Pay Attention To The Presence Of God:
A 60-Day Guided Walk

NONFICTION BOOK PROPOSAL

By Rebecca Lacko

Rjlacko@gmail.com
949-573-0803
13074 Manzanita Road NE
Bainbridge Island, WA 98110
www.raynelacko.com

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Book Overview

What if you could move beyond believing God is present and begin consistently recognizing Him in the life you are living today?

Pay Attention to the Presence of God is a 60-day guided journal that helps Christian women build a daily practice of meeting with Jesus in the midst of real life. Many women believe God is near yet long to recognize His presence more clearly: in decisions that require courage, relationships that need healing, fears that keep them stalled, and meaningful hopes they are hesitant to pursue. *Pay Attention* offers more than inspiration or information. It provides a daily practice for bringing one meaningful area of life, whether a question, relationship, calling, desire, or next step, into ongoing conversation with God.

Across two 30-day Walks, readers engage a rhythm of Preparation and Reflection. Each Preparation begins by placing the day before God: readers meditate on Scripture, name one faithful step toward their chosen focus, consider what they can offer others, and identify a small "Bold Move" just beyond their comfort zone.

Reflection invites readers to return to record gratitude, challenges, provision, insight, prayer, and moments when they noticed God's presence and guidance. Over time, these repeated acts of attention create a written record of what the reader prayed, attempted, noticed, learned, and came to understand about God's faithfulness.

Four women of Scripture accompany the reader through the Walks. Ruth meets her at the beginning, when the path is uncertain, and faithfulness starts with one small yes. Esther walks beside her when courage, community, and costly obedience are required. Mary, the mother of Jesus, illuminates surrender when the next step is not yet understood. Mary Magdalene invites

her to remain close to Jesus through grief, transformation, and love. These women are not distant examples to admire. Their stories become companions and mirrors for the reader's own life.

The book's seven recurring Pillars—Calling, Identity, Motivation, Discernment, Relationships, Encouragement, and Sanctification—give the practice deliberate progression. Each day moves one meaningful focus or goal forward through each Pillar's biblical framework, helping readers learn to pursue what matters with God rather than apart from Him.

For women exhausted by shallow self-improvement and hungry for faith that integrates with the details of real life, *Pay Attention to the Presence of God* offers a different kind of path: a practice of becoming more attentive to the God who is already present.

By the end of sixty days, readers will have a repeatable practice of meeting with God, a growing habit of noticing His presence and guidance, and a handwritten record they can turn to should doubt, distraction, or discouragement come. The goal may change. The path may change. The woman doing the walking will change.

Pay Attention to the Presence of God helps women pursue what matters without pursuing it alone.

Why the Practice Works

- One focus helps the reader slow down and notice.
- The seven Pillars give her a familiar rhythm.
- Preparation and Reflection help her connect intention with lived experience.
- The Bold Move turns reflection into faithful action.
- The written record makes God's faithfulness easier to remember.
- The second Walk helps her recognize patterns that were invisible at first.

Target Audience

Pay Attention to the Presence of God is for Christian women who love God and want to experience His nearness more personally. Its primary audience is women ages 25-75 who are already open to spiritual growth, whether they are newly following Jesus or have spent decades in church, Bible study, ministry, and prayer, yet desire a more practiced, attentive relationship with Him.

These women do not necessarily question whether God is real. They want to recognize His presence in the life they are already living in decisions that require courage, relationships that require patience, goals they struggle to pursue, unanswered questions, daily responsibilities, and moments of unexpected grace. They are looking for a faith that is not confined to a morning quiet time, a Sunday service, or an occasional crisis, but one that accompanies them through the whole of an ordinary day. They are seeking ways to approach, praise, thank, and be guided by God.

Many women in this audience have purchased devotionals, Bible studies, prayer journals, guided journals, and personal-growth resources. They value Scripture and desire spiritual depth, but they may find that existing resources serve only one part of the need. A devotional can inspire; a Bible study can deepen understanding; a planner can organize priorities; a journal can encourage reflection. *Pay Attention to the Presence of God* brings these elements together in a single, repeatable 60-day practice designed to help women bring their actual lives into active conversation with God.

This book will especially resonate with women who are:

- Longing to move from knowing about God to recognizing His presence and guidance more personally.
- Seeking a sustainable rhythm of prayer, Scripture, reflection, and courageous action.
- Tired of self-improvement frameworks that center performance, productivity, or self-reliance.
- Carrying a meaningful but unfinished desire, whether a relationship to repair, a calling to explore, a creative work to begin, a habit to establish, a decision to make, or a fear to face.
- Drawn to the stories of biblical women and eager to see their own questions, challenges, and growth reflected in Scripture.
- Looking for an individual devotional experience that can also be used in a women's ministry, small group, mentoring relationship, retreat, or Christian academic setting.

The concept has already been tested in a guided pilot with approximately 25-30 women ages 30-75, including experienced Bible study participants and leaders, as well as Christian university professors. (Pilot tests continue in autumn 2026.) Participants engaged with a professionally designed prototype and reported that the practice was manageable, sustainable, and personally formative. Their responses consistently point to the book's central promise: *Pay Attention to the Presence of God* helps women to make room for and notice God's presence, connect daily decisions with prayer and Scripture, and build a written record of His faithfulness.

As one participant wrote, "I can't think of another study I've walked through in my 40 years of deep-dive studies that put me into the presence of the King quite like *Pay Attention to the Presence of God* does."

Another participant captured the book's distinctive daily effect: "I wake up looking for God instead of looking at my calendar."

Author Platform and Credentials

Rebecca Lacko is an author, educator, and creator of guided reflective experiences whose work brings together writing, story, attention, and personal formation. She has written multiple books, including a published guided journal for teens, two young adult novels, and educational resources, and she currently teaches speech communication as an adjunct professor at a private Christian university. Her background gives her both the writing experience and the practical understanding of how readers learn, reflect, and translate ideas into action.

Pay Attention to the Presence of God grew from Rebecca's own long-term practice of bringing a meaningful area of life into daily conversation with God through Scripture, prayer, attention, action, and reflection. After sharing the practice with women in her community, she developed it into a structured 60-day guided experience and tested it in a live women's Bible-study setting. Approximately 25–30 women, ages 30–75, participated in the pilot, including experienced Bible-study participants, ministry leaders, women new to journaling, and Christian university professors. Participants used a professionally designed prototype through two 30-day Walks and provided feedback that Rebecca used to refine the journal's pacing, accessibility, and structure. A second round of pilot testing is planned for autumn 2026.

Rebecca's educational background includes a Master of Arts in Humanities with concentrations in creative writing and social-emotional learning, a certificate in teaching higher education from Harvard University, and a Bachelor of Arts in Liberal Studies with concentrations in creative writing and leadership. She has taught and developed educational content and has served in Christian ministry as a Stephen Minister, Crown Ministry leader, Bible-study leader, and Christian fiction-club facilitator. She is also pursuing doctoral research at the University of Birmingham examining the role of literary narrative, sustained attention, and reflective practice in adult emotional and ethical formation.

Her publishing background is particularly relevant to *Pay Attention.* Under the pen name Rayne Lacko, she is the author of *Dream Up Now: The Teen Journal for Creative Self-Discovery*, a guided journal (and leader's guide) published by Teacher-Created Materials, as well as the young adult novels *A Song for the Road* and *The Secret Song of Shelby Rey* published by SparkPress, and distributed by Simon & Schuster. *A Song for the Road* received an Eric Hoffer Book Award honorable mention. Her writing has also appeared in literary publications and media outlets including *Writer's Digest* and *HuffPost*, giving her experience writing for both book audiences and broader public readerships.

Rebecca also brings substantial experience developing and presenting educational material. Her presentations have addressed social-emotional learning and related topics for educators, school and district leaders, librarians, counselors, coaches, and curriculum directors; one of her presentations has been approved for professional development in multiple schools, districts, and states. This experience translates naturally to *Pay Attention*'s potential use in women's groups, Bible studies, mentoring relationships, retreats, and other facilitated settings.

Rebecca is now extending that work into Christian adult readers through *Pages of Evidence*, a Substack newsletter exploring faith, discernment, and noticing God's presence and provision in ordinary life. The newsletter provides an emerging direct audience around the central ideas of *Pay Attention to the Presence of God* and a platform for essays, excerpts, challenges, and other reader experiences that can support the book's publication and ongoing community-building.

Pilot Results and Qualitative Reader Response

Pay Attention to the Presence of God has been tested in ongoing live guided-study settings with approximately 25-30 Christian women aged 30 to 75. The pilot included women at varied stages of life and spiritual experience, including committed Bible study participants and Christian university professors. Participants used a professionally designed journal prototype and engaged its daily rhythm as they pursued meaningful personal goals over two 30-day Walks.

Pilot participants reported that the framework is both accessible for women new to journaling and substantial enough for mature believers seeking renewed depth in their relationship with God. Participants overwhelmingly praised the design's look and flow and often doodled in the margins, suggesting the layout invites interaction and personalization.

Pilot participants included a few women who had never sustained a journaling practice and initially found the full prompt set demanding. In response, the author developed a simplified Pillar Walk that preserves the journal's spiritual core while offering a manageable entry point. This reader-informed refinement strengthens the book's accessibility across different learning styles, schedules, and life stages.

Participants described more consistent prayer and reflection, greater awareness of God's presence in daily life, more confidence in bringing decisions and challenges before God, and tangible movement in areas of life that mattered to them.

