



# *Morning's Coming:* **Help in the Hard Times**

*A Bible Study on Finding Hope After the Night.*



**LESLIE DEBORD**

*with love. Leslie* ♥

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Hi, I'm  
Leslie 

I'm a wife, mom, caregiver, and writer who believes that God's presence is faithful in every season — even the hard ones. Through my blog, With Love Leslie, I share encouragement for those navigating family, faith, and caregiving. Living in a farmhouse in Illinois with my family (and plenty of animals), I've learned that while night seasons are real, God's mercies are always new in the morning. This little ebook, *From Night to Morning*, is my heart poured out — a reminder that you are not alone, and that hope always rises with the dawn.



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# About Us



With Love, Leslie is a faith-based lifestyle brand that celebrates family, homesteading, and the grace to walk through every season. We share encouragement and resources for those balancing caregiving, motherhood, and faith - reminding you that God's mercies are new every morning.



# OBJECTIVES

By the end of this Bible study, you will be able to:

## **Recognize God's presence in every season**

even in the silence, waiting and shadows - through  
Scripture and personal reflection.

## **Deepen trust in God's timing**

by learning how to release control, surrender personal plans,  
and lean on His faithfulness during delays and uncertainties.

## **Experience spiritual renewal**

by exploring practices of rest, restoration, and abiding in  
Christ as the true source of strength and joy.

## **Apply Biblical truths**

personally through journaling prompts, prayer, and group  
discussion, making faith practical for daily life and  
caregiving responsibilities.

## **Cultivate resilience and hope**

by reframing trials as opportunities for growth,  
perseverance, and transformation in Christ.

## **Celebrate God's promises of joy**

by learning to choose gratitude, notice His mercies, and  
walk in the light of His love, no matter the season.

# INTRODUCTION

## *The Journey Through Seasons*

Life is not lived only in sunlight. We walk through shadows, we stumble through nights, and we long for the morning. Every believer knows the ache of seasons that feel unending – seasons where prayers hang unanswered, faith feels fragile, and hope flickers dimly. Yet it is within these night seasons that God does His deepest work.

This book is an invitation to journey honestly through those seasons. It is not a collection of quick fixes or easy answers. Instead, it is a companion for the heart: a reminder that God's presence does not abandon us when the night lingers. He is the God of renewal, and His mercies are new every morning.

Through Scripture, reflection, and prayer, may these pages remind you that darkness is never wasted, waiting is never empty, and renewal is always possible. Morning is coming – and even now, God is shaping you in the night.

# 01 *Section*

## **SEASONS OF DARKNESS & WAITING**



# *Lesson* **NIGHT SEASONS:**

# 01

## **TRUSTING GOD WHEN THE DARKNESS LINGERS**



There are seasons in life when the darkness lingers longer than we ever thought possible. These “night seasons” are not defined by the time on a clock, but by the condition of our hearts, minds, and circumstances. They are the long stretches when grief weighs heavy, when prayers seem unanswered, when fear presses in close, and when hope feels just out of reach.

### **The Purpose of Night Season**

We often resist the night. We want the morning to come quickly, for the breakthrough to arrive now, for the pain to lift immediately. Yet Scripture reminds us that even in the dark, God is present. Psalm 139:11–12 says, “If I say, ‘Surely the darkness will hide me and the light become night around me,’ even the darkness will not be dark to You; the night will shine like the day, for darkness is as light to You.”

The night season can become a sacred space where God teaches us to trust Him without seeing, to

lean into His promises when we cannot trace His hand. In the quiet stillness of waiting, He strengthens our faith, deepens our roots, and prepares us for the dawn that will surely come.

### **Lessons Learned in the Dark**

- Dependence: In the night, we learn we cannot sustain ourselves.
- Perspective: Darkness strips away distractions.
- Resilience: Growth often happens in hidden places before it shows in the light.

### **Reflection & Prayer**

*Lord, when the night feels unending, remind me that You are near. Teach me to trust You in the silence, to rest in Your presence, and to believe that morning is on its way. Amen.*

### **Journaling Prompts**

1. What “night season” am I currently walking through, or have I walked through in the past?
2. Where have I seen God’s presence in the dark, even if the morning had not yet come?
3. What truth from Scripture can I hold onto as a light in this season?

# *Lesson* **THE SILENCE OF GOD**

# 02

## **LEARNING TO LISTEN WHEN HEAVEN FEELS QUIET**



Few things test the heart like the silence of God. You pray, and the heavens seem quiet. You search for answers, but none seem to come. You open your Bible and find the words feel flat, as though God has stepped away.

