A 21-DAY GUIDED DEVOTIONAL JOURNEY

Waiting, Becoming, Healing

Proof That God Can Be Trusted

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DEDICATION

To the woman who wonders if she's missed God's best...

To the woman who is tired of trying, tired of waiting, and tired of wondering whether she is enough.

This devotional is for you.

My prayer is that over the next twenty-one days, you'll discover what God has been patiently showing me all along:

Your worth was never determined by who chose you.

It has always been rooted in the One who created you.

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Your Journey Continues

Introduction

Welcome to the next twenty-one days of your life.

I don't say that lightly. I believe seasons can turn on a single decision — the decision to stop running long enough to let God meet you where you actually are. Not where you wish you were. Not where you'll be once everything is fixed. Where you are right now, with the questions you're still carrying and the prayers that still feel unanswered.

This devotional is built around three words that have shaped my own story: Waiting, Becoming, and Healing. They are also the three parts of my book by the same name, and they are not three separate stages so much as three movements of the same song. Most of us are living in all three at once without even realizing it.

In Week One, we'll sit with the waiting — and discover that it was never empty.

In Week Two, we'll pay attention to who we are becoming — not who we have to perform into being.

In Week Three, we'll let God touch the places that still need healing — and find that wholeness was always His intention.

Each day is short on purpose. Five quiet minutes is enough to start. But I'd gently invite you not to rush. Read slowly. Keep a pen nearby. Let God sit with you in the margins — in the questions, and especially in the places you'd rather skip.

You are not here by accident. El Roi — the God who sees — saw you long before you opened this page.

Let’s begin.

My Story

If you're holding this devotional, there's a good chance you're carrying questions that don't have easy answers.

Maybe you're wondering why a relationship ended, why your prayers seem unanswered, or why the same painful patterns keep repeating. Maybe you're doing everything you know to do—praying, trusting God, trying to heal—and yet you still feel stuck.

I understand those questions because I've asked them too.

For years, I searched for my worth in places that could never truly satisfy me. I believed that if I could be enough—enough for my family, enough for my friends, enough for the people I loved—I would finally feel secure and accepted. Instead, I found myself exhausted from constantly earning love instead of simply receiving it.

The roots of those beliefs reached much further back than I realized.

Childhood trauma, abandonment, and experiences that no child should endure quietly shaped how I viewed myself. Although I became a therapist and spent my career helping others heal, there were still places within my own heart that needed God's gentle restoration.

After my divorce in 2017, I stepped back into dating believing I had done the work. Yet relationship after relationship ended in heartbreak. Each ending left me asking God the same painful question:

"What am I doing wrong?"

By December 2025, after another failed relationship, I had reached my breaking point. I had prayed, fasted, trusted God, and sincerely desired to honor Him in my relationships. Yet I couldn't understand why I kept experiencing disappointment.

Instead of giving me immediate answers, God invited me to do something unexpected.

He led me back to my journals.

As I read through years of prayers, reflections, and conversations with Him, I began to see a story I had missed while living it.

Every heartbreak. Every unanswered prayer. Every season of waiting. Every disappointment.

God had been using each one to heal places in my identity that I didn't even know were wounded.

I realized He wasn't simply preparing me for a relationship.

He was preparing me to become the woman He created me to be.

That realization changed everything.

Waiting was no longer punishment. It became preparation.

Heartbreak was no longer evidence that God had forgotten me. It became one of the ways He revealed the places where healing was still needed.

As both a therapist and a follower of Christ, I've learned that healing often happens in the very places where we feel most broken. Relationships become mirrors, revealing unfinished places within us—not to shame us, but to invite us into deeper healing and greater freedom.

That is why I created this devotional.

Not because I've figured everything out. Not because my journey has been perfect.

But because I have experienced the faithfulness of God in the middle of unanswered questions.

My prayer is that over the next twenty-one days, you'll begin to see your own story through a different lens. I hope you'll discover that your waiting has purpose, your healing is possible, and your identity has never depended on another person's acceptance.

You are already deeply loved by the God who created you.

And I believe He wants to use this season—not to diminish you—but to transform you.

Welcome to the journey.

I'm honored to walk it with you.

Why I Wrote This

I wrote this devotional because I have been the woman who wondered if she had missed God's best.

I spent years trying to be enough — enough for my family, enough for the people I loved, enough to finally feel chosen. As both a therapist and a follower of Christ, I knew the language of healing. I had helped many others find their way through pain. And still, there were places in my own heart that needed God's gentle restoration.

After another season of heartbreak, I reached my breaking point. I had prayed. I had fasted. I had trusted. And I still didn't understand why the same painful patterns kept repeating. Instead of handing me answers, God led me back to my journals — to years of prayers I had written in the moment — and there I finally saw the story I had missed while I was living it.

Every heartbreak. Every silence. Every season of waiting. He had been using each one to heal places in my identity I didn't even know were wounded.

Waiting stopped being punishment. It became preparation.

I wrote this for you because I believe your story is not as different from mine as you might think. Not because I have it all figured out — but because I have experienced the faithfulness of God in the middle of unanswered questions. And what He has done for me, I believe He longs to do for you.

How to Use This Journal

This is a journal as much as it is a devotional. It is meant to be written in, not just read. So before you begin, find a pen you like and a quiet corner that can become yours for a few minutes a day.

Here is the simple rhythm of each day:

- **Scripture.** A verse to anchor your heart before anything else. Read it twice — once with your eyes, once out loud.
- **Reflection.** A short reading that blends what I've learned as a therapist with what God has taught me as a believer. This is where we sit together.
- **Reflect.** One or two journal prompts. Don't aim for polished. Aim for honest. The page is a safe place to be messy.
- **Pray.** A short prayer to pray as written — or to use as a starting place for your own words.
- **Today's Truth.** A single line to carry with you through the day. Write it on a sticky note. Set it as your screen. Let it interrupt the old story.