Representative participant feedback includes:

"I wake up looking for God instead of looking at my calendar." – Meg Burkett

"Although I was hesitant to begin, I gradually found a rhythm that felt both manageable and meaningful." – Stephanie Rohl

"First, by noting my goals and to-dos for the day in the morning and then following up at the end of the day with how God was faithful to me through them, I literally see how He walks before, beside, and behind me." – Marla Richards

"There is a palpable steadiness in me now because I feel Him with me in every moment, throughout the day." – Sommer Vincent

"I've known the stories of these women in the Bible for years, but walking through my own days alongside them made them feel remarkably human. Ruth, Esther, Mary, and Mary Magdalene stopped feeling like distant biblical figures and became women I could walk with, women whose courage, uncertainty, faith, and surrender spoke directly into my own life." – Suzzanne Fairbank

A live pilot of about 25-30 women showed the framework worked across a wide age range and spiritual background. Participants reported more consistent daily reflection, heightened awareness of God's presence, increased confidence in prayerful decision-making, renewed engagement with Scripture, and tangible progress in personal goals and relationships. A second test group will take place in autumn 2026.

Market and Competition

Pay Attention to the Presence of God sits at the intersection of Christian spiritual formation, women's devotional journaling, discernment, and goal-oriented personal growth. Its distinctive contribution is a designed, two-part daily rhythm that helps readers practice noticing God in the life they are already living. Readers approach it by placing each day before God, then returning to record prayer, provision, challenge, gratitude, and what they noticed.

In short, it is a guided journal for pursuing what matters with God, not apart from Him.

Across two 30-day Walks, women pursue one meaningful focus while Ruth, Esther, Mary, the mother of Jesus, and Mary Magdalene accompany them at appropriate stages in each Walk. The book creates a personal written record of faithfulness in the reader's own handwriting, making growth, prayer, and attention visible over time.

Readers continue to seek resources that move spiritual formation from an inspiring idea into a sustainable daily practice. This category includes bestselling books on apprenticeship to Jesus, contemplative and emotionally healthy discipleship, Bible studies on recognizing God's activity, and guided journals for women. *Pay Attention to the Presence of God* enters this established market with a distinctive format: a beautifully designed, 60-day guided journal that gives women a daily framework to pursue a relationship with God through Scripture, prayer, reflection, action, and a written record of His faithfulness.

Pay Attention complements existing resources. Readers can engage it independently, alongside a devotional or Bible study, or within a women's ministry, small group, mentoring relationship, or retreat. Its central contribution is practical and repeatable. It helps a reader connect morning intention with evening reflection until she begins to recognize God's presence and guidance in the life she is actually living.

What Makes *Pay Attention to the Presence of God* Different

Pay Attention to the Presence of God enters an established Christian market, but it occupies a specific lane through its structured 60-day practice that helps women learn to recognize God's presence in the ordinary life they are already living.

The book's central promise is to help readers recognize Jesus more clearly and respond to His presence with greater attention, discernment, courage, and trust. The reader's chosen focus, whether it is a goal, question, relationship, calling, desire, decision, or next step, gives the practice direction and is the context in which she learns to notice God at work.

Several elements work together to create this distinctive experience:

A practice of attention, rather than a collection of devotional prompts.

The 60 days follow a defined rhythm of Preparation and Reflection. Readers prepare through Scripture, prayer, focused intention, and one faithful action, then reflect on what happened. Over time, the repeated movement trains readers to look back at actual daily events and ask what they noticed about God's presence, provision, guidance, and faithfulness.

A deliberately incremental path from intention to action to reflection.

The book is designed around the way meaningful change unfolds in ordinary life. The daily practice moves one meaningful focus forward through manageable steps: clarifying what matters, identifying an action, encountering resistance, noticing resources and relationships, responding to what happens, reflecting on what has been learned, and continuing.

Developing a practice of meeting with, listening for, and surrendering to God

Readers may enter the practice hoping to repair a relationship, pursue a calling, change a habit, or move toward a long-held desire. *Pay Attention* teaches them to pursue what matters with God rather than apart from Him.

Four women of Scripture provide a narrative arc.

Ruth, Esther, Mary, and Mary Magdalene accompany readers through different stages of the Walk: uncertainty and faithfulness, courage and costly obedience, surrender and trust, grief and restoration. Their stories become companions through which readers can consider their own questions, resistance, choices, relationships, and responses to God.

The completed journal becomes a record of the relationship it helped cultivate.

The reader finishes with more than completed responses to prompts. Her handwritten pages hold prayers, questions, faithful actions, challenges, moments of provision, insights, and observations gathered over 60 days. The book can therefore become an enduring reminder of what she noticed and learned about God's faithfulness.

Taken together, these elements make *Pay Attention to the Presence of God* more than a devotional, Bible study, or goal-setting workbook. It is a guided practice in recognizing God's presence through the actual circumstances of a woman's life, joining Scripture, prayer, discernment, meaningful action, reflection, biblical narrative, and written remembrance in one coherent 60-day experience.

Comparable Titles

Comer, John Mark. *Practicing The Way: Be With Jesus, Become Like Him, Do As He Did*. Waterbrook, 2024. ISBN 978-0593193822

Comer's bestselling work demonstrates widespread interest in apprenticeship to Jesus, intentional habits, and a Rule of Life. The wider *Practicing the Way* system includes teaching, guided conversation, exercises, workbooks, and four-week practices designed to integrate spiritual disciplines into daily life. *Pay Attention* serves a more intimate case; readers choose one meaningful focus and follow a 60-day, Preparation-and-Reflection rhythm. Rather than helping readers build an overall Rule of Life, it helps them notice and record God's presence, provision, and guidance in the actual events of each day. Its biblical companions, Ruth, Esther, Mary, and Mary Magdalene, supply a women-centered narrative arc.

Saffles, Gretchen. *The Well-Watered Life*. Tyndale House Publishers, Inc, 2021. ISBN 978-1496445490

Saffles's 100-day hardback devotional journal confirms a strong market for beautiful, women-centered Christian products that combine Scripture teaching, biblical exercises, writing prompts, and practical spiritual rhythms. Built from the established Well-watered Women's Ministry, it invites readers to grow in faithful daily relationship with Jesus. *Pay Attention* shares a premium devotional-journal format, but its structure is a guided 60-day experience rather than a 100-day devotional journey. Readers choose a meaningful focus and follow two 30-day Walks, paired with a Preparation and Reflection practice. Ruth, Esther, Mary, the mother of Jesus, and Mary Magdalene accompany pivotal stages of the journey, while end-of-Walk reviews turn the reader's own handwritten prayers, insights, courageous actions, and observed provision into a enduring record of God's faithfulness.

Lee, Jennifer Dukes. *Stuff I'd Only Tell God: A Guided Journal Of Courageous Honesty, Obsessive Truth-Telling,... And Beautifully Ruthless Self-Discovery*. Bethany House, 2023. ISBN 978-0764242106

Lee's guided journal confirms a Christian-market appetite for warm, visually inviting, prompt-based journals that make room for vulnerability, honesty, self-understanding, and intimacy with God. It uses creative questions, lists, charts, and illustrations. *Pay Attention* shares an accessible, reflective journal format but offers a more sequential, practice-based experience. Its 60-day arc connects daily Scripture meditation, a meaningful goal or focus, one faithful action, prayer, reflection, and evidence-gathering. Rather than centering primarily on disclosure and self-discovery, it guides readers to pursue what matters with God and recognize His presence in the process.

Roberts, Sarah Jakes. *No Woman Left Behind Guided Journal: A Journey To Breaking Up With Your Fears And Revolutionizing Your Life*. HarperCollins Christian Publishing, 2022. ISBN 978-1400236879

This 192-page hardcover, connected to Sarah Jakes Roberts's Woman Evolve community, demonstrates demand for woman-centered, Christian-guided journals focused on overcoming fear, embracing freedom, and pursuing transformation. It combines excerpts, original content, and reflection prompts. *No Woman Left Behind* is organized around freedom from fear and the message of *Woman Evolve*. *Pay Attention* has a contemplative, daily-practice orientation; it helps readers pursue a particular prayerful focus with God through Scripture meditation, daily faithful action, courage-building prompts, and reflection. Its central promise is not reinvention but learning to recognize Jesus's presence and guidance in daily life, while retaining a handwritten record of that relationship over time.

Freeman, Emily P. *The Next Right Thing Guided Journal: A Decision-Making Companion*. Revell, 2021. ISBN 0800739779

Freeman's journal focuses primarily on decision-making and discernment over a 12-month framework. It emphasizes building courage and quieting fear, while listening for God. *Pay Attention* upholds these values and complements Freeman's offering. Readers can pursue these values and more in its 60-day narrative arc, build a deeper personal relationship with God, learn about biblical women, and use a meaningful area of life as the setting for spiritual formation.

Pay Attention's Distinct Lane

Among the comparable titles examined for this proposal, no single resource combines a defined 60-day spiritual practice, biblical women as narrative companions, prayerful discernment, courageous action, and a written record of the reader's experience of God's presence and faithfulness.

Existing titles demonstrate a durable market for spiritual formation, discernment, Bible study, and Christian guided journaling. While some guided journals emphasize breakthrough, self-discovery, or freedom from fear, *Pay Attention* centers a sustained relationship with Jesus through daily Scripture, discernment, faithful action, and reflection.

Pay Attention differentiates itself by integrating these established reader desires into one cohesive product: a Scripture-rooted, full-color, 60-day guided journal for women that pairs a meaningful personal focus with a Preparation and Reflection practice, four biblical companions, courageous action, and a written record of God's faithfulness.

The book is designed to be used privately, gifted meaningfully, or adapted for women's Bible studies, mentoring relationships, and retreats. Its two-Walk structure makes the experience both complete in one volume and naturally repeatable.

Marketing and Promotion

Rebecca Lacko will support publication through a focused, high-conversion, relationship-based marketing strategy. This promotional campaign is designed to leverage the author's professional background as an educator, speech communication professor, and credentialed curriculum developer to drive systemic, high-volume adoptions in both individual and group settings.

