



A COMPLIMENTARY MINI-JOURNAL

The Life God Is Forming

A 7-Day Becoming Journal

Seven quiet invitations to notice what God is awakening, healing, and forming within you.

"He who began a good work in you will carry it on to completion."

PHILIPPIANS 1:6

You are not behind. You are being formed in companionship with God.

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An Invitation to Notice

The life God is forming rarely appears all at once. It is revealed through quiet awakenings, honest reflection, surrendered places, and small choices made with Him.

This seven-day journal is not a challenge to complete perfectly. It is an invitation to slow down and notice. Each day follows a gentle rhythm:

- **PAUSE** Become aware that God is already here.
- **RECEIVE** Welcome one truth into your heart.
- **REFLECT** Notice what is stirring within you.
- **RESPOND** Choose one small and faithful action.
- **PRAY** Speak honestly with God.
- **CARRY** Keep one word or truth through the day.
- **RETURN** Look back and notice what God has begun.

BEFORE YOU BEGIN

Choose a quiet time each day. Bring honesty, not performance. Let God meet you exactly where you are.

God Is Already Here

You do not have to find your way into God's presence. He is already near, waiting to be welcomed into the life you are living today.

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

PSALM 46:10

REFLECT

- What feels hurried, heavy, or distracted within me today?

- Where can I recognize God's presence in this moment?

- What would change if I moved through today with God rather than ahead of Him?

RESPOND

Take three slow breaths before your next task and quietly pray, "God, You are here."

PRAY

God, quiet what is restless within me. Help me become aware of Your loving presence and walk through this day with You. Amen.

CARRY: PRESENCE

Notice What Is Stirring

Restlessness is not always a problem to silence. Sometimes it is an invitation to listen more deeply to what your soul needs and where God is drawing your attention.

"Search me, God, and know my heart."

PSALM 139:23

REFLECT

- What feeling or longing has been returning lately?

- What might God want me to notice rather than avoid?

- What is one honest truth I can bring into prayer today?

RESPOND

Name one emotion without judging it. Offer it to God exactly as it is.

PRAY

God, search my heart with tenderness. Give me courage to notice what is true and grace to meet You there. Amen.

CARRY: HONESTY

Release What You Cannot Carry

Surrender is not giving up. It is releasing the burden of control and making room to receive God's strength, wisdom, and peace.

"Cast all your anxiety on him because he cares for you."

1 PETER 5:7

REFLECT

- What am I trying to control because I am afraid?

- What would it feel like to place this concern into God's care?

- What is mine to do, and what must I release?

RESPOND

Write one concern on a small piece of paper. Hold it while you pray, then place it inside your Bible.

PRAY

God, I release what was never mine to carry alone. Show me my faithful part and hold what is beyond me. Amen.

CARRY: TRUST

Receive the Truth of Who You Are

The labels you have carried do not have the final word. Your truest identity is received in relationship with God: known, loved, held, and still being formed.

"For we are God's handiwork, created in Christ Jesus to do good works."

EPHESIANS 2:10

REFLECT

- What label or expectation has been shaping how I see myself?

- What truth might God be speaking over me instead?

- How can I live from that truth in one choice today?

RESPOND

Complete this sentence and read it aloud: "In Christ, I am becoming someone who..."

PRAY

God, loosen every false name I have accepted. Teach me to see myself through Your love and live from the truth of who I am in You. Amen.

CARRY: BELOVED

Choose One Faithful Step

Purpose is often revealed through what God has already placed before you: a person to love, a need you notice, a gift to offer, or a responsibility to honor.

"Whoever can be trusted with very little can also be trusted with much."

LUKE 16:10

REFLECT

- What has God already entrusted to me in this season?

- Where do I sense His invitation to act with love or courage?

- What small step can I complete within the next 24 hours?

RESPOND

Choose one action that takes less than fifteen minutes and complete it prayerfully.

PRAY

God, free me from waiting for one grand assignment. Help me love and serve You through the next faithful thing. Amen.

CARRY: FAITHFUL

Notice Who You Are Becoming

Every repeated choice forms something within us. Patience practiced, truth spoken, love given, and faithfulness offered in hidden places gradually shape the character of Christ within us.

"The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness"

GALATIANS 5:22-23

REFLECT

- Which Christlike quality is God developing within me?

- Where have I noticed even a small sign of growth?

- How can I practice this quality intentionally today?

RESPOND

Choose one quality - love, patience, humility, courage, or faithfulness - and practice it in one specific interaction.

PRAY

Jesus, form Your character within me through the choices I make today. Let my life become a reflection of Your love. Amen.

CARRY: BECOMING

Continue the Life God Is Forming

Formation is not a finish line. It is a lifelong companionship in which we return to God, receive His grace, and allow every season to deepen who we are becoming.

"Remain in me, as I also remain in you."

JOHN 15:4

REFLECT

- What has God helped me notice during these seven days?

- Where do I sense new peace, clarity, healing, or desire?

- What simple rhythm will help me continue walking with Him?

RESPOND

Choose one practice from this week to repeat for the next seven days.

PRAY

God, thank You for meeting me in these quiet places. Continue the work You have begun, and teach me to remain with You in every season. Amen.

CARRY: CONTINUE

This Is Only the Beginning

Return. Receive. Respond. Become.

Over these seven days, you may have noticed a recurring longing, a truth beginning to take root, or a place where God is inviting deeper companionship. Do not rush past it. Formation often begins quietly, long before its fruit becomes visible.

A FINAL REFLECTION

- What truth do I want to carry forward?
- What is God inviting me to continue?
- Who am I becoming as I walk with Him?

CONTINUE WITH THE LIFE GOD IS FORMING

Guided Journals for Becoming Who God Created You to Be

Stay connected with Mary for gentle reflections, formation resources, and invitations to deepen your companionship with God.

AWAKENING HEARTS • GUIDING SOULS • FORMING LIVES

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