A few gentle guidelines as you go:

- Go at the pace of one day at a time. If you miss a day, simply begin again where you left off — there is no falling behind in grace.
- Be honest on the page. God already knows; the writing is for you. The things you don't show the world, you can show Him.
- Notice resistance. The day you most want to skip is often the day with something for you.

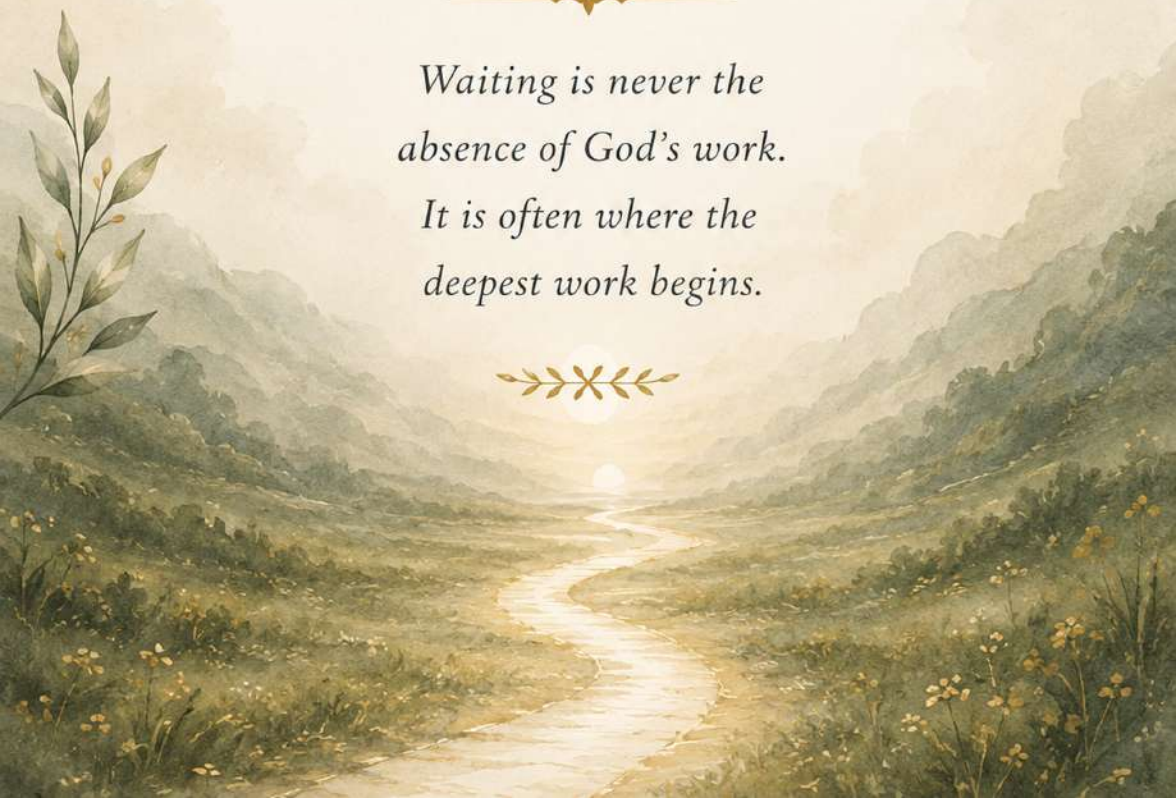
- Use it alone or together. These prompts work just as well at 2 a.m. by yourself as they do in a group of women walking a similar road.

You don't have to arrive anywhere by Day 21. You only have to keep showing up. God will do what only God can do in the showing up.

WEEK ONE

LEARNING TO WAIT

Waiting is never the absence of God's work. It is often where the deepest work begins.



DAY 1

God Sees You

"You are the God who sees me."

— Genesis 16:13 (NIV)

REFLECTION

The first time Scripture records someone naming God, it was a woman alone in the wilderness who had every reason to believe she'd been forgotten. Hagar was used, mistreated, and sent away. And yet it was to her that God revealed Himself as El Roi — the God who sees.

Not the God who scolds. Not the God who finally shows up once you've cleaned yourself up. The God who sees you, right now, in the wilderness you didn't choose.

As a therapist, I know how much of our pain comes from feeling unseen — the quiet ache of being overlooked, unchosen, misunderstood. We learn to perform for attention because somewhere along the way we decided love had to be earned. But here is what God settled in me when I had run out of strength to earn anything: I was already seen. I always had been.

You may feel invisible today. You may feel like your prayers are echoing off the ceiling. But the same God who found one woman in the desert has already found you.

You were never waiting to be noticed. You were noticed before you ever began to wait.

REFLECT

- Where in your life do you most need to know that God sees you? Write to Him about it, as honestly as Hagar might have.

PRAYER

El Roi, the God who sees me — thank You that I am not invisible to You. Meet me in the place I've felt overlooked. Help me trust that being seen by You is enough. In Jesus' Name, Amen.

TODAY'S TRUTH

I am not invisible. The God who sees me has already found me.

DAY 1

God Sees You

REFLECTIONS & PRAYERS

DAY 2

Waiting Isn't Rejection

"Though my father and mother forsake me, the Lord will receive me."

— Psalm 27:10 (NIV)

REFLECTION

For years I read my delays as a verdict. If the relationship ended, it must mean I wasn't enough. If the answer was slow, it must mean the answer was no. I had quietly agreed with a lie: that waiting was God's way of rejecting me.