1. Partnerships, Group Use, and the Bulk Adoption Model (High-Volume Sales)

Pay Attention to the Presence of God, a structured, daily practice with three flexible levels of participation (the Full Walk, the Essential Walk, and the Pillar Walk), is uniquely suited for collective study. Rebecca will target institutional and group buyers to secure bulk sales rather than relying solely on individual retail purchases.

- **Ministry & Small Group Integration:** Rebecca will pitch directly to her established network of Bible-study coordinators, Stephen Ministers, Crown Ministry leaders, and church administrators.
- **Retreat and Event Partnerships:** The introductory pages and activities to the 60-day journal are a natural fit for weekend retreats, contemplative prayer groups, and spiritual formation workshops.
- **Companion Curricula:** To maximize group adoption, Rebecca will further develop a comprehensive, publisher-approved leader's guide and group discussion resource. This will allow church ministries and retreat organizers to easily implement the 60-day Walk across their communities.

2. Speaking, Teaching, and Academic Authority

Rebecca's extensive experience as an educator, speech communication professor, and presenter provides a direct platform for introducing *Pay Attention* through face-to-face engagements, guest teaching, and workshops.

- **Active Academic and Ministerial Platform:** Currently teaching speech communication at a private Christian university, holding a teaching certificate from Harvard University, and conducting doctoral research at the University of Birmingham on the role of reflective practice in adult formation, Rebecca speaks with deep authority.
- **Educational Training Experience:** Rebecca has a proven track record of developing educational presentations that have been approved for professional development in multiple schools, districts, and states. She will translate this expertise into signature workshops for churches, spiritual formation groups, and university retreats.

3. Highly Converted Owned Audience: *Pages of Evidence* (Substack)

To reach readers directly, Rebecca focuses on high-impact, "owned" media rather than low-conversion, passive social media algorithms.

- **Direct-to-Reader Relationship:** She recently launched *Pages of Evidence*, a steadily growing Substack newsletter exploring faith, discernment, and noticing God's presence in daily life. Rebecca's Substack subscriber base is a high-conversion, highly engaged email list. According to a July 2026 report, email marketing historically achieves a 10x to 40x higher sales conversion rate than social media scrolling.
- **Launch Integration:** The newsletter serves as a natural home for developing the central ideas of the book. Rebecca will leverage this direct channel to run pre-order campaigns, offer downloadable resources (such as sample journal pages), and facilitate 5- and 7-day mini-challenges that allow prospective readers to experience the practice before purchasing.

4. Relevant Publishing, Media, and Curriculum Experience

Rebecca is an experienced, active author with a demonstrated history of bringing book projects to life and engaging public readerships.

- **Proven Track Record:** Under the pen name Rayne Lacko, she is the author of *Dream Up Now: The Teen Journal for Creative Self-Discovery* (published by Teacher-Created Materials, including a companion leader's guide) and two young adult novels, *A Song for the Road* (distributed by Simon & Schuster, receiving an Eric Hoffer Book Award honorable mention) and *The Secret Song of Shelby Rey* (SparkPress).
- **Established Media Presence:** Her writing has appeared in high-profile publications such as *Writer's Digest* and *HuffPost*, giving her the necessary experience to write for diverse, broad readerships.

5. Strategic Podcast and Media Tour

Rebecca will actively pursue guest appearances on established audio and digital platforms whose audiences overlap naturally with the book's focus on Scripture, discernment, and practical spiritual formation.

- **Primary Media Targets:**
    - ***The Next Right Thing* with Emily P. Freeman:** Conversations connecting decision-making, contemplative practice, and scripture.
    - ***Proverbs 31 Ministries*:** Dialogues surrounding practical faith, spiritual growth, and the details of women's daily lives.
    - ***Knowing Faith* with Jen Wilkin:** Discussions linking deep scripture engagement, spiritual theology, and daily discipleship.

6. Consolidated Signature Media and Presentation Topics

To maintain a unified brand across print, online, and spoken media, Rebecca has developed a cohesive menu of topics that can be adapted for essays, articles, podcast interviews, workshops, or guest lectures:

- **Recognizing God's Presence in Ordinary Life:** Practical steps to notice Him in the middle of real, busy schedules.
- **The Difference Between a Goal and a Prayerful Next Step:** Shifting from self-reliant striving to spiritual surrender.
- **What Ruth, Esther, Mary, and Mary Magdalene Teach Us About Attention:** Lessons on uncertainty, courage, surrender, and devotion.
- **Why Evening Reflection Can Change the Way You Wake Up:** The physiological and spiritual impact of ending the day in gratitude.
- **The "Bold Move":** Taking one daily, faithful step just beyond your comfort zone.
- **Attention in a Distracted Age:** Reclaiming quiet moments to listen for and test what God may be showing us.

7. Launch and Publisher Collaboration

Rebecca is committed to working collaboratively with the publisher's marketing and publicity teams to maximize the book's launch impact.

- **Pre-Launch Outreach:** She will mobilize her personal and academic networks to coordinate an active advance-reader team, secure high-profile endorsements, and support digital and print public relations.
- **Marketing Collateral:** She is prepared to provide a complete suite of promotional assets, including:
    - Ready-to-use promotional copy and author Q&As.
    - Newsletter excerpts and downloadable journal samples.
    - Custom speaking and presentation materials for church and retail partners.

Series and Expansion Potential

Pay Attention to the Presence of God can be adapted for additional seasons, needs, and ministry settings. It also has potential beyond the initial 60-day volume. Possible extensions include:

- **Additional 60-day Walks** featuring other women of Scripture and new stages of spiritual formation.
- **Themed Walks** focused on areas such as purpose, healing, relationships, grief, courage, or major life transitions.
- **A small-group edition** with leader materials, discussion questions, and community practices for churches, women's ministries, and Bible studies.

The book's underlying structure, featuring a guided Walk combining Scripture, prayer, attention, meaningful action, reflection, and written remembrance, provides a framework that can be adapted to additional seasons and needs while preserving the core practice.

Annotated Chapter Outline

Detailed Book Structure

Pay Attention to the Presence of God is a 60-day deliberately sequenced Walk. Each day the reader moves through a progressive rhythm of attention, prayer, action, reflection, and adjustment while the lives of four biblical women provide a narrative framework for the journey.

The seven Daily Pillars provide a second layer of structure, ensuring that the reader's chosen focus is examined from multiple dimensions of spiritual and practical formation.

The manuscript is complete at approximately 42,800 words; the prototype is fully designed at 220 pages. The manuscript identifies the NIV as its Scripture translation.

The experience is plotted through two 30-day Walks. Each Walk uses four weekly movements shaped by Ruth, Esther, Mary, the mother of Jesus, and Mary Magdalene.

Across each week, the same seven daily Pillars recur in a fixed sequence. This creates a recognizable rhythm while allowing the spiritual meaning of each Pillar to compound as the reader moves through the larger story. The daily progression is intentionally structured around how people move meaningful intentions forward: clarifying what matters, identifying the next actionable step, encountering resistance, drawing on support and resources, adjusting course, reflecting on what has been learned, and carrying that learning into the next stage.

Each day follows a paired Preparation and Reflection rhythm. Preparation asks the reader to enter the day intentionally with God: Scripture meditation, the day's Pillar prompt, one faithful step, a chosen Bold Move, prayerful visualization, and an intention for how she will embody a gift to others. Reflection returns her to the day she actually lived: gratitude, challenges and solutions, God-led nudges, insight, bodily stewardship, and prayer.

The result is more than a completed journal. It becomes a written record of what the reader noticed: answers to prayer, unexpected provision, resistance, redirection, growing competence, changing relationships, and evidence of God's faithfulness. The manuscript frames the goal as a setting in which the reader can learn to notice how God is forming her, rather than as a performance metric.

A Note on Discernment

The practice of paying attention is grounded in Scripture and directed toward greater faithfulness to Jesus. Readers are encouraged to test what they perceive through Scripture, Christ's character, wise counsel, circumstances, prayer, and the fruit an interpretation produces. The book allows readers to notice and record what seems significant; it does not claim that every perceived pattern or impression is divine guidance.

The seven daily Pillars are the book's repeating developmental spine:

Pillar	What it develops	Reader point of view
Calling	Attention to what God may be inviting the reader to begin, continue, or steward.	What am I being called toward?
Identity	A growing understanding of who the reader is in Christ and who she is becoming.	Who am I becoming as I walk with God?
Motivation	Movement from willpower and fear toward God-given strength, love, and self-control.	What helps me keep moving faithfully?
Discernment	Practicing attention, testing, prayer, Scripture, and wise counsel to distinguish direction from impulse.	What is God teaching me to notice?
Relationships	Recognizing that growth and calling unfold in relationship with God and other people.	How is my growth serving others?
Encouragement	Learning to give and receive strength, wisdom, accountability, and support.	What am I receiving, and what can I give?
Sanctification	Noticing gradual transformation into greater wholeness as a new creation in Christ.	Who am I becoming through this process?

The repeating framework gives readers confidence and familiarity. The weekly narrative context deepens over time, so readers revisit the same seven areas from a different place in their spiritual journey.

Front matter: Beginning the Practice

Author's note: "Jesus is Already Here"

Rebecca introduces the journal through her own story of learning to recognize Jesus's presence, guidance, and faithfulness in the ordinary details of life. She establishes the book's central promise: a woman may pursue a meaningful goal, but the deeper gift is learning to recognize that God has been present and active all along.

Introduction: "Welcome to *Pay Attention to the Presence of God*"

The opening orients the reader to the two 30-day Walks, the four women of Scripture, and the journal's central invitation: pursue what matters with God rather than apart from Him. The reader is encouraged to bring a personal desire, fear, question, relationship, calling, or unfinished goal before Jesus.

Walking with Women of Scripture

Introduces Ruth, Esther, Mary, the mother of Jesus, and Mary Magdalene as spiritual companions rather than distant examples. Their stories provide the narrative framework for uncertainty, courage, surrender, devotion, healing, and transformation.

