nothing. For the moments I felt You close and the moments I chose to trust You anyway. Thank You for what You have done in me that I can see — and for what You have done that I cannot yet. I receive this new season with open hands and a grateful heart. Go before me into everything that is next. I am ready. Amen.

Journal Prompt

I want you to do three things today.

First — write a letter from the woman you are today to the woman you were on Day 1. What do you want her to know? What would you tell her about what is coming? What do you wish you could reach back and say to her in her hardest moment?

Second — write down three things that are true about you today that were not true — or that you did not believe — thirty days ago.

Third — write one sentence about your new season. Not a plan. Not a to-do list. Just one sentence that captures the woman you are stepping into and the life you are stepping toward.

Then read it out loud.

Say it like you mean it.

Because you do.

From My Heart to Yours

Oh Beautiful Daughter of God.

Where do I even begin....

I made this workbook because I needed it once.

Because I was the woman on Day 1 — hurting and uncertain and not entirely sure healing was possible for someone like me at that point in my life.

And I want to tell you — from the other side of my own broken season — that it is.

Possible and Real.

And more beautiful than you could have imagined on that first hard day.

You have done something in these thirty days that most people never do. You chose to go through — not around. You chose honesty over performance. Faith over fear. Healing over hiding.

And look at you now.

You are not who you were. You are not defined by what ended. You are not too old or too broken or too late for anything God has written for you.

You are rooted in who He says you are.

You are restored by what He has done in you.

And you are ready

— truly, fully, beautifully ready —

for the most extraordinary chapter of your life.

Go live it my Sister.

Every single glorious day of it.

I am so proud of you it makes my heart full.

With all my love

Christa Possible