But waiting and rejection are not the same thing.

Rejection says, "You are not wanted." Waiting says, "What I have for you is not ready — and neither, fully, are you." One is a closed door. The other is a door God is still building behind.

If you grew up with abandonment, as I did, your nervous system will try to translate every delay into the language of your oldest wound. Silence will sound like leaving. A slow answer will feel like being unchosen. That is not weakness; it is a wound asking to be healed. But it is not the truth about God.

The God of Psalm 27 receives the one everyone else forsook. His delay is not His departure.

Your waiting is not a measure of your worth. It is a window into His care.

REFLECT

- What has your waiting tempted you to believe about yourself? Write the lie down — then write the truth beside it.

PRAYER

Father, forgive me for reading Your timing as Your rejection. You receive me even when I feel forsaken. Heal the place that mistakes delay for abandonment. In Jesus' Name, Amen.

TODAY'S TRUTH

God's delay is not His departure.

DAY 2

Waiting Isn't Rejection

REFLECTIONS & PRAYERS

DAY 3

Trusting the Silence

"Be still, and know that I am God."

— Psalm 46:10 (NIV)

REFLECTION

The silence is the hardest part. I could handle a clear no. What undid me was the not-knowing — the long stretch where heaven seemed quiet and I was left to interpret.

In those stretches I would do what so many of us do: I would fill the silence. With striving. With overthinking. With one more attempt to fix what only God could fix. Anything felt better than being still.

But "Be still" is not God asking you to do nothing. The Hebrew carries the sense of releasing your grip — letting your hands fall open. It is the instruction of a parent to a frantic child: stop fighting me, I've got you.

As a therapist, I'll tell you the body resists stillness because stillness is where the feelings live. As a believer, I'll tell you stillness is also where the voice of God lives — not in the wind or the earthquake, but in the gentle whisper that comes after.

His silence is not His absence. Sometimes it is the very thing teaching you to know Him by presence and not only by answers.

Be still. Not because nothing is happening — but because Someone is holding what you cannot.

REFLECT

- How do you tend to fill God's silences? What would it look like to let your hands fall open today instead?

PRAYER

Lord, in the silence, help me be still. Teach me to know You by Your presence and not only by Your answers. Quiet the part of me that has to fix everything. In Jesus' Name, Amen.

TODAY'S TRUTH

His silence is not His absence.

DAY 3

Trusting the Silence

REFLECTIONS & PRAYERS

DAY 4

When the Answer Is Not Yet

"Though it linger, wait for it; it will certainly come and will not delay."

— Habakkuk 2:3 (NIV)

REFLECTION

There is a particular kind of grief in "not yet." It isn't the clean grief of no, where you can finally lay something down. "Not yet" keeps you holding on with one hand while you keep living with the other.

God spoke to Habakkuk about a promise that lingered, and He did not apologize for the delay. He simply asked for trust — the kind that keeps believing the thing is coming even when the calendar says otherwise.

I spent a long time treating waiting like a transaction. I did the right things; I expected the right outcome on my timeline. And when the math didn't add up, my faith began to fracture. What I couldn't see then is that "not yet" was protecting me from receiving something before I could steward it.

Not yet is not no.

Not yet means the promise is still alive — and so is the work God is doing to get you ready for it.

You are allowed to grieve the delay. You are also allowed to hope. Both can be true on the same page.

REFLECT

- What "not yet" are you living inside right now? What might God be preparing in you while you wait for it?

PRAYER

God, teach me the difference between 'no' and 'not yet.' Where the promise lingers, help me keep watching for it without losing heart. I trust Your timing more than my own. In Jesus' Name, Amen.

TODAY'S TRUTH

Not yet is not no.

DAY 4

When the Answer Is Not Yet

REFLECTIONS & PRAYERS

DAY 5

Learning to Surrender

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

— Proverbs 3:5–6 (NIV)

REFLECTION

Surrender was the hardest word in my vocabulary. I had survived by being in control. Control felt like safety; letting go felt like falling.

If you've ever had to be the strong one, the dependable one, the one who held everything together, you understand. Control is often a trauma response wearing the costume of competence. We grip because somewhere we learned that if we don't hold it, no one will.

But Proverbs doesn't ask us to understand. It asks us to trust — to lean away from our own understanding and into His. Surrender is not giving up. Surrender is handing the weight to the only One who was ever strong enough to carry it.

The day I finally prayed, "Your will be done in my life as it is in Heaven," I wasn't losing my agency. I was trading my exhausting illusion of control for the rest of His leadership.

You can let go. Not because you stopped caring — but because He never did.

REFLECT

- What are you still trying to control that God is inviting you to surrender? Write it as a prayer of release.

PRAYER

Father, I'm tired of carrying what was never mine to carry. I lean away from my own understanding and into Yours. Make my crooked paths straight. I surrender. In Jesus' Name, Amen.

TODAY'S TRUTH

Surrender is not giving up; it is handing the weight to the One who can carry it.

DAY 5

Learning to Surrender

REFLECTIONS & PRAYERS

DAY 6

What Waiting Reveals

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

— Isaiah 40:31 (NIV)

REFLECTION

Waiting is a revealer. It surfaces what was always there — the fears, the agreements, the places we numbed instead of healed. For a long time I resented that. Now I'm grateful for it.

When God led me back through my journals, I saw that every season of waiting had been quietly showing me the truth about my own heart. My impatience revealed where I didn't trust. My panic revealed an old wound. My bargaining prayers revealed that some part of me still believed love had to be earned.

None of it was there to shame me. It was there to be healed.

The Hebrew word for "hope" in this verse carries the idea of being twisted together, like strands of a rope. To wait on the Lord is to be intertwined with Him — so that what He is doing in you becomes inseparable from who you are becoming.