The Daily Rhythm: Preparation and Reflection

Explains the practical pattern that makes the book distinctive. The reader learns how to prepare for the day with prayerful intention and return to notice provision, gratitude, challenge, wisdom, and growth.

The Seven Daily Pillars

Introduces Calling, Identity, Motivation, Discernment, Relationships, Encouragement, and Sanctification. The section establishes that growth is not reduced to goal achievement but becomes a focused setting in which the reader can notice how God is forming her.

Choosing a Goal for the First 30-Day Walk

The reader prayerfully identifies a meaningful focus—practical, spiritual, relational, creative, or vocational—and names one first faithful step. The section emphasizes that the goal is not a performance metric. It invites her to place an area of life before God and walk with Him through it.

First 30-Day Walk

Week One

RUTH: Answering God's Invitation

Primary movement: Beginning with willingness when the full path is not visible. Ruth's decision to leave the familiar and walk into an uncertain future frames the reader's first week. She is invited to begin without demanding certainty, to establish a consistent rhythm of meeting with Jesus, and to discover that faithfulness often begins with one small yes.

Reader transformation: The reader learns the basic practice: begin, establish rhythm, and pay attention rather than demanding a complete map.

Day	Pillar	Daily Movement
1	Calling	I Said Yes
2	Identity	I Am Being Reshaped
3	Motivation	I Am Strengthened By God
4	Discernment	I Am Learning To Recognize His Leading
5	Relationships	My Growth Touches Others
6	Encouragement	I Have Something To Give
7	Sanctification	I Am Being Transformed

Week Two

ESTHER: Receiving Help

Primary movement: Moving forward through discomfort with courage, prayer, and community.

Esther's story gives language to fear, pressure, timing, and costly obedience. The reader learns that courage is often strengthened through preparation, wise counsel, shared prayer, honest conversation, and a willingness to receive support.

Reader transformation: The reader moves from solitary effort toward supported courage and begins confronting resistance as something that can teach her.

Day	Pillar	Daily Movement
8	Calling	I Continue With Intention
9	Identity	I Accept Where I Have Been Placed
10	Motivation	I Move Forward Despite Discomfort
11	Discernment	I Recognize When It Is Time To Act
12	Relationships	I Engage Honestly With Others

Day	Pillar	Daily Movement
13	Encouragement	I Both Give And Receive Strength
14	Sanctification	I Grow Through Courage And Surrender

Week Three

MARY, Mother Of Jesus: Faith In The Unfamiliar

Primary movement: Receiving God's invitation and learning to trust what has not yet become clear. Mary receives a calling she did not initiate and responds before she can see the whole outcome. Her week centers on receiving, trusting, and surrendering control. This week shifts the reader from action alone toward inward consent, patience, and trust.
Reader transformation: The reader learns that faith can mean receiving before understanding, allowing trust to replace the demand for certainty.

Day	Pillar	Daily Movement
15	Calling	I Receive What God Is Asking Of Me
16	Identity	I Accept Who I Am Becoming
17	Motivation	I Remain Steady Without Needing Full Clarity
18	Discernment	I Learn To Trust What God Is Forming
19	Relationships	I Nurture My Relationship With God
20	Encouragement	I Find Strength In His Presence
21	Sanctification	I Am Being Shaped Through Surrender

Week Four

MARY MAGDALENE: Remaining With Jesus

Primary movement: Abiding with Jesus through uncertainty, grief, renewal, and love. Mary Magdalene's encounter with the risen Christ moves the reader from effort toward relationship. She is invited to notice where she is known, loved, restored, and called to remain near Jesus. The first Walk culminates in both progress toward a goal and a developing awareness that Jesus is present in every circumstance.
Reader transformation: The reader integrates the practice into daily life, moving from doing toward abiding, gratitude, renewal, and testimony.

Day	Pillar	Daily Movement
22	Calling	I Remain With Jesus
23	Identity	I Am Known And Loved By Him
24	Motivation	I Continue In Faithfulness
25	Discernment	I Recognize His Presence

Day	Pillar	Daily Movement
26	Relationships	I Live In Fellowship With Others
27	Encouragement	I Am Renewed In Him
28	Sanctification	I Am Being Made Whole In Christ

Days 29–30: Looking Back In Gratitude

A review and transition sequence helps the reader to identify patterns across the seven Pillars, record what she has learned about herself and about God, remember significant Bold Moves, and release what is ready to be released.

Day 31: Moving Forward With Grace

The first Walk closes with reflection and a prayerful choice: whether to continue the first goal or begin a new meaningful focus for the second Walk. The reader enters the second half of the book with evidence already gathered in her own handwriting.

Second 30-day Walk

The second Walk revisits the four biblical guides from a changed vantage point. The reader begins with greater familiarity, a record of prior faithfulness, and the opportunity to apply what she has learned to a new or continuing focus. The second half intentionally revisits the four biblical companions at a more mature stage of the reader's journey.

Week Five

RUTH: The Harvest Has Come

Primary movement: Faithfulness has taken root. The reader learns to recognize fruit and carry forward what God has grown. Ruth's threshing-floor story frames the beginning of the second Walk. The reader reviews the "harvest" of the first thirty days (prayers, provision, courageous steps, changed patterns, and emerging clarity), then considers what must be released. The week emphasizes that faithfulness is not a one-time decision, but a sustained, daily willingness to trust God with both fruitfulness and uncertainty.
Reader transformation: From beginning faithfully to recognizing roots, fruit, and stewardship.

Day	Pillar	Daily Movement
32	Calling	My Calling Has Grown Roots
33	Identity	I Am The Woman The First Walk Was Forming
34	Motivation	I Am Sustained By What I Have Already Seen
35	Discernment	I Know His Voice More Clearly Now

Day	Pillar	Daily Movement
36	Relationships	My Faithfulness Is Blessing Those Around Me
37	Encouragement	My Story Has Become Someone Else's Provision
38	Sanctification	The Threshing Floor Is Completing Its Work

Week Six

ESTHER: The Courage To Stand

Primary movement: The second encounter with Esther moves beyond the first act of courage. Esther has entered the king's presence, but she must still discern when to speak, when to wait, and how to use her influence on behalf of others. The reader is invited to recognize that courage is not exhausted by one difficult moment, but rather it matures into steady leadership, wise timing, truth-telling, and faithful stewardship.

This week is important to the book's transformation arc. The reader practices staying present after the door opens, speaking with clarity, using her gifts, and continuing to act faithfully as responsibility increases.

Reader transformation: From courage as a single act to courage as mature, prayerful stewardship.

Day	Pillar	Daily Movement
39	Calling	I Am Positioned *For Such A Time As This*
40	Identity	I Carry What God Has Entrusted To Me
41	Motivation	One Small Step Today Moves The Whole Story
42	Discernment	I Wait For The Right Moment With Peace
43	Relationships	I Use My Influence To Bless Others
44	Encouragement	My Voice Matters In This Moment
45	Sanctification	I Am Being Shaped To Lead With Grace

Week Seven

MARY MAGDALENE: Known And Made New

Primary movement: Living as a woman known by Jesus, renewed by His presence, and ready to bear witness to what he has done. After weeks of taking faithful action, confronting resistance, practicing discernment, and learning to receive support, the reader reflects on how her habits, perceptions, relationships, and responses have changed.

Mary Magdalene provides the biblical framework for understanding that a past does not have to determine her future when she encounters the transforming love of Jesus. The value for the reader is a shift from striving to receiving. Rather than measuring herself by whether she has perfectly accomplished her goal, she learns to recognize evidence of God's faithfulness and the person she is becoming in Christ.

Reader transformation: The reader receives the truth of being known, loved, renewed, and not defined by her past.

Day	Pillar	Daily Movement
46	Calling	I Am Called Forward, Not Held Back By Where I've Been
47	Identity	I Am Known And Loved Completely
48	Motivation	Gratitude Fuels What Willpower Cannot
49	Discernment	I Listen From A Place Of Being Loved
50	Relationships	My Transformation Is Serving Those Around Me
51	Encouragement	I Am Held In Every Season
52	Sanctification	I Am Being Made New, One Faithful Day At A Time

Week Eight

MARY, Mother Of Jesus: From Yes To Praise

Primary movement: Carrying what God has entrusted without demanding immediate certainty, visibility, or control. This final week brings the reader to the culmination of the 60-day Walk: learning to recognize what has grown from her willingness to say yes to God. Mary models this by showing how she praised God before she could see the promise fulfilled, demonstrating that faith can respond to God's faithfulness before the entire story is visible.

The reader shifts from measuring the Walk by outcomes to receiving it as an act of worship. She gathers the "evidence" recorded throughout her journal and turns it into gratitude, including what she learned, how she changed, and where His faithfulness became visible. The reader recognizes a strengthened relationship with Jesus and a personal testimony of what she has seen God do.

Reader transformation: From completing a guided experience to carrying an ongoing practice of abiding, witness, and faithful attention into daily life.

Day	Pillar	Daily Movement
53	Calling	My Yes Has Grown Into Something Beautiful
54	Identity	I Am A Person God Has Been Faithful To
55	Motivation	I Am Finishing What I Began In Faith
56	Discernment	I Recognize God's Presence In The Life Before Me
57	Relationships	My Faithfulness Has Been A Gift To Others
58	Encouragement	I Carry What God Has Grown In Me
59	Sanctification	I Offer This Journey Back To Him As Praise

Final Integration

Days 60–61: Looking Back In Gratitude

The reader completes a final review of the seven Pillars, reflecting on what has changed in her understanding of Calling, Identity, Motivation, Discernment, Relationships, Encouragement, and Sanctification. She names the courageous actions she has taken, the truths she is ready to receive, and the patterns she is ready to release.

This final review reinforces that the reader exits with a record of her own experience of God's faithfulness, one of the book's central differentiators.