This silence can feel unbearable. Yet the silence of God is not His absence. Often, it is His way of drawing us deeper, teaching us to trust His heart when His voice feels hidden.

### **Learning in the Silence**

- Silence teaches faith: Faith is not built on feelings but on God's unchanging character.
- Silence refines desire: In waiting for His voice, we discover what we truly long for — Him above all else.
- Silence strengthens perseverance: It invites us to keep showing up in prayer, even when we do not hear an immediate response.



The psalmist cried in Psalm 13:1, “How long, Lord? Will You forget me forever? How long will You hide Your face from me?” David knew the pain of God’s silence, yet he also declared in verse 5: “But I trust in Your unfailing love; my heart rejoices in Your salvation.”

## **The Hidden Work of Silence**

Seeds do their deepest growing underground, unseen and silent. So it is with us. When God seems quiet, He is often working beneath the surface, aligning circumstances, shaping our hearts, and preparing us for what is to come.

Habakkuk reminds us: “Though it linger, wait for it; it will certainly come and will not delay.” (Habakkuk 2:3)

## **Reflection & Prayer**

*Lord, when You feel silent, help me to trust that You are still speaking in ways I cannot yet hear. Teach me to wait with faith, to lean into Your Word, and to believe that Your love has not left me. Even in the quiet, let me find rest in You. Amen.*

## **Journaling Prompts**

1. When have I felt the silence of God in my life? How did it affect my faith?
2. What Scriptures can I cling to in seasons when God seems quiet?
3. How might God be working beneath the surface, even when I cannot hear His voice?

# *Lesson* **THE WEIGHT OF WAITING**

# 03

## **FINDING HOPE IN GOD'S TIMING**



Few burdens are heavier than waiting. Waiting for healing. Waiting for provision. Waiting for reconciliation. Waiting for prayers to be answered. Time stretches long, and the silence feels like an unanswered door.

The weight of waiting is not only the delay itself, but the questions it brings: Why hasn't God moved yet? Did He hear me? Does He care?

### **The Sacred Work of Waiting**

Waiting is not wasted time. In God's hands, waiting is refining. Isaiah 64:4 reminds us: "Since ancient times no one has heard, no ear has perceived, no eye has seen any God besides You, who acts on behalf of those who wait for Him."

- Waiting tests trust: It presses us to believe God is faithful even when His timeline looks different than ours.

- Waiting strengthens endurance: Like muscles grow under resistance, faith grows under delayed answers.
- Waiting redirects desires: Sometimes God delays not to punish, but to protect — shaping us for something better.

## **Hope While You Wait**

The psalmist declares, “I wait for the Lord, my whole being waits, and in His word I put my hope.” (Psalm 130:5)

Notice the shift — hope is not placed in the outcome, but in the God who holds the outcome. This is the secret of waiting with peace: hope rests in Him, not in what He gives.

Waiting with hope does not erase the ache, but it transforms it into a place of trust.

## **Reflection & Prayer**

*Lord, waiting feels heavy, and I confess that patience does not come easily. Teach me to rest in Your timing and to trust that You are working, even when I cannot see it. Let my hope be anchored not in outcomes, but in Your unchanging faithfulness. Amen*

## **Journaling Prompts**

1. What am I currently waiting for in my life?
2. How has waiting in the past shaped me or revealed God’s faithfulness?
3. Where can I shift my hope today — from the outcome I long for, to the God who holds my future?



# *Lesson* TRUST IN THE SHADOWS

# 04

## BELIEVING IN WHAT YOU CANNOT SEE



The shadows of life can feel unsettling. We prefer clarity — the bright certainty of knowing what's next, why things happen, and how God will work them out. Yet so often, He calls us to trust Him in places where the light doesn't fully reach.

The shadows are not the absence of God's presence; they are the places where our sight fades so that faith may grow.

### **Trust Beyond Sight**

Proverbs 3:5–6 reminds us: “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.”

Trust in the shadows means believing that:

- God is guiding when the path ahead is unclear.
- His promises hold, even when circumstances do not reflect them yet.
- His presence is steady, even when unseen.

Like a child reaching for a parent's hand in the dark, trust is not about knowing every detail of the way — it is about knowing Who walks beside you

### **The Strength in Trust**

- **Trust steadies the heart:** Fear thrives in shadows, but trust anchors us in God's character.
- **Trust grows relationship:** It draws us closer to God, not because we understand everything, but because we choose to rely on Him.
- **Trust makes space for peace:** Even in uncertainty, trust allows us to rest.

