

Glory & Grit Podcast

Episode 5 Reflection Guide

Waiting When Nothing Is Changing

Take a few moments to reflect on this episode. You may want to write your thoughts, pray about them, or discuss them with someone you trust.

- What area of your life currently feels like a season of waiting?
- How has this waiting season affected your thoughts or emotions?
- What questions have come up for you during this time?
- Is there something you've been praying for that hasn't changed yet?
- What might God be teaching or shaping in you during this season?
- What would trusting God look like for you right now?

Closing Scripture

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

Continue the Conversation

If this reflection guide helped you, consider sharing this episode with someone who might need encouragement today.

You can find more episodes and reflection guides at gloryandgritpodcast.com.

Thank you for being part of the Glory & Grit community.