

When God Prepares Your Heart for What You Cannot See

A companion page for Amy Eaton's conversation

DEFINING QUESTION

What is God inviting me to release now, even if I do not yet understand why?

TRUTH TO CARRY

You do not have to understand the purpose of the healing to take the next faithful step toward it.

PRAYER PROMPT

Ask God to uncover what you have quietly tied to your worth. Invite Him to show you what belongs to Him, what support you need, and what one faithful response looks like—without forcing reconciliation, bypassing boundaries, or predicting the future.

REFLECTION

- Where has someone else's availability or response begun shaping what I believe about my worth?
- What hurt can I name honestly without making another person's change the condition for my healing?
- When I look back, where can I see evidence of God's kindness or preparation?

ONE SMALL GRIT PRACTICE • UNTANGLE ONE THREAD

1. Name one reaction that feels bigger than the present moment.
2. Write the deeper message it activates: "I'm unwanted," "I don't matter," or another belief.
3. Replace it with one truth grounded in God's love, then choose one safe next step.

CLOSING REMINDER

God's preparation may become visible only in hindsight. The faithful step you can take today is still worth taking.

If this page gives language to something a friend has been carrying, gently share the episode with them.