Psalm 23:4 gives us courage: “Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.”

The shadows are not the destination — they are part of the journey. And the Shepherd never leaves His sheep alone in them.

### **Reflection & Prayer**

*Father, the shadows feel uncertain and heavy. I want to understand, but instead You call me to trust. Help me lean not on my own sight, but on Your faithfulness. Remind me that even here, in the shadows, You are guiding me with love. Amen*

### **Journaling Prompts**

1. What “shadow” am I currently walking through? Where do I feel uncertain or unseen?
2. How has God proven trustworthy in the past, even when the way forward was unclear?
3. What would it look like to take one step of trust today, even without full clarity?

# 02 *Section*

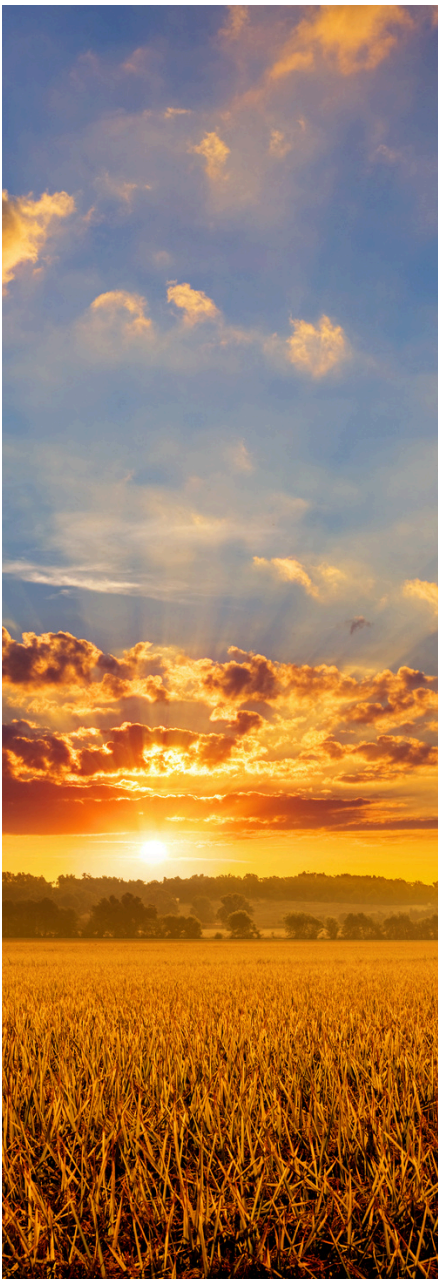
## **GOD'S FAITHFUL RENEWAL**



# *Lesson* **GOD'S FAITHFUL RENEWAL**

# 05

## **HIS MERCIES ARE NEW EVERY MORNING**



Every season of weariness is met by God's unwavering promise: renewal. Life often drains us — through caregiving, grief, responsibilities, or the quiet battles no one else sees. Yet Scripture assures us that God does not leave His children in exhaustion. He is a God who restores, revives, and renews.

### **The Gift of Renewal**

Isaiah 40:31 proclaims: “But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

Renewal is not something we manufacture ourselves. It is a gift poured into us when we wait on God. Renewal is less about striving and more about surrender. Notice that renewal is not something we manufacture ourselves. It is a gift poured into us when we wait on God. Renewal is less about striving and more about surrender — less about doing, more about abiding.

## **How God Renews Us**

- Through His Word: Scripture is living and active, offering fresh life.
- Through His Spirit: Peace and courage are gifts of His presence.
- Through Rest: Renewal sometimes comes through stillness.
- Through Community: God uses others to restore hope and strength.

## **Renewal after the Night**

Just as the earth cannot stop spring from coming after winter, nothing can stop God's renewal in your life. "His compassions never fail. They are new every morning; great is Your faithfulness." (Lamentations 3:22–23)

## **Reflection & Prayer**

*Lord, thank You for being a God of renewal. When my heart grows weary, breathe Your Spirit into me again. Teach me to wait on You, to trust Your timing, and to rest in Your faithful love. May I walk each day with a heart renewed and a spirit lifted by Your mercies. Amen.*