Waiting didn't expose me to humiliate me. It revealed me so He could renew me.

What you're becoming in the waiting is worth more than what you're waiting for.

REFLECT

- What has this season of waiting revealed about your heart? Thank God for showing you — and ask Him to heal it.

PRAYER

Lord, thank You that what waiting reveals, You intend to renew. Don't let me waste this season hiding from what You want to heal. Twist my life together with Yours. In Jesus' Name, Amen.

TODAY'S TRUTH

What I'm becoming in the waiting is worth more than what I'm waiting for.

DAY 6

What Waiting Reveals

REFLECTIONS & PRAYERS

DAY 7

Sabbath Reflection

"He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."

— Psalm 23:2–3 (NIV)

REFLECTION

You've made it through your first week. Before we move from waiting into becoming, let's rest.

Sabbath is not a reward for productivity. It is a declaration that you are held whether or not you produce. The same God who is working in your waiting also wants to refresh your soul in it. So today, there is no new lesson — only an invitation to lie down in the green pasture and breathe.

Look back over the past six days with gentleness, not judgment. Notice what God stirred. Notice what was hard. Both matter.

REFLECT

- Which day this week stayed with you the most — and why?
- Where did you sense God seeing you, or speaking, even faintly?
- What is one lie about your waiting that you are ready to lay down?
- What do you most want God to do in your heart in the week ahead?

PRAYER

Shepherd of my soul, thank You for leading me beside quiet waters this week. I lay down my striving. Refresh me. Restore me. Ready me for what's next. In Jesus' Name, Amen.

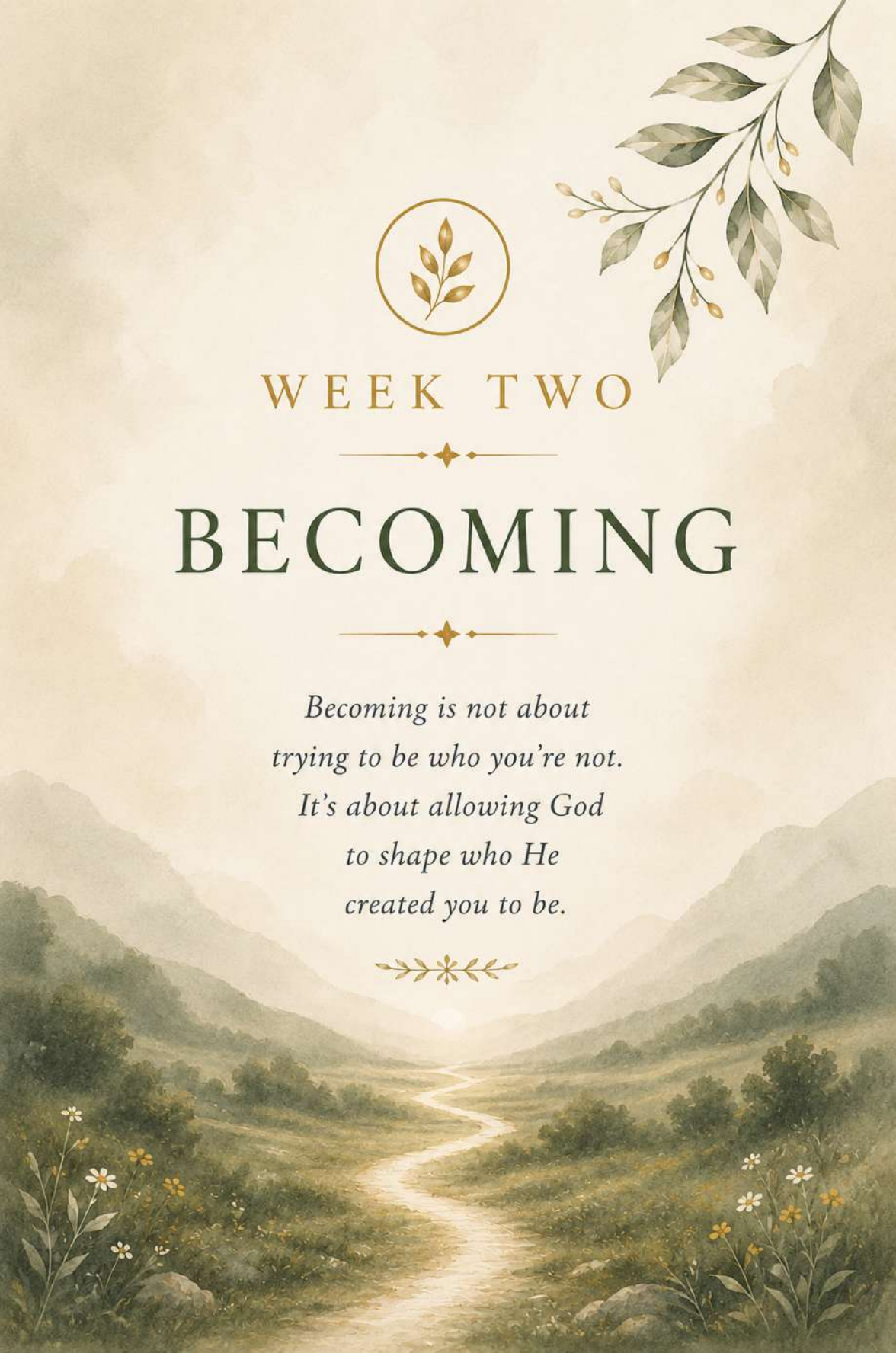
TODAY'S TRUTH

I am held whether or not I produce.