Second-Walk Review: Receiving The Blessing

The reader looks back across the full sixty days to name the evidence of God's faithfulness, answered prayers, moments of courage, shifts in identity, and practices that have become more natural. She reflects on what she is ready to receive rather than minimize or rush past.

Final Review Of The Seven Pillars

The reader identifies the clearest evidence of growth in Calling, Identity, Motivation, Discernment, Relationships, Encouragement, and Sanctification. The review reinforces that transformation is the nature of a life increasingly oriented toward Christ.

Moving Forward With Grace: Choosing What Comes Next

The closing section invites the reader to choose her next meaningful focus and take a first faithful step. It frames the completed book as the beginning of an ongoing rhythm rather than a finished spiritual assignment: listening, responding, acting, growing, and returning to Jesus each day.

My Testimony: What God Did In My Life

A final testimony page invites the reader to articulate what she hoped for, what she received, what she now knows about God and herself, and why she would recommend the journal. This page offers a natural bridge to group use, word-of-mouth sharing, ministry adoption, and future companion volumes.

Appendix

The book's flexible design offers three levels of participation: the full Walk, essential Walk, and Pillar Walk. This reader-accessibility feature supports group use, so readers can sustain the practice through demanding seasons without turning spiritual attention into another performance burden.

Selected Sample Material

The following selected sample sections demonstrate the book's distinctive guided-journal format, including the weekly biblical framework, seven-Pillar progression, and daily Preparation and Reflection practice.

Sample 1: Prototype cover, author's note, and concept

Sample 2: Week One

First Walk with Ruth: Answering God's Invitation

Day 1, including Preparation and Reflection.

Preparation and Reflection are recurring pages; the following sample shows how the unique daily Pillars progress from Day 2 through Day 7.

Sample 3: Week Two

First Walk with Esther: Receiving Help

Introduction and first day of the week

Sample 4: Final Movement

Second Walk with Mary: From Yes to Praise

Final integration: Introduction, looking back, giving thanks, and moving forward

Complete designed prototype

A PDF of the prototype for *Pay Attention to the Presence of God* is available for review here: [link to complete prototype]

Complete manuscript available on request.

Sixty days. Four women of Scripture as your guides.
One daily practice that changes how you see God,
yourself, and everything in between.

Pay Attention to the Presence of God

A 60-Day Guided Walk

Ruth ∘ Esther ∘ Mary ∘ Mary Magdalene

Rebecca Lacko



There was a time when I did not recognize Jesus's presence in my life.

Then, in a way I can only describe as grace, He made Himself known to me. What surprised me most was not that He was there in that moment. It was realizing that Jesus had been there all along, guiding, protecting, providing, and patiently pursuing me long before I knew how to recognize His hand.

That realization changed the way I live. As a young believer, I was skeptical. I began *paying attention.* I started keeping a record of prayers because I wanted evidence, and God delivered. There were instances when I wasn't quite finished adding a prayer to my log when the phone would ring with an answer to that prayer. He was listening!

I started bringing my doubts, questions, and daily decisions into conversation with God. I would choose one meaningful area of my life and invite Him into it intentionally. Each day, I listened, responded, watched, and journaled. What I discovered changed me. The more closely I *paid attention,* the more I recognized God's guidance. He sent wisdom, encouragement, opportunities, mentors, corrections, and unexpected blessings at exactly the right time. Sometimes, He moved me toward the goal I was pursuing. Other times, He revealed places within me that needed healing first.

He continued to protect and guide me as He'd always done, but my life became richer with gratitude. Again and again, I learned that His plans were wiser than my own. So, I practiced surrendering my plans to follow His way.

"You will seek me and find me when you seek me with all your heart." – Jeremiah 29:13

My journal became filled with evidence of answered prayers and personal growth, and an undeniably giving and loving Father who is intimately involved in my life. I found the kind of peace that turns dark hours of tossing and turning with anxiety about the past or future into a soothing night's sleep.

With this journal, you may achieve a goal or two. But more importantly, I hope you discover what I did: that Jesus is present, involved, and still speaking today.

You do not have to be a Bible scholar to begin. You are simply called to listen, trust, and **pay attention**. Bring your hopes. Bring your fears. Bring your unfinished goals. Jesus is already here.

Grace and peace,

Rebecca

WELCOME TO
Pay Attention to the Presence of God:
A 60-Day Guided Walk

Pay Attention is a guided journal for women who desire to pursue meaningful goals with God while learning to recognize His presence, provision, and guidance in everyday life.

You are invited to engage in a daily practice of listening, responding, and taking faithful action. You will not be asked to master a system or rush toward insight. Through two 30-Day Walks with God, you will bring your desires, fears, questions, and goals into conversation with Him and learn to notice how He responds. Your companions for your Walks are Ruth, Esther, Mary, Mother of Jesus, and Mary Magdalene. They each appear when their story most closely aligns with your personal Walk.

Over the course of this journal, you will choose one or two meaningful goals to pursue. Perhaps there is a longing you can no longer ignore, or a dream that has quietly waited while you attend to your responsibilities and routines. You may have a relationship that needs healing, or a calling you have delayed. Maybe there is a part of yourself that is weary, hidden, fearful, or waiting to be restored.

At first, it may not be clear what God (or Ruth, Esther, Mary, and Mary Magdalene) can do to help your goals come to fruition. You may only sense that remaining exactly where you are is no longer enough. The first 30-Day Walk introduces you to the journal's rhythm and guides you to establish a daily meeting with Jesus. The second Walk instills your newfound skills and competencies, improves your discernment, and deepens your relationship with Jesus. What you notice in the second Walk often reveals what the first Walk prepared you to discover. The journal's structure provides steadiness and safety. Personal transformation emerges through a daily practice of walking closely with Jesus.

As you move prayerfully through these pages, you may begin to discover something surprising: God is already moving in your life:

He is present in the small details.

He is opening (and closing) doors.

He is illuminating what needs healing.

He is preparing you for things you cannot yet see.

He is guiding conversations.

He is revealing wisdom, support, provision, and truth.

He is strengthening what has been weak.

He is sending teachers and opportunities to lead.

He is course-correcting while providing comfort and encouragement.

He is showing you competencies and capabilities you may not have known were yours.

Often, we miss these movements because life moves too quickly for us to notice them. When you are looking for God everywhere, you might miss Him right in front of you. To improve your ability to discern His presence, watch for Him within the framework of just one goal for each 30-Day Walk.

Pay Attention to the Presence of God: *A 60-Day Guided Walk*

Walking with Women of Scripture

You will be in good company during your two 30-Day Walks. Four women from Scripture will walk beside you:

Ruth: Ruth demonstrates faithfulness in uncertainty. She shows how God often guides through ordinary, consistent steps taken with courage and trust.

Esther: Esther demonstrates courage, timing, and obedience. She reminds you that God may have been preparing you long before you understand why you have been called.

Mary, Mother of Jesus: Mary demonstrates surrender and trust. Her life reveals what can happen when a woman says yes to God before she understands the full path ahead.

Mary Magdalene: Mary Magdalene demonstrates transformation, devotion, healing, and deep friendship with Jesus. She shows how no life is beyond redemption, and no heart is too broken for restoration.

These are women who experienced fear, uncertainty, grief, waiting, courage, refinement, and extraordinary encounters with God. As you walk with them, you may begin to recognize parts of your own story that mirror theirs.

The Daily Rhythm – A Tour of Your Daily Journal Practice

This journal is structured around two complementary practices: Preparation and Reflection. Together, they create a daily rhythm of intentionality and awareness.

Preparation: Stepping Into Your Day with Purpose

The Preparation section happens before your day unfolds. Think of Preparation as standing at the threshold of your day and saying to God: *Here I am. What are you asking of me today? How do you want to work through me?* The Preparation section is grounded in Ephesians 2:10: *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."* Preparation is your time to:

>> Uncover how your personal Walk aligns with the women of the Bible

>> Respond to questions that will gently nudge discernment

>> Meditate on Scripture as it relates to your specific place on your Walk

Reflection: Learning From What Unfolded

The Reflection section happens at the close of your day. Think of Reflection as sitting down with God and saying: *What happened today? What did I notice about You? About myself? About the path forward?* The Reflection section is grounded in Psalm 145:5: "*They speak of the glorious splendor of your majesty—and I will meditate on your wonderful works."* Reflection is your time to:

>> Celebrate progress toward your goal, no matter how small

>> Record answered prayers and unexpected provision

>> Acknowledge any challenges you faced and how you navigated them

PREPARATION

One Faithful Step Toward my 30-Day Calling

Write a sentence naming one specific, measurable action you will take that supports your 30-Day Walk. It should be small, realistic, and concrete. What faithful step can you take toward achieving your goal?

Daily To-Do List

Listing the day's responsibilities helps you see the framework of your day so that you can plan realistically.

GIFT TO THE WORLD

As God walks with you toward your goal, what aspect of His nature will you share with others? Name an inner posture or behavior you choose to embody, to share with others. One or two words are sufficient. Ideas:

The fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Positive attitudes: accepting, affectionate, attentive, calm, caring, cheerful, considerate, cooperative, courageous, creative, curious, decisive, determined, devoted, empathetic, enthusiastic, flexible, focused, forgiving, friendly, grateful, happy, hopeful, humble, modest, motivated, patient, pleasure, relaxed, strong, thoughtful, trusting, worthy.

***Bold Move** (Chosen)*

Choose the one tiny thing you know is useful, valuable, helpful, and needed **that you're avoiding.** Step outside your comfort zone. This may involve speaking up, taking initiative, resting when you usually push, or choosing honesty over ease. Identify one courageous action that stretches you slightly beyond comfort. One small intentional step is enough. With daily practice, God will show you how competent and resilient you are; you may feel inspired to make increasingly bolder moves.

Quotes, Passages & Daily Wisdom

Note a phrase or idea from Scripture to prayerfully consider. You may also choose to note something your child, friend, or loved one said, a lyric from a song, or other memorable insight.