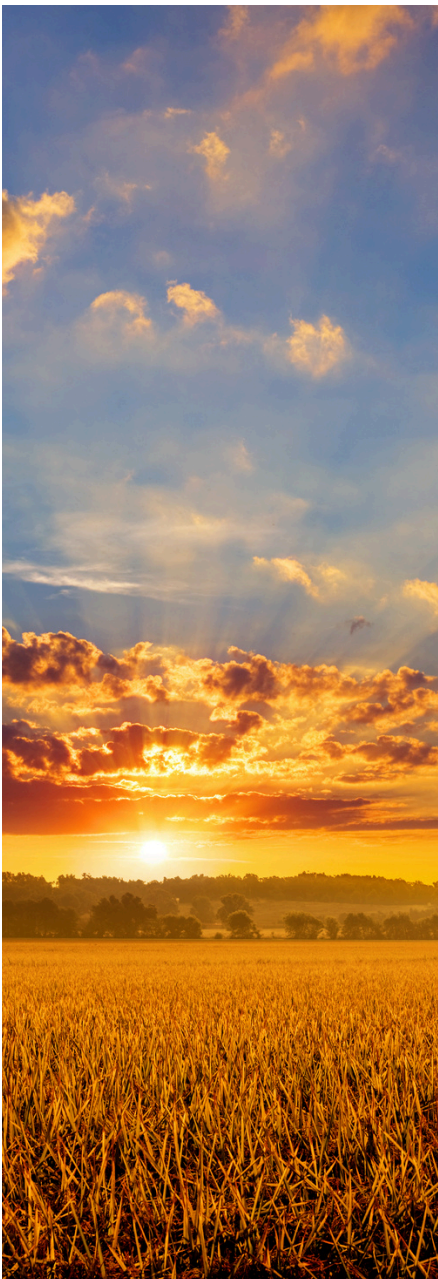
## **Journaling Prompts**

1. Where in my life do I feel most in need of renewal right now?
2. How can I create space for God to breathe new life into me daily?
3. What reminders of His mercies have I seen recently, even in small ways?

# *Lesson* **STRENGTH FOR THE WEARY**

# 06

## **LEARNING TO WALK AND NOT FAINT**



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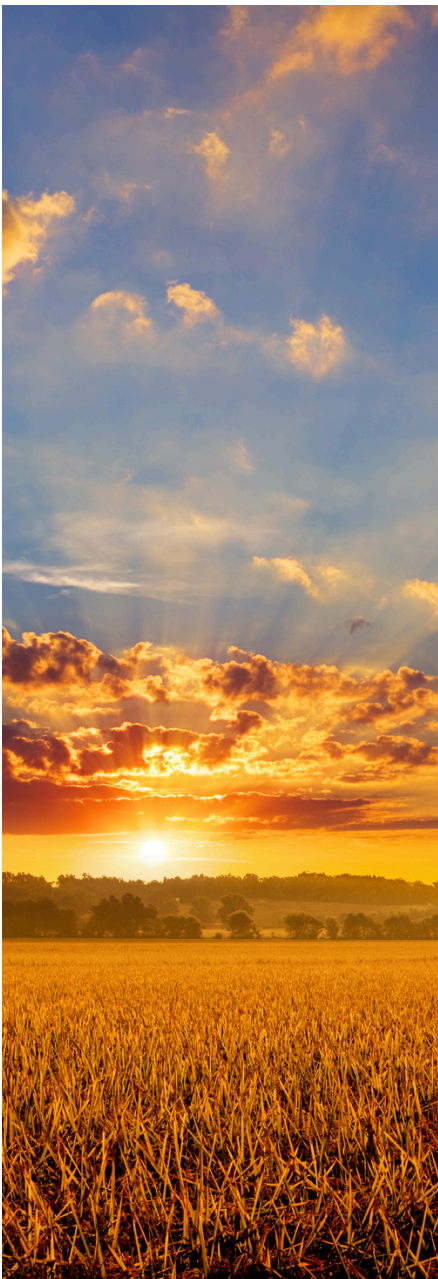
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# *Lesson* **REST AND RESTORATION** 07

## **THE GIFT OF SABBATH FOR TIRED SOULS**



We live in a world that glorifies busyness. Productivity is praised, while rest is often treated as weakness. Yet God designed rest as a holy rhythm — not optional, but essential. From the beginning of creation, He wove rest into the fabric of life.

### **The Gift of Sabbath**

Genesis 2:2–3 reminds us: “By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work. Then God blessed the seventh day and made it holy.”

If the God of the universe chose rest, how much more do we need it? Sabbath is not about rules, but about restoration. It is God’s invitation to stop striving, to step away from the endless “to do,” and to be reminded that He alone sustains the world.