DAY 7

Sabbath Reflection

REFLECTIONS & PRAYERS


WEEK TWO
BECOMING
Becoming is not about
trying to be who you're not.
It's about allowing God
to shape who He
created you to be.

DAY 8

Identity

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession..."

— 1 Peter 2:9 (NIV)

REFLECTION

Who are you when no one is choosing you?

For most of my life, my answer to that question depended on someone else. I was whoever I was to the person in front of me — enough if they stayed, not enough if they left. My identity was outsourced, and so my peace rose and fell with other people's decisions about me.

Then I read this verse as if for the first time. Chosen. Royal. Holy. God's special possession. Not because of who selected me — but because of who created me.

As a therapist, I watch women rebuild their lives the moment their identity stops being a verdict handed down by others and starts being a truth received from God. As a believer, I know why: an identity given by God cannot be revoked by people.

You are not whoever the last person to leave decided you were.

Your worth was never determined by who chose you. It has always been rooted in the One who created you.

REFLECT

- Whose voice has been defining your identity? Write the names God gives you in this verse, and let them answer back.

PRAYER

Father, I have let other people tell me who I am. Today I receive my identity from You: chosen, holy, Yours. Anchor my worth in Your creation of me, not in anyone's choosing of me. In Jesus' Name, Amen.

TODAY'S TRUTH

My worth was never determined by who chose me — it is rooted in the One who created me.

DAY 8

Identity

REFLECTIONS & PRAYERS

DAY 9

Boundaries

"Above all else, guard your heart, for everything you do flows from it."

— Proverbs 4:23 (NIV)

REFLECTION

I used to think guarding my heart meant going numb — building walls so high that nothing, and no one, could get in. But numbness isn't a boundary. It's a wound managing itself.

A boundary is not a wall. A wall keeps everyone out. A boundary decides who gets access and on what terms. One comes from fear. The other comes from wisdom.

Scripture says to guard your heart above all else, because everything you do flows from it. Your heart is the wellspring — the source. To leave it unguarded is to let anyone muddy the water you have to drink from for the rest of your life.

As a therapist I'll say it plainly: boundaries are not rejection of others. They are stewardship of yourself. As a believer I'll add this: God models boundaries beautifully. He is endlessly loving and entirely clear about what He will and won't allow.

You can have an open heart and a guarded gate at the same time.

Boundaries are not how you keep love out. They are how you keep love safe.

REFLECT

- Where do you need a boundary, not a wall? Name one limit you can set this week that protects your heart without closing it.

PRAYER

Lord, teach me to guard my heart the way You intended — with wisdom, not walls. Give me the courage to set boundaries that bless, and the discernment to know the difference between protecting and hiding. In Jesus' Name, Amen.

TODAY'S TRUTH

Boundaries are not how I keep love out; they are how I keep love safe.

DAY 9

Boundaries

REFLECTIONS & PRAYERS

DAY 10

Self-Worth

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

— Psalm 139:14 (NIV)

REFLECTION

There is a difference between knowing your worth and feeling it. I could recite this verse for years before I believed it in my body.

When I finally sat down to write the word WORTHY in my journal, I didn't write it because I felt it. I wrote it because my insides argued with me every time I wanted something good. I had to learn that worthiness isn't a feeling I summon. It's a fact I receive.

Notice that the psalmist doesn't say, "I praise you because I have earned my worth." He says, "because I am fearfully and wonderfully made." Your worth is in the making, not the achieving. You were valuable before your first accomplishment and you will be valuable after your last.

Here is the quiet reframe that set me free: worthiness isn't "I deserve it." Worthiness is "I am not disqualified."

You don't have to feel worthy today to be worthy today. The One who made you already settled the question.

REFLECT

- Finish this sentence in your journal, as many times as you need: "I am worthy of…" Don't edit. Let your heart catch up to the truth.

PRAYER

Maker, You formed me with intention and called Your work wonderful. When my feelings argue, remind me that my worth was set by Your hands. I am fearfully and wonderfully made. In Jesus' Name, Amen.

TODAY'S TRUTH

Worthiness isn't 'I deserve it.' Worthiness is 'I am not disqualified.'

DAY 10

Self-Worth

REFLECTIONS & PRAYERS

DAY 11

Healing Old Wounds

"He heals the brokenhearted and binds up their wounds."

— Psalm 147:3 (NIV)

REFLECTION

Some wounds are so old we've decorated them. We've built a personality around them, an explanation, a way of coping that looks like strength from the outside. But a decorated wound is still a wound.

Childhood trauma, abandonment, things no child should endure — these quietly shaped how I saw myself long before I had words for any of it. I became a therapist. I helped others heal. And still there were rooms in my own heart I had simply locked rather than entered.

The God of Psalm 147 is Yahweh Rapha, the Lord who heals. Notice what He binds: not the wounds you've fixed, but the ones you're still bleeding from. He moves toward the broken places, not away from them.

Healing often happens in the very places where we feel most broken. The relationship that wounded you may be the mirror revealing what God wants to mend — not to shame you, but to free you.

You don't have to keep decorating it.

You can finally let Him into the room you locked.

REFLECT

- What old wound have you learned to manage instead of heal? Tell God about it — and invite Him into that locked room.

PRAYER

Yahweh Rapha, Lord who heals, I bring You the wounds I've carried for so long I forgot they were wounds. Bind up what's broken in me. I trust You with the places I've kept locked. In Jesus' Name, Amen.

TODAY'S TRUTH

A decorated wound is still a wound — and my God moves toward broken places, not away.

DAY 11

Healing Old Wounds

REFLECTIONS & PRAYERS

DAY 12

Courage

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

— Joshua 1:9 (NIV)

REFLECTION

Courage is not the absence of fear. It is the decision to move while the fear is still talking.