PLACE THIS DAY BEFORE GOD

Enter into prayer with Jesus, envisioning your day going perfectly and wonderfully well. Imagine yourself performing everything you know you must do. Allow Jesus to take you by your right hand and lead you through it all, seeing everything working out with His grace. Nothing is impossible with God (Luke 1:37). Write a description of moving through the day with clarity, grace, confidence, and integrity, as God's beloved daughter.

"For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you." – Isaiah 41:13

REFLECTION

DAY 0

What I'm Thankful for Today

God's goodness, provision, or presence

How has God shown His faithfulness to you? Notice what moved forward, what was received, or what shifted within you. Keeping a daily record of God's goodness and blessings in your life illuminates His love for you.

SOLUTION TO A CHALLENGE

Reflect briefly on a difficulty you encountered. How was it addressed? What did you learn? Did you give support to another, or did you receive support?

Bold Move *(God led)*

Did you feel an unexpected nudge today to act or say something? Were you placed where you could offer help to another? Did you feel compelled to step up in some small way that you hadn't planned? What happened?

What God Showed Me

End the day by naming one insight or piece of wisdom gained. What made today unique? Share one lesson learned. (If you feel today was uneventful, is there a question or knowledge you wish to pursue tomorrow?)

Stewardship of the Body

Scripture reminds you that you are precious to God. Your body is a temple of the Holy Spirit (1 Corinthians 6:19). This checklist is not a test, a scorecard, or a measure of success. It is a devotion of attention to your body, made in Christ's image. Mark each area without judgment. Patterns show what supports you well and where greater care, rest, or prayer may be needed.

Emotions/Mental Well-being. Your emotional tone and mood. Clarity of thought, focus, and stress levels.

Time in nature. Fresh air, sunlight, time with animals, or connection with the natural world.

Movement. Any physical activity performed that supports circulation, strength, or release. (This does not require formal exercise.)

Nutrition/Hydration. The quality, balance, and intention behind what you consume. Basic water intake. Observing your nutrition is not about restriction.

Sleep quality. How rested you felt upon waking, and whether your sleep was continuous or interrupted.

My Prayer to God

Write a daily message to God. Include anything you wish to remember or that you want Him to know. This may include meaningful interactions, insights, or emotions. It may be adoration, confession, thanksgiving, or supplication.

WEEK ONE

WHAT RUTH SHOWS US

>> Faithfulness often begins in uncertainty

>> God works through ordinary, consistent steps

>> A simple “yes” can lead to unexpected provision

>> What feels unfamiliar can become steady through daily obedience

GOD’S PROVISION ALONG THE WAY

Open your heart to how God may guide you. Begin paying closer attention through prayer, Scripture, reflection, and daily life. As Ruth steps forward, she does not have to figure everything out on her own. Provision appears through what God places along her path:

>> The right field

>> The right timing

>> The right people

>> Protection, guidance, and favor she did not create for herself

In your own 30-Day Walk, God’s provision may come through:

The Gentle Voice of God: You may receive insight and direction through His still, small voice, revealing a way forward even when you feel overwhelmed.

Unexpected Insights: This may come through Scripture that meets you at the right moment, a line from a book, a timely message, or a conversation that brings clarity. It may be information you stumble upon that equips you with the necessary tools, knowledge, or self-belief to face challenges and dispel doubts.

Wise Counsel from Someone Ahead of You: This may be a trusted mentor, teacher, or someone with experience in the goal you are pursuing. This figure can also be an established protocol, practice, or principle. You may find that people are more willing to help than you expected when you reach out and ask for advice.

A Correction that Redirects You: At times, the path you envision may shift. God may redirect your steps. Surrender to God as He corrects your path to something bigger, better, and that you never imagined or saw coming. Allow the Lord to course correct as called. This is faithful obedience.

The Example of Someone Whose Life Reflects what You are Pursuing: You may be drawn to the life of someone (past or present) whose example expands your understanding of what is possible. Their faithfulness can serve as both encouragement and direction. You may choose to study their proven methods.

This is a time of preparation and establishing stability. Gather what you need to embark on your goal. As you move forward, you will begin to recognize how God provides in ways that are personal and timely.

WEEK ONE

THE FORWARD PROGRESS OF THIS WEEK

Over the next seven days, you may begin to notice a progression:

Day 1 — **Calling:** I said yes

Day 2 — **Identity:** I am being reshaped

Day 3 — **Motivation:** I am strengthened by God

Day 4 — **Discernment:** I am learning to recognize His leading

Day 5 — **Relationships:** My growth touches others

Day 6 — **Encouragement:** I have something to give

Day 7 — **Sanctification:** I am being transformed

You do not need to force this process. Return each day to meet with God. Pay attention to where you are led throughout the day. Take one step at a time.

YOU ARE CALLED TO AN INTIMATE RELATIONSHIP WITH GOD

Ruth's decision required her to leave behind:

>> Familiarity

>> Predictability

>> What once made sense

You may feel a similar tension:

>> A pull toward comfort

>> A desire for more clarity before beginning

>> Hesitation about what lies ahead

This is the place where faith begins to take root. This week welcomes you to begin your path toward trusting more deeply in the love, wisdom, and leadership of your Heavenly Father.

YOUR GUIDING QUESTION THIS WEEK

Where is God inviting you to say yes, even if you do not yet see the outcome?

A Step of Faith

You do not need certainty or a perfect plan. You only need a desire to listen and respond.

Let your prayer be simple: **Here I am, Lord.**

DAY
1

Beginning with WILLINGNESS

DAILY PILLAR:
Calling

___/___/___

My Goal: _____

Today marks the beginning of your 30-Day Calling.

You are beginning to move forward through small, faithful steps. Set yourself up for success by focusing on simple routines.

Your role today is to begin.

As you step forward, you may become aware of something stirring inside you, a sense that something is being asked of you.

Ruth responded by going where she was called to go. You are invited to do the same.



Where is God inviting me to begin? What is stirring in my heart that I feel called to respond to? Like Ruth, where am I being asked to choose faith over certainty today?

_____

_____

_____

SCRIPTURE MEDITATION

" Then I heard the voice of the Lord saying,
'Whom shall I send? And who will go for us?'
And I said, 'Here am I. Send me!'"
— Isaiah 6:8

_____

_____

Meditation insights

PREPARATION

One Faithful Step Toward my 30-Day Calling

Daily To-Do List

GIFT TO THE WORLD

The quality, fruit of the Spirit, or behavior I will embody today

Quotes, Passages & Daily Wisdom

A phrase or insight that stood out

***Bold Move** (Chosen)*

One small step outside my comfort zone. What am I avoiding?

PLACE THIS DAY BEFORE GOD

In prayer, walk through the day ahead with Jesus. Imagine moving through each moment with grace and faithfulness, entrusting the outcome to Him.

REFLECTION

What I'm Thankful for Today

God's goodness, provision, or presence

SOLUTION TO A CHALLENGE

How I solved a problem, difficulty, or decision today

***Bold Move** (God led)*

A nudge or prompt I sensed might be from God

What God Showed Me

One lesson I learned today

My Prayer to God

Share your worries, burdens, and your joy

Stewardship of the Body

Did I honor my body today as God's temple?

- *Emotions / Mental Well-being*
- *Time in Nature*
- *Movement*
- *Nutrition / Hydration*
- *Sleep Quality*

DAY
2

Seeing Who You are BECOMING

DAILY PILLAR:
Identity

___/___/___

My Goal: _____

With each step forward, something begins to take shape in what you are doing and in whom you are becoming.

Ruth entered Bethlehem as a widow and a foreigner. Nothing about her external situation suggested change. Yet through her faithfulness, something deeper was already unfolding. Identity in Christ is formed as we walk with Him.

As you continue, you may begin to notice subtle shifts in how you respond, how you think, and what you are willing to step into.

Pay attention to what is changing.



Where have I already seen a shift in myself, even in small ways? Where might God be reshaping how I see myself? What belief about myself may no longer align with truth?

SCRIPTURE MEDITATION

"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

Meditation insights

DAY 3

Strength for the STEP AHEAD

DAILY PILLAR: **Motivation**

___/___/___

My Goal: _____

You have taken the first steps. Now you may begin to feel the effort required to continue. At this stage, resistance often shows up as distraction, hesitation, or fatigue. Perhaps you find yourself stumbling to engage with this journal. Acknowledging and responding are part of the process of growth.

Ruth continued forward without guarantees. She worked, remained, and stayed engaged in what was set before her (Ruth 1:16-17). Strength for this 30-Day Walk is not drawn from willpower. God supplies what is needed as you continue.

You were never meant to carry this on your own.



Where am I feeling resistance right now? What feels more difficult than I expected? Where do I need to rely more fully on God's strength?

SCRIPTURE MEDITATION

"For God gave us a spirit not of fear but of power and love and self-control."
— 2 Timothy 1:7

Meditation insights

DAY 4

Learning to Recognize HIS LEADING

DAILY PILLAR: **Discernment**

___/___/___

My Goal: _____

As you continue, your awareness sharpens. You may begin to notice patterns, inklings becoming insights, or a growing sense of direction. Ruth stepped into the field that would become part of her provision. She did not orchestrate every detail. She remained attentive and responsive.

Discernment develops through attention and obedience. Throughout your Walk, notice what draws your attention in prayer, Scripture, relationships, and daily life. Not every thought, emotion, or coincidence is necessarily a direction from God. Return to Scripture and prayer. Test what you sense, and seek wise counsel when a decision has consequences. God does not contradict His character or His Word. As you watch for His response to the steps you take each day toward your goal, you begin to see His hand at work in your life.



What has come to my attention that may be meaningful? Where have I sensed peace, or hesitation? How can I find time to pause and watch for God's direction?