### **Restoration for the Soul**

Rest is not only physical — it is spiritual. True restoration comes when we make space for God to

refill what life has drained:

- Rest in His presence: Psalm 46:10 whispers, “Be still, and know that I am God.” Stillness opens our hearts to His peace.
- Rest in His provision: We lay down the weight of control, trusting that He cares for every detail.
- Rest in His love: When we stop proving and performing, we remember that we are His beloved.

## **Renewal Through Pause**

Rest is where God repairs what weariness has broken. It is in those quiet pauses that we receive His renewal — not only to continue, but to flourish. Jesus modeled this rhythm often, stepping away from the crowds to pray, to be still, to commune with the Father.

Rest is not wasted time. It is sacred time.

## **Reflection & Prayer**

*Father, I confess that I often resist rest, believing I must keep pushing forward. Teach me the beauty of Your rhythm of work and Sabbath. Restore my soul in Your presence, and remind me that I am held by You, not by my striving. Amen.*

## **Journaling Prompts**

1. Where in my life am I resisting rest? Why?
2. How does my soul feel when I pause in God’s presence, even briefly?
3. What practical step can I take this week to embrace Sabbath rhythms of rest and renewal?

# *Lesson* **THE SLOW WORK OF GROWTH**

# 08

## **HIDDEN ROOTS BEFORE VISIBLE FRUIT**



In our fast-paced world, we expect everything to happen quickly. Answers should be immediate, change should be instant, growth should be visible. But God often works slowly, beneath the surface, nurturing unseen roots before we see any fruit.

### **The Hidden Work**

Jesus described the Kingdom of God like a seed: “Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how.” (Mark 4:27)

Growth often happens where we cannot see it. God shapes our character in hidden places, building patience, faith, and resilience long before the results are visible. Just as a tree must first grow roots deep into the soil to withstand storms, we too must grow unseen before we are ready to stand in the open.

### **Why God Works Slowly**

- To deepen trust: Slow growth requires reliance on God, not ourselves.

- To prepare us: Sometimes we are not ready for what we are asking for. God uses the waiting to shape us for the blessing.
- To strengthen endurance: Quick victories don't teach perseverance. Lasting growth does.

## **Learning to Embrace the Process**

Philippians 1:6 assures us: "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."

The process may be slow, but it is certain. God never leaves His work unfinished. Every delay, every hidden season, every quiet moment is part of His careful shaping.

## **Reflection & Prayer**

*Lord, I confess I long for quick results, yet You are teaching me the beauty of slow growth. Help me to trust that You are at work even when I cannot see progress. Deepen my roots, strengthen my faith, and remind me that You always finish what You begin. Amen.*

## **Journaling Prompts**

1. Where in my life do I feel impatient for growth or change?
2. How have I seen God's "slow work" bear fruit in the past?
3. What is one area I can surrender to His timing today, trusting His process over my pace?

# 03 *Section*

**LIVING  
IN  
THE  
LIGHT**



*Lesson*

09

# MORNING JOY

## REJOICING THAT COMES AFTER THE WEEPING



Every night gives way to morning. No matter how long or heavy the darkness, dawn always comes. For the believer, this is more than a natural rhythm — it is a promise of God’s faithfulness.

### **Joy That Follows Weeping**

Psalm 30:5 declares: “Weeping may stay for the night, but rejoicing comes in the morning.” The night season is real — tears are real, pain is real. But they are not permanent. God promises that joy will return, and not as a shallow happiness, but as a deep, soul-level gladness rooted in His presence.

### **Joy as Strength**

Nehemiah 8:10 reminds us: “The joy of the Lord is your strength.” Joy is not dependent on circumstances but flows from knowing that God is with us and for us. Morning joy renews strength for the journey, giving courage to face what once felt unbearable.



## Choosing Joy

- Joy in small mercies: A sunrise, a kind word, a prayer answered.
- Joy in God's promises: His Word reminds us of the hope secured in Christ.
- Joy in His presence: Psalm 16:11 says, "In Your presence there is fullness of joy."

Joy is not always loud or dramatic. Sometimes it comes as a quiet, steady peace that whispers, "You are not alone, and the morning is here."