God told Joshua to be courageous as he stepped into unfamiliar territory — and the reason He gave was not "because it will be easy." It was "because I will be with you." Courage was never meant to be self-generated. It is borrowed from the presence of God.

For me, courage looked like daring to want again after disappointment had taught me to shrink. Some of us didn't just survive our past — we learned to make ourselves smaller in it: our needs, our voice, our hope, our standards, even our prayers. Because wanting felt dangerous and asking felt like setting yourself up to be let down.

But playing small is not humility. Sometimes it's just fear in disguise.

Courage is letting yourself want the good thing again. It's setting the boundary, having the conversation, hoping out loud — not because you're sure of the outcome, but because you're sure of the One who goes with you.

You can be afraid and faithful at the same time.

REFLECT

- What is one courageous thing fear has been talking you out of? Write what you'd do if you truly believed God was with you in it.

PRAYER

Lord, I've made myself small where You called me to be strong. Give me courage that comes from Your presence, not my own certainty. Go with me into the thing I've been avoiding. In Jesus' Name, Amen.

TODAY'S TRUTH

I can be afraid and faithful at the same time.

DAY 12

Courage

REFLECTIONS & PRAYERS

DAY 13

Peace

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

— Philippians 4:6–7 (NIV)

REFLECTION

Notice that peace is described here as a guard. The peace of God doesn't just calm you — it stands watch over your heart and mind like a sentry at the gate.

I used to chase peace as if it were a feeling I could manufacture if I just controlled enough variables. But anxiety can't be out-planned. The harder I gripped, the more peace slipped through my fingers.

This passage offers a different way. It doesn't say "fix everything and then you'll have peace." It says bring everything to God — the requests and the gratitude together — and let His peace do the guarding you've been trying to do yourself.

As a therapist, I teach people that the goal isn't a life without anxiety; it's learning where to put it. As a believer, I've found the place to put it: at His feet, with thanksgiving, in prayer.

Peace that you understand is just relief. Peace that transcends understanding is God.

You don't have to figure it all out to lay it all down.

REFLECT

- What anxious thought is loudest right now? Write it out as a request to God, then add one thing you're thankful for in the same breath.

PRAYER

Father, I bring You everything I've been trying to carry alone. I trade my anxiety for Your peace — the kind I can't explain. Let it stand guard over my heart and mind today. In Jesus' Name, Amen.

TODAY'S TRUTH

I don't have to figure it all out to lay it all down.

DAY 13

Peace

REFLECTIONS & PRAYERS

DAY 14

Reflection

"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 (NIV)

REFLECTION

Two weeks in. Pause here and breathe.

Becoming is rarely something you can feel happening. It's like watching a child grow — imperceptible day to day, undeniable over time. So before we step into the week of healing, let's look back and let God show us the growth we may have missed in ourselves.

The verse for today is one of the most reassuring in all of Scripture: the work God started in you is His to finish. You are not the one responsible for completing yourself. You only have to stay in His hands.

REFLECT

- What has shifted in how you see yourself over these two weeks?
- Which truth has been hardest to believe — identity, worth, boundaries, courage, or peace?
- Where can you already see God carrying His work in you forward?
- What do you want to release before entering the week of healing?

PRAYER

Lord, thank You that the work You began in me is Yours to complete. I release the pressure to finish myself. Carry me forward. Show me how far You've already brought me. In Jesus' Name, Amen.

TODAY'S TRUTH

The good work in me is God's to finish — I only have to stay in His hands.