SCRIPTURE MEDITATION

"Do not conform to the pattern of this world,
but be transformed by the renewing of your mind.
Then you will be able to test and approve what God's will
is—his good, pleasing and perfect will." — Romans 12:2

Meditation insights

DAY 5

Faithfulness in RELATIONSHIPS

DAILY PILLAR: **Relationships**

___ / ___ / ___

My Goal: _____

You are not walking through this week alone. Even the steps that feel personal are shaping how you meet others. Pause to reflect on your presence, your tone, and your openness to engage with those closest to you.

Ruth's story unfolds through relationship. Her commitment to Naomi carries them forward together. Ruth's actions are seen, received, and responded to; what she does matters to those around her. The same is true in your life in the way you speak, the way you listen, and the way you respond when something feels inconvenient, emotional, or unresolved.

Scripture consistently points to love as the visible expression of a life rooted in God (John 13:35). Faith takes on form in how we care for one another. Today's pillar focuses attention on the relationships closest to you.



Where is God inviting me to show up with greater care, patience, or presence? Who might need something from me today (attention, honesty, understanding, encouragement)? Is there a relationship where I sense an opportunity to respond differently than I have before?

SCRIPTURE MEDITATION

"My command is this: Love each other as I have loved you." — John 15:12

Meditation insights

DAY 6

Strength to GIVE

DAILY PILLAR: **Encouragement**

___/___/___

My Goal: _____

As you step forward in pursuit of your goal, you may begin to recognize that what is forming in you is not only for you.

Ruth's faithfulness supported Naomi. Her presence carried strength beyond her own circumstances.

Encouragement often takes simple forms: attention, presence, a word spoken at the right time. You do not need to have everything established to offer something meaningful.

God works through what is already present in you.

Who might need encouragement from me today? What do I have to offer right now? Where can I strengthen someone else?

SCRIPTURE MEDITATION

"And let us consider how we may spur one another on toward love and good deeds."
— Hebrews 10:24

Meditation insights

DAY 7

Set Apart and Being TRANSFORMED

DAILY PILLAR: **Sanctification**

___/___/___

My Goal: _____

You have walked through this first week step by step.

As you look back, you may begin to recognize movement: small shifts, new awareness, or a different way of responding.

Transformation often unfolds gradually.

Ruth remained in the process. Through her continued faithfulness, her life began to take on a new direction.

As you continue to respond to God, He is shaping you.



Where have I seen change this week? What feels different in how I think or respond? Where is God continuing His work in me?

_____

_____

_____

SCRIPTURE MEDITATION

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"
— 2 Corinthians 5:17

_____

_____

Meditation insights

WEEK TWO

Walk with Esther

RECEIVING HELP

News arrives that the Jewish people are in danger. A decree has been issued calling for their destruction. Mordecai sends word to Esther, urging her to intervene with the king on behalf of her people (Esther 3:13; 4:8). The devastating news becomes deeply personal; Esther is no longer able to remain distant from the suffering around her. Yet anyone who approaches the king without being summoned, even a queen, risks death:

"All the king's officials... know that for any man or woman who approaches the king in the inner court without being summoned, the king has but one law: that they be put to death unless the king extends the gold scepter to them and spares their lives." – Esther 4:11

The palace that once appeared secure now feels dangerous. Esther wrestles with fear and self-protection: If I stay silent, perhaps I will survive. If I speak, I may lose everything (Esther 4:11–13). Mordecai reminds Esther that perhaps her position was never accidental:

"And who knows but that you have come to your royal position for such a time as this?" (Esther 4:14).

The question shifts from safety to purpose. Esther does not respond impulsively. Before taking action, she pauses and gathers support. She asks the Jewish people to fast with her and seeks God through prayer and surrender (Esther 4:15–16). Only then does she decide to step forward:

"Go, gather together all the Jews who are in Susa, and fast for me... I will go to the king, even though it is against the law. And if I perish, I perish." – Esther 4:16

Esther is living inside circumstances she did not choose, shaped by forces beyond her control (Esther 2:17-19). Yet God has positioned her within those circumstances for a purpose. Her courage is not sudden confidence. It is courage strengthened through preparation, community, and dependence on God.

In your own 30-Day Walk, you may also encounter fear, resistance, or uncertainty. You may notice patterns of self-protection influencing how you respond to God's leading. Pause, reflect, and pray. Invite trusted people to stand with you. Courage is rarely impulsive. It is often formed slowly, and with a willingness to accept support.

This Week's Invitation

You have taken steps, reflected, and started to recognize how God is at work in your life. Now, you may begin to encounter moments that require more from you:

>> A conversation that feels significant.

>> A decision that carries weight.

>> A step that involves risk.

This week invites you to continue with support. During this week, you may occasionally notice feelings of resistance, uncertainty, or emotional discomfort. However, what might appear to be an obstacle may prove to be a teacher. You can discern the difference by noting patterns, reactions, and beliefs; these habits influence how clearly you hear God's direction. Give yourself space to observe, assess, and gently adjust your responses and reactions. Put simply, to achieve something you haven't achieved before, you must do, act, and be someone you haven't been before. Where God calls you to go and who God longs for you to become will be discerned through prayer and surrender. Often, God asks you to grow in order to follow the guidance He provides.

You are becoming the person God is shaping you to be; by learning to see His hand at work in your life, you can lovingly step toward the plans and the future He has for you. While that may be easy to understand, transformation can feel strange. The path to realizing a meaningful goal may require effort.

"In the world you will have tribulation. But take heart; I have overcome the world."— John 16:33

Over time, you may notice growing courage and resilience, becoming more attentive to patterns, and areas where wise counsel is needed.

WHAT ESTHER SHOWS US

>> Courage often emerges in times of pressure or stress

>> Preparation strengthens bold action

>> God works through community as well as circumstance

>> Obedience may involve stepping out of your comfort zone, but in faith

GOD'S PROVISION ALONG THE WAY

Esther does not move forward alone. She is guided by Mordecai. She is supported through the fasting and prayers of her people. She responds within a network of shared faith and dependence on God.

In your own Walk, God's provision may become more visible through:

Encouragement From Others: Someone may speak truth or strength into your life at the moment you need it most.

Accountability: You may remain committed through the support of someone who walks alongside you, or you may be called to support someone else.

Shared Prayer and Support: Sometimes others will carry you in prayer, and sometimes you will do the same for them.

Honest Conversation: Clarity may come through speaking openly with someone you trust.

Community: Growth is strengthened when it is lived out in connection with others.

WEEK TWO

THE FORWARD PROGRESS OF THIS WEEK

Day 8 — **Calling:** I continue with intention

Day 9 — **Identity:** I accept where I have been placed

Day 10 — **Motivation:** I move forward despite discomfort

Day 11 — **Discernment:** I recognize when it is time to act

Day 12 — **Relationships:** I engage honestly with others

Day 13 — **Encouragement:** I both give and receive strength

Day 14 — **Sanctification:** I grow through courage and surrender

Return each day ready to engage, listen, and respond.

YOU ARE CALLED TO AN INTIMATE RELATIONSHIP WITH GOD

Esther faced a decision: Remain where it is safe, or step forward into risk. You may be at a similar crossroads:

>> Hesitation to speak or act

>> Awareness of what is at stake

>> Uncertainty about the outcome

This dilemma is part of growth. Courage is feeling the fear but acting in obedience to God despite it, relying on His strength rather than your own. Courage is anchored in the promise of God's presence, trust in His sovereignty, and the assurance that Christ has already overcome the world.

YOUR GUIDING QUESTION THIS WEEK

Where is God inviting you to step forward, even if it feels uncomfortable?

A Step of Faith

You do not need to have complete confidence.

Begin with a simple prayer: **I put my trust in you**.

DAY
8

Continuing with
INTENTION

DAILY PILLAR:
Calling

___/___/___

My Goal: _____

You have already begun. You have taken steps, established a commitment, and started to recognize how God is at work in your life.

To remain engaged, continue creating new steps toward the realization of your 30-Day goal. There may be times when it would feel easier to step back, to delay, to wait for more clarity, or to return to what feels familiar.

Esther faced this moment. She became aware that her position carried purpose. She could step forward into that purpose, or hold back where she was and avoid the risk. She chose to bravely accept what was being asked of her. Your Calling set you on this path with God. Today, it is about carrying on with intention.



Where might I be tempted to delay or avoid what I already sense I should do? What would it look like to move forward with clarity today?

_____

_____

_____

SCRIPTURE MEDITATION

"And who knows but that you have come to your royal position for such a time as this?"
— Esther 4:14

_____

_____

Meditation insights

WEEK FOUR

– 2nd Walk –

Walk with Mary

FROM YES TO PRAISE

In a small room in Nazareth, a young woman who had every reason to be afraid said, "Yes," to the angel Gabriel: *"I am the Lord's servant. May it be done to me according to your word"* (Luke 1:38). These were some of the most consequential sentences ever spoken in human history, and Mary said them in surrender to God and without fanfare.

Shortly after the angel departed, Mary rose and traveled quickly to the hill country of Judea, to the home of her relative Elizabeth (Luke 1:39). She did not remain alone with what she had been given. She moved toward community, toward someone who would understand, toward a place where the impossible could be spoken aloud and believed.

The moment she stepped through Elizabeth's door and called out in greeting, something broke open in her. She sang.

"My soul glorifies the Lord and my spirit rejoices in God my Savior,
for he has been mindful of the humble state of his servant." — Luke 1:46-48

Mary's song of praise, the Magnificat (Luke 1:46-55), is a remarkably beautiful passage of rejoicing, wonder, and awe. What is remarkable is not only what she says, but when she says it, because she has not yet seen the fulfillment of the promise. The child is not yet born. The story is nowhere near its completion, yet she is already praising who God is and what she knows He will do.