## Reflection & Prayer

*Father, thank You that morning always comes. Thank You that joy follows weeping, and that Your presence is my strength. Teach me to see Your mercies each day and to choose joy, even when circumstances still feel hard. Amen.*

## Journaling Prompts

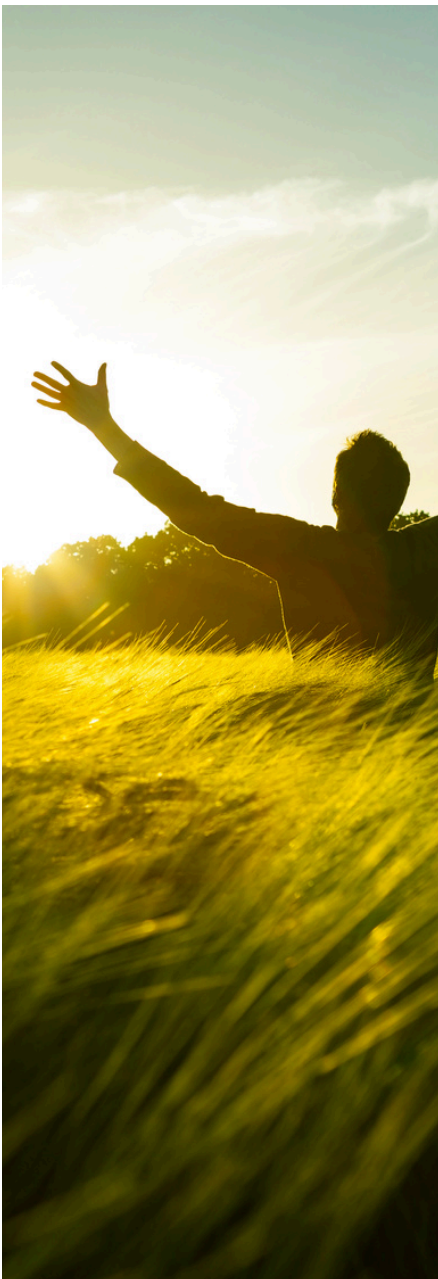
1. What morning moments of joy has God given me recently, even after a hard night?
2. How can I shift my focus from my circumstances to His presence today?
3. What does it mean for me personally that "the joy of the Lord is my strength"?

# Lesson

# 10

## SURRENDERED LIVING

### LETTING GO TO RECEIVE GOD'S BEST



To live fully in the light means to live fully surrendered. Surrender is not a sign of weakness, but of trust. It is laying down the illusion of control and placing our lives completely in the hands of the One who already holds them.

#### **What Surrender Means**

Surrender is not passivity. It is active trust. It is saying:

- “God, I release what I cannot control.”
- “God, I trust Your will above mine.”
- “God, I believe Your ways are higher than my ways.”

Jesus Himself modeled surrendered living when He prayed in Gethsemane: “Yet not my will, but Yours be done.” (Luke 22:42) This is the heartbeat of surrender — choosing God’s will even when it costs us something.

#### **The Freedom of Letting Go**

- Surrender brings peace: The weight of control lifts

when we place it in God's hands.

- Surrender brings clarity: When we stop clinging to our own plans, we begin to see His.
- Surrender brings transformation: Romans 12:1 calls us to offer our lives as living sacrifices, holy and pleasing to God. This surrender leads to renewal of mind and heart.

### **Living Surrender Daily**

Surrender is not a one-time event but a daily rhythm. Each morning, we can choose to release our agendas, our worries, and our fears, trusting that God's plan is better than ours.

When we live surrendered, we live lighter. We step out of striving and into abiding. We stop fighting for control and start resting in His sovereignty.

### **Reflection & Prayer**

*Lord, I confess that I cling tightly to my plans, my worries, and my desire to control outcomes. Teach me to live surrendered — to release what I cannot carry and to trust Your will above mine. Let my life be an offering that reflects Your peace and love. Amen.*

### **Journaling Prompts**

1. What areas of my life do I struggle most to surrender to God?
2. How have I experienced peace in the past when I released control to Him?
3. What would it look like for me to practice surrendered living today — in one small, specific way?

# Lesson

# 11

## ABIDING IN THE VINE

### STAYING CONNECTED TO THE SOURCE OF LIFE



Life in the light is not sustained by our own effort but by connection to the source of life — Jesus Christ. He is the vine, and we are the branches. Apart from Him, we cannot flourish.

#### **The Call to Abide**

Jesus said in John 15:5: “I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing.”

Abiding is more than visiting God in passing prayers or occasional worship. It is remaining. It is choosing to dwell with Him daily, moment by moment, letting His presence shape our thoughts, words, and actions.