DAY 14

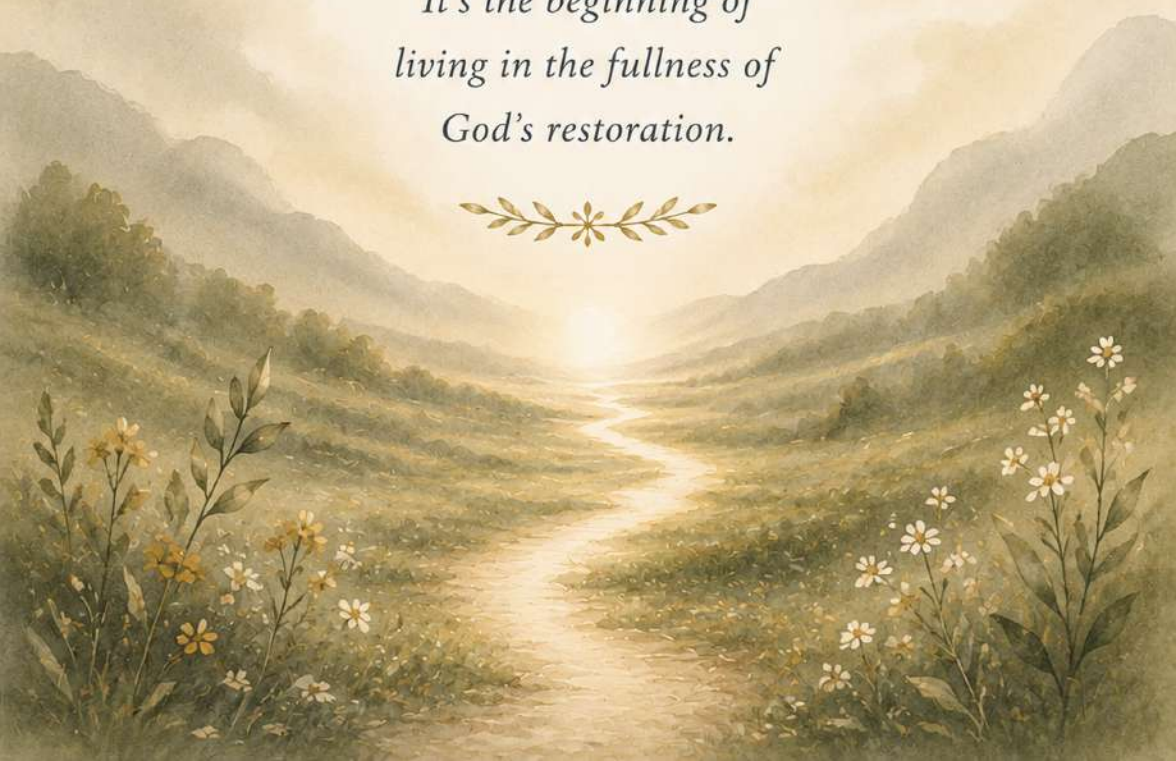
Reflection

REFLECTIONS & PRAYERS

WEEK THREE

HEALING

Healing is not the end
of your story.
It's the beginning of
living in the fullness of
God's restoration.



DAY 15

Freedom

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

— Galatians 5:1 (NIV)

REFLECTION

Freedom is not only being released from something. It's refusing to pick the chains back up.

Paul writes to people who had been set free and were quietly returning to the very thing that once bound them. I understand the pull. Old patterns are familiar, and familiar can feel safer than free — even when familiar is what was killing us.

When I finally pursued deliverance, it was one of the most important decisions I had made since I gave my life to Christ. I can say with my whole heart: I am free. But freedom asked something of me afterward. It asked me to stand firm — to stop rehearsing the old story, stop answering to the old names, stop walking back into rooms God had already led me out of.

Christ didn't set you free so you could live as though you're still bound.

Some chains stay on because no one removed them. Others stay on because we keep choosing them. Today, choose freedom.

You are not who you were. Stand firm in it.

REFLECT

- What freedom has God already won for you that you keep living below? Write a declaration of standing firm in it.

PRAYER

Jesus, You set me free — help me live free. Where I keep picking up old chains, give me the strength to lay them down for good. I will stand firm in the liberty You bought for me. In Jesus' Name, Amen.

TODAY'S TRUTH

Christ set me free — I will not pick the chains back up.

DAY 15

Freedom

REFLECTIONS & PRAYERS

DAY 16

Forgiveness

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

— Ephesians 4:32 (NIV)

REFLECTION

Forgiveness is one of the most misunderstood words in the language of healing. People think it means pretending it didn't hurt, or letting someone back in, or saying what happened was okay. It means none of those things.

Forgiveness is releasing your right to collect a debt you will never actually be repaid.

As a therapist, I've watched unforgiveness quietly run people's lives — not because they're bitter people, but because the wound never got to set down. Holding the offense feels like protection. In reality, it ties you to the very person you're trying to be free from.

Forgiving is not the same as trusting. You can forgive someone fully and still keep the boundary firmly in place. Forgiveness frees your heart; boundaries protect your future. You need both.

And here is the gospel of it: you forgive as one who has been forgiven. You are not lowering yourself to extend grace. You are passing along what you've already received.

Forgiveness isn't saying it didn't matter. It's saying it no longer gets to own you.

REFLECT

- Who are you still collecting a debt from — maybe even yourself? Write what it would mean to release it (while keeping any boundary you need).

PRAYER

Father, You forgave me freely; help me forgive freely. I release the debts I've been holding — not because the hurt didn't matter, but because it no longer gets to own me. Heal what unforgiveness was protecting. In Jesus' Name, Amen.

TODAY'S TRUTH

Forgiveness isn't saying it didn't matter. It's saying it no longer gets to own me.

DAY 16

Forgiveness

REFLECTIONS & PRAYERS

DAY 17

Purpose

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

— Romans 8:28 (NIV)

REFLECTION

This verse is often misquoted. It does not say all things are good. It says in all things God works for good. There is a world of difference between those two sentences — and the difference is where your healing lives.

The heartbreak was not good. The trauma was not good. The years that felt wasted were not good. But God is the kind of redeemer who can reach into what was meant to destroy you and pull purpose out of it.

When God led me back through my journals, I realized He had not been preparing me only for a relationship. He had been preparing me to become the woman He created me to be — and to one day hand the lessons to someone else. The very pain I begged Him to remove became the material of my purpose.

Your scars can become your testimony. Not your shame — your testimony.

Nothing you've survived is wasted in the hands of God. He is still working. He is working even now.

What if the thing that broke you is the thing He intends to use?

REFLECT

- Where might God be turning your pain into purpose? Name one way your story could one day serve someone else.

PRAYER

Redeemer, I don't pretend my pain was good — but I trust that You are working it for good. Pull purpose out of what was meant to destroy me. Let my scars become testimony. In Jesus' Name, Amen.

TODAY'S TRUTH

Nothing I've survived is wasted in the hands of God.

DAY 17

Purpose

REFLECTIONS & PRAYERS

DAY 18

Hope

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

— Romans 15:13 (NIV)

REFLECTION

Hope can feel risky when you've been disappointed enough times. After a while, you stop hoping out loud because hoping feels like setting yourself up to be hurt again. I know that flinch. I lived in it for years.

But notice where hope comes from in this verse. It is not something you manufacture by being optimistic. It is something God fills you with. He is the God of hope — the source, not just the cheerleader.

And the order matters. Joy and peace come as you trust Him; hope overflows by the Spirit's power, not your willpower. You don't have to talk yourself into hope. You receive it.

Hope is not the belief that things will go the way you planned. Hope is the confidence that God will be faithful no matter how things go. That kind of hope can't be killed by a bad outcome, because it was never anchored in the outcome.

You can hope again. Not because you've forgotten the disappointment — but because you've remembered who God is.