Mary's song carries a remarkable echo of another woman's prayer, spoken centuries earlier. Hannah, a woman who had wept in the temple over her barrenness, was given a son against all expectation. Her response was a song that feels intimately connected to Mary's:

"My heart rejoices in the Lord; in the Lord my horn is lifted high... He raises the poor from the dust and
lifts the needy from the ash heap." — 1 Samuel 2:1, 8

Two women, two impossible gifts, and two songs of praise that both declare the same truth: God sees the overlooked, lifts the lowly, and does what only He can do.

The journey you have taken mirrors Mary's in a way that may surprise you. You, too, began with a yes. A decision to show up, to pursue a goal, to trust God with something that mattered to you. And now, you are standing at the door of your own Elizabeth's house, having traveled far from where you began, carrying something you did not have before, ready to let it become praise.

WEEK FOUR

– 2nd Walk –

This Week's Invitation

Mary's Magnificat is not a performance. It is not the composed response of someone who has everything figured out. It is the overflow of a soul that has been so met by God that gratitude becomes the only possible response.

The entire journey of *Pay Attention* has been building toward the slow, faithful transformation of a person who said yes to God's invitation and discovered, in the living of it, that He is exactly who He says He is.

The completion of your goals matters, too. They demonstrate your trust in God when things become too much to carry on your own.

Praise is what happens when evidence meets faith. Mary had the angel's word. She had Elizabeth's blessing. She had the life growing within her. She let all of it pour out as a song directed not at herself or her circumstances, but at God: His faithfulness, His mercy, His habit of choosing the humble and lifting them up.

You have your own evidence now, a journal full of it.

WHAT MARY SHOWS US

>> Yes is the first response to God, not the outcome. What grows from it is surrender and obedience

>> Praise does not require the complete picture. It requires only the willingness to trust God

>> God's faithfulness echoes across generations. Hannah and Mary were centuries apart

>> The movement from surrender to song is a worthy form of worship

>> Completion of your goal is not the end of your Walk. It is the place where you discover the meaning and purpose of your Walk

GOD'S PROVISION ALONG THE WAY

Mary praised God even though her circumstances were far from easy. She praised Him:

>> In the middle of an unmarried pregnancy in a culture that could have condemned her

>> On her way to visit a cousin because she needed someone who would understand

>> Before a single visible sign that the promise was fulfilled

Her praise was not rooted in what she could see but in whom she knew God to be.

In this final week, His provision may arrive in forms you have not yet named:

The Gift of Completion. This week, receive the grace that comes with having stayed, abiding in Him. You showed up, you remained. That matters to Jesus.

A New Capacity for Praise. The more you have walked with God through the hard days, the distracted days, the days when your goal felt far, and faith felt thin, the more you have accumulated evidence of His faithfulness. Let that evidence become worship this week.

The Fruit of Surrender. Mary's yes produced something the world had never seen. Trust that what God began in you on Day 1, He has been faithfully tending every day since.

WEEK FOUR

– 2nd Walk –

A Song that is Yours Alone. The Magnificat was Mary's. Hannah's song was Hannah's. The praise that rises in you at the end of this journey belongs to you. It will be specific to your story, your struggle, and your evidence of God's faithfulness. Let it come.

THE FORWARD PROGRESS OF THIS WEEK

Over the next seven days, you may begin to notice an arrival:

Day 53 — **Calling**: My yes has grown into something beautiful

Day 54 — **Identity**: I am a person God has been faithful to

Day 55 — **Motivation**: I am finishing what I began in faith

Day 56 — **Discernment**: I recognize His hand in all of it

Day 57 — **Relationships**: My faithfulness has been a gift to others

Day 58 — **Encouragement**: I carry what God has grown

Day 59 — **Sanctification**: I offer this journey back to Him as praise

Let this final week be an act of worship, pausing long enough to sing.

YOU ARE CALLED TO AN INTIMATE RELATIONSHIP WITH GOD

Mary did not keep the Magnificat to herself. She sang it in Elizabeth's presence, into the room, into the air. She let it be heard.

This week, watch for the temptation to minimize what God has done in you. Over this final week, celebrate your relationship with Jesus. Bring your whole story, from both your first and second Walks, and lay it all at His feet as an offering. This is the life of praise.

YOUR GUIDING QUESTION THIS WEEK

What has grown from your courage to pursue your goal, and will you let it become your song of praise?

Like Mary, You Began with a Yes

You began your two 30-Day Walks unable to foresee the full meaning of your calling, and were loved into a place you could not have reached alone. Your Walk does not need to be complete to praise Him now.

Let your response be: **My soul glorifies You.**

DAY
29

Receiving THE BLESSING

SECOND WALK
Review

___ / ___ / ___

There is a reason it is easier to give than to receive. Receiving requires the vulnerability to let something good cross any walls self-doubt may have built. Receiving a blessing means believing in it, accepting it, and allowing yourself to be changed by it. Many women move through their lives deflecting compliments, minimizing their growth, and rushing past their own victories in search of the next thing to fix or achieve.

However, what you cannot receive, you cannot carry forward. What you refuse to acknowledge, you cannot build upon. This time, it is safe to receive. The difference between passing by a good thing and being changed by it is staying. Staying with the good thing.

Most good things slide past us because we did not sit with them long enough for them to take root. To receive is to pause over what is good, to appreciate it, and to let it settle until it becomes part of you. When you stay with what God has done for long enough to feel it, a steadiness begins to form in you that won't be shaken if trouble comes down the road. You build a confidence that does not depend on the next good thing arriving, because the one you sat with is yours, and it's real.

Receiving is a form of gratitude. Do not finish with a quick, "Thank you, God!" and move on. Instead, linger with your Heavenly Father in attentive gratitude, looking at what He has done and staying there long enough to feel it. This is how transformation takes place. It is what Mary did with the Magnificat, and what Ruth did when she carried the grain home to Naomi and told her everything that had happened. It is what Esther did when she learned her people were saved.

They paused, they received, and they let it become praise. Now it is your turn.

What I want to fully receive from this Walk, before I take another step

The moment I am most grateful for

What God showed me about myself that I now believe

Before you do anything else, look at what you have created in *Pay Attention*, this record of showing up, written in your own handwriting, over eight weeks. Many people never finish what they begin. You did.

DAYS
29/30

Looking Back
IN GRATITUDE

DAILY PILLARS Review

You continued to reflect on the seven Daily Pillars four times over your second Walk. Look back through your responses to each Daily Pillar, and write a word or two to describe your experiences. Do they differ from your first Walk? What patterns, insights, or connections stand out for you?

CALLING: What did I say yes to this time? What grew, shifted, or surprised me?

IDENTITY: Who have I become over this experience that I was not before?

MOTIVATION: What sustained me, inspired me, or kept me on track

DISCERNMENT: Where did I notice God's voice becoming clearer or more familiar?

RELATIONSHIPS: How did I show up differently for others, and for God?

ENCOURAGEMENT: Where did I give or receive something that mattered?

SANCTIFICATION: Where do I see the most undeniable evidence of change?

Accept the blessings from every Pillar: the growth, the answered prayers, the hard days you showed up for anyway, the small shifts that changed everything. These are the fruits of your divine relationship with Jesus.

MEMORABLE MOMENTS FROM MY FIRST 30-DAY WALK

Chosen Bold Moves

My most memorable Bold Move(s)

What I've Learned

About myself

Bold Moves (God Led)

Moments that surprised me

What I've Learned

About God (His character, His presence, His way of working)



WHAT I'M READY TO RELEASE

DAYS 30/31

Moving Forward WITH GRACE

CHOOSING
What Comes Next

___ / ___ / ___

It is time to shift your focus from reflection to intention. What you have built over two Walks is not merely a completed journal. It is a practice woven into your rhythms, a daily habit of attentiveness to God, to cultivate an abiding relationship with your Lord and Savior. That practice does not end here.

Sanctification and the Renewing of Your Mind

As with brushing your teeth, a behavior repeated with intention and attention over time forms a habit. Repeated practices can shape attention and make a new rhythm more familiar. Christian formation remains the gracious work of the Holy Spirit. Every day you showed up for God in these pages made the next day slightly more natural. Every time you brought your thoughts before Him and listened for His response, your discernment of His ways grew a little clearer, a little more familiar.

This is what Paul describes when he writes of being transformed by the *renewing of your mind* (Romans 12:2). It is not metaphor. It is the mechanism of sanctification, the faithful interconnection between your willing heart and the Holy Spirit's work, gradually making you more fully the person God designed you to be.

"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

The most delightful part of this journey is discovering that you have only just begun.

CHOOSING WHAT COMES NEXT

You have gained wisdom, discernment, and evidence. You have experienced His presence in both ordinary and significant moments. Not everything may be resolved, but you know that God shows up. Now that you carry the rhythm of this Walk within you, you will continue to:

>> **Listen** with greater familiarity and less fear
>> **Respond** with the confidence of someone who has seen what faithfulness produces
>> **Act** from a place of being known and loved
>> **Grow** into the fullness of who God designed you to be, one faithful day at a time

A relationship with Jesus is formed over time through daily attention, trust, and response been practicing all three. Carry it forward.

DAYS
30/31

Moving Forward WITH GRACE

For my next Walk with God I choose to:

What feels most important to me as I move forward?

What is one area or achievement I feel called to pursue next?

The first step I will take:

Prayer Before I Go Forward

Faithful God,

Something has shifted in me,

the way dawn shifts until the whole sky is different.

I came with a goal. You gave me so much more. You gave me evidence.

You gave me a record of Your faithfulness written in my own handwriting,

proof I will return to every day I wish to feel close to You.

I have gleaned, and I have surrendered.

I have stood in courage, and I have been loved into wholeness.

I have said yes, and I have learned to sing.

Now I bring it all back to You in gratitude.

This is my life: walking with You. Daily. Attentive. Willing.

Pursuing what You have placed in me because I trust the One who placed it there.

Send me forward into the plans You have to give me a hope and a future.

I am Yours. I am ready.

In Jesus' name, Amen.