#### **What Abiding Produces**

- **Fruitfulness:** Abiding naturally produces spiritual fruit — love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22–23).

- **Stability:** When storms come, abiding keeps us rooted in the One who cannot be shaken.
- **Closeness:** Abiding deepens intimacy with Christ. His Word and Spirit become our daily sustenance.

## **The Practice of Abiding**

- **In His Word:** Letting Scripture dwell richly in us, guiding and nourishing.
- **In Prayer:** Not only asking, but listening, resting, and communing with Him.
- **In Obedience:** Abiding means aligning our steps with His ways, even when it is costly.
- **In Dependence:** Each day, confessing that apart from Him, we can do nothing.

Abiding is not about striving to bear fruit. Branches do not struggle to produce grapes; they simply stay connected. Fruit is the natural result of abiding.

## **Reflection & Prayer**

*Lord, teach me what it means to abide in You. Keep me close to Your heart, rooted in Your Word, and dependent on Your Spirit. Let my life bear fruit that glorifies You and blesses others. Amen.*

## **Journaling Prompts**

1. What practices help me feel most connected to God daily?
2. In what areas of my life do I tend to “disconnect” and try to manage on my own?
3. What kind of fruit do I see God producing in me when I choose to abide in Him?

# Lesson

# 12

## JOY IN THE TRIALS

### CHOOSING GRATITUDE EVEN IN HARDSHIP



Trials are not optional in the Christian life. Jesus told us plainly: “In this world you will have trouble. But take heart! I have overcome the world.” (John 16:33) While trials are certain, despair is not. Joy is still possible — not because the trial is easy, but because Christ is present within it.

#### **Redefining Joy**

Joy is not the absence of pain. It is the presence of God. Paul, writing from prison, could say, “Rejoice in the Lord always. I will say it again: Rejoice!” (Philippians 4:4). His joy was not tied to freedom, comfort, or ease, but to the unshakable reality of Christ.

#### **What Trials Produce**

James 1:2–4 teaches us: “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its



work so that you may be mature and complete, not lacking anything.”

- Trials refine faith: They strip away what is shallow and reveal what is lasting.
- Trials grow perseverance: Strength is built not in ease but in endurance.
- Trials deepen hope: Hardship anchors us in the hope of Christ’s victory.

## **Choosing Joy in the Fire**

Choosing joy does not mean denying the pain. It means declaring that God is greater than the pain. It means seeing beyond the trial to the transformation it brings. It means lifting our eyes from the storm to the One who calms it — or who strengthens us to walk through it.

## **Reflection & Prayer**

*Lord, when trials press heavy, remind me that You are near. Teach me to find joy not in the ease of life, but in the certainty of Your love. Let my faith grow through the fire, and may my life reflect the hope and strength found only in You. Amen.*

## **Journaling Prompts**

1. What current or past trial has God used to grow my faith?
2. How do I usually respond to trials — with fear, frustration, or with trust?
3. What would it look like for me to choose joy today, even in the midst of difficulty?