REFLECT

- Where have you stopped hoping out loud? Write one hope you're willing to bring back into the light today.

PRAYER

God of hope, fill me. I've been afraid to hope because I've been disappointed before. Anchor my hope in who You are, not in how things turn out. Let me overflow by Your Spirit, not my strength. In Jesus' Name, Amen.

TODAY'S TRUTH

Hope isn't belief that things go my way — it's confidence that God stays faithful either way.

DAY 18

Hope

REFLECTIONS & PRAYERS

DAY 19

Trust

"But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream."

— Jeremiah 17:7–8 (NIV)

REFLECTION

By now, trust is not a theory. It's the thread running through every day of this journey — trusting His sight when you felt unseen, His timing when the answer was 'not yet,' His healing in the places you'd locked away.

Jeremiah paints trust as a tree planted by water. Its strength isn't in the weather; it's in where its roots reach. When the heat comes — and it will — the tree by the stream doesn't panic, because its source isn't the sky. Its source is the steady, hidden river underground.

That is what God has been building in you all along: roots that reach past the circumstances to Him.

I had to learn that trust is not the absence of questions. I asked God plenty of questions, and He didn't flinch. Trust is choosing to keep my roots in the stream while I wait for the answers — staying planted instead of pulling myself up every time the heat rises.

You have trusted Him more than you give yourself credit for.

Stay rooted. The drought will come and go. The stream remains.

REFLECT

- Look back over the last 18 days. Where has God proven trustworthy, even in small ways? Write your evidence.

PRAYER

Lord, my confidence is in You. Sink my roots past my circumstances into the stream that never runs dry. When the heat comes, keep me planted. I trust You — questions and all. In Jesus' Name, Amen.

TODAY'S TRUTH

My strength isn't in the weather; it's in where my roots reach.

DAY 19

Trust

REFLECTIONS & PRAYERS

DAY 20

Becoming Whole

"And in Christ you have been brought to fullness."

— Colossians 2:10 (NIV)

REFLECTION

Here is a truth that changes everything if you let it: you were never half a person waiting to be completed by someone else.

In Christ, you have already been brought to fullness. Not someday. Not once the relationship comes, the healing finishes, the dream arrives. Now. Wholeness is not a prize at the end of the waiting; it is a present reality you are learning to live from.

I spent years believing I was a problem to be solved — that if I could just fix the broken part, then I'd be worthy of the good thing. But you cannot heal from a place of believing you are fundamentally lacking. You heal from the place of knowing you are already held, already loved, already full in Him.

This doesn't mean the work is finished. It means the foundation is settled. You are becoming whole because you already are whole in Christ — not the other way around.

You are not a fragment looking to be finished. You are a whole woman, being made more free.

Wholeness was always His intention for you.

REFLECT

- Where have you been living as if you were 'half,' waiting to be completed? Write the truth: in Christ, you are already whole.

PRAYER

Jesus, in You I have been brought to fullness. Free me from believing I'm a fragment waiting to be finished by someone or something else. Let me live from wholeness, not toward it. In Jesus' Name, Amen.

TODAY'S TRUTH

I am not a fragment waiting to be finished — in Christ, I am already whole.

DAY 20

Becoming Whole

REFLECTIONS & PRAYERS

DAY 21

Commissioning Prayer

"The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace."

— Numbers 6:24–26 (NIV)

REFLECTION

You made it. Twenty-one days of showing up — to the page, to the questions, to God, and to yourself.

But this was never meant to be a finish line. It's a sending. The Hebrew blessing above was spoken over God's people as they went out — not as they arrived. It is a blessing for the road ahead, and today I want to speak it over you.

You came into these pages perhaps wondering if you'd missed God's best. I pray you're leaving with a different story: that your waiting had purpose, your becoming was real, and your healing is possible — because the God who began this work in you is faithful to complete it.

Your worth was never determined by who chose you. It has always been rooted in the One who created you.

Now go — not as a woman trying to become enough, but as a woman who already is.

He sees you. He is shaping you. He is healing you. And He can be trusted.

May you walk forward as one who is seen by El Roi, the God who sees.

May you rest in the hands of the LORD your Potter, who is shaping you still.

May you be made whole by Yahweh Rapha, the LORD who heals.

And may you carry this with you on every road ahead:

Waiting can become becoming. Becoming can lead to healing. And your healing can become your proof that God can be trusted.

REFLECT

- Write a letter to the woman you were on Day 1. Tell her what you know now that she didn't. Then sign it, date it, and keep it.

PRAYER

Father, thank You for meeting me in these twenty-one days. Send me out blessed and kept, with Your face shining toward me and Your peace going before me. I am seen, I am becoming, I am healing — and You can be trusted. In Jesus' Name, Amen.

TODAY'S TRUTH

I go forward not as a woman trying to become enough, but as a woman who already is.

DAY 21

Commissioning Prayer

REFLECTIONS & PRAYERS

Your Journey Continues

These twenty-one days were a beginning, not an ending.

If something stirred in you over these pages — if you found yourself wanting to go deeper into the waiting, the becoming, and the healing — I wrote my book for exactly this moment.

Waiting, Becoming, Healing: Proof That God Can Be Trusted

Waiting, Becoming, Healing: Proof That God Can Be Trusted is the fuller story behind this devotional. In it, I open my own journals and walk you, chapter by chapter, through the seasons that shaped me — weaving real prayers written in the moment, the lens of my work as a therapist, and the faithfulness of God I discovered along the way.

If this devotional met you where you are, the book will walk with you where you're going.

Learn more and stay connected:

www.elsajulissa.com

I'm honored to walk this road with you.

Elsa J. Londoño, LCSW