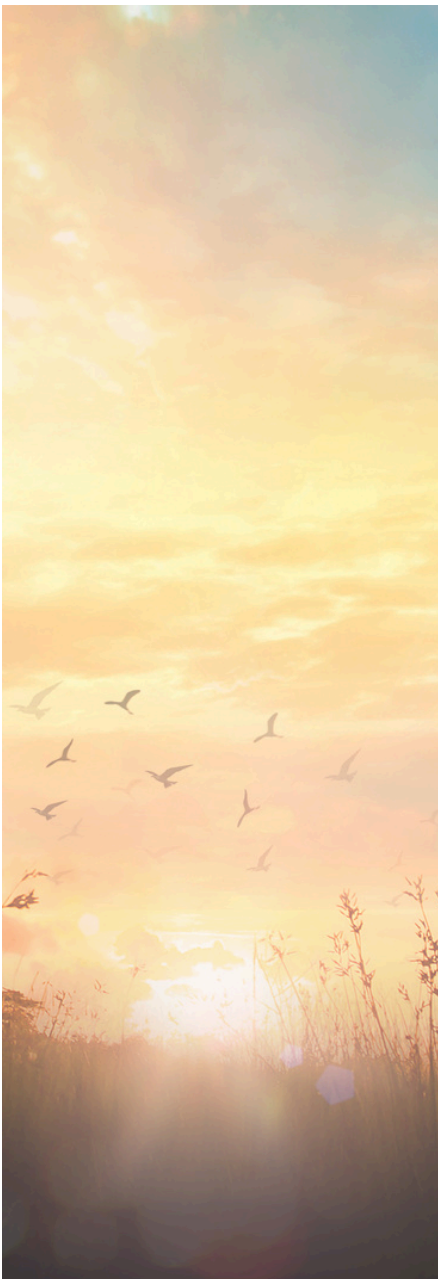
# 04 *Section*

## **CONCLUSION**

# *Conclusion*

## FROM NIGHT TO MORNING

### A LIFE RENEWED IN CHRIST



Life is a journey of seasons. Some are marked by deep night, others by gentle renewal, and still others by the bright light of God's joy. Wherever you find yourself — in shadows, in waiting, in restoration, or in the fullness of morning — God is with you.

The night seasons are not wasted. They shape our faith, deepen our roots, and teach us to depend on the One who never leaves us. God's renewal is faithful and sure, arriving not once but daily, with mercies fresh each morning. And living in the light is not about perfection, but about abiding, surrendering, and choosing joy even in trials.

As you walk forward, remember:

- Darkness is temporary, but God's presence is eternal.
- Renewal is promised, and His Spirit is always at work.
- Morning joy is certain, because Christ has overcome.

This journey is not about escaping hardship, but about being transformed through it. The same God who met you in the night will carry you into the morning. And when morning comes — whether through peace, strength, or joy — you will see that He has been faithful all along.

### **Reflection & Prayer**

*Lord, thank You for being present in every season — in the night, in renewal, and in the light. Help me to trust You when the way is dark, to rest in You when I am weary, and to rejoice in You when joy returns. Let my life be a testimony of Your faithfulness. Amen.*

### **Journaling Prompts**

1. Which chapter or lesson from this journey spoke most deeply to me?
2. What night season has God carried me through that I can now see with new perspective?
3. How can I live today with surrendered trust, abiding peace, and renewed joy in Christ?



# MORNING'S COMING: HELP IN THE HARD TIME

## *Scripture & Journal Prompts*

### **Days 1–10: Night Seasons & Trusting God**




1. Psalm 30:5 – What night season in my life has God carried me through?
2. Psalm 139:11–12 – Where have I seen God's light even in darkness?
3. Isaiah 41:10 – What fear do I need to release to God today?
4. Psalm 13:1–2 – How can I be honest with God about my waiting?
5. Habakkuk 2:3 – What promise am I waiting for, and how can I trust God's timing?
6. Psalm 23:4 – Where do I need to remember that God walks with me?
7. Isaiah 43:2 – What trial has God carried me through that proves His presence?
8. Lamentations 3:31–33 – How do I find hope when the night feels long?
9. Psalm 62:5 – What helps me wait silently and trust God?
10. Micah 7:8 – How has God lifted me when I've fallen into darkness?

### **Days 11–20: God's Faithful Renewal**

1. Lamentations 3:22–23 – Where do I see God's mercies new in my life today?
2. Isaiah 40:29–31 – How has God renewed my strength in the past?
3. 2 Corinthians 12:9 – Where do I need to invite God's strength into my weakness?
4. Psalm 46:10 – How can I create stillness in my day to meet with God?
5. Matthew 11:28–30 – What burdens can I lay down at Jesus' feet?
6. Psalm 51:10 – What area of my heart needs God's renewal today?
7. Ezekiel 36:26 – How do I see God giving me a new heart or new spirit?
8. Romans 12:2 – Where do I need a renewed mind to see God's perspective?
9. Titus 3:5 – How has God's Spirit renewed and cleansed me?
10. John 7:37–38 – What does it mean for living water to flow from within me?

### **Days 21–30: Living in the Light**

1. John 15:5 – What helps me stay connected to the Vine daily?
2. Philippians 4:4 – What can I rejoice in today, even if it's small?
3. James 1:2–4 – How has a trial produced perseverance in me?
4. Romans 15:13 – How does God's hope fill me with peace and joy right now?
5. Galatians 5:22–23 – Which fruit of the Spirit is most visible in me? Least?
6. 1 Thessalonians 5:16–18 – How can I practice gratitude in this season?
7. Colossians 3:15–17 – What does it mean to let Christ's peace rule in my heart?
8. 2 Corinthians 4:16–18 – Where am I being renewed inwardly, even if life is hard outwardly?
9. Revelation 21:4 – How does this eternal promise give me strength today?
10. John 16:33 – What does it mean for me to "take heart" because Christ has overcome?

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*with love, Leslie* 