



Faithful in the Middle

**A 7-DAY DEVOTIONAL & JOURNAL FOR
TRUSTING GOD THROUGH UNCERTAINTY**

by Stephanie Stewart

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Welcome, Friend!

If you've landed here, chances are you're walking through some kind of shift.

Maybe your life feels uncertain. Maybe you're standing in the middle of what *was* and what *will be* — and you're not sure what's next.

I want you to know something from the start: You are not alone in this.

“Faithful in the Middle” was something I originally created for my own personal use — as a way to process, pray, and stay focused on God during a season where so much felt unclear—in fact, I'm still in the middle of the season.

But the more time I spent creating this devotional & journal, the more I felt led to share it with you, because I know I'm not the only one navigating transition, waiting on answers, or trying to trust God with what I can't see yet.

This isn't a magic formula. It's just a quiet, steady invitation to sit with God for a few minutes each day. To reflect. To journal. To breathe.

Most of all — it's a space to remember that God is faithful.

Each day, you'll read a short devotional, reflect on Scripture, and engage with journal prompts that meet you right where you are.

This short booklet is here to help you stay grounded in faith and hopeful for the future—one prayerful, reflective step at a time.

My hope is that this daily practice helps you feel less pressure to “figure it all out” and more peace by trusting the One who already knows where you're headed.

So, light a candle, fix your favorite warm beverage, and grab a notebook & pen. As you read through each page of this devotional & journal, take your time. Be honest with your feelings as you answer the journal prompts. And rest assured that God will speak to you if you're quiet and willing to listen. You don't have to rush. You just have to stay close to Him.

Blessings,

Stephanie Stewart | Life Coach

Day 1: When the Future Feels Foggy

Scripture:

“Your word is a lamp to my feet and a light to my path.” – Psalm 119:105 (NIV)

Devotional:

Have you ever found yourself squinting as you try to look into your own future, wishing God would just hand you a roadmap? I know I have. There's something disorienting about walking through a season where you can't quite see what comes next. You want to plan, to prepare, to feel certain again. But the truth is, clarity often doesn't come before obedience—it comes after.

This verse in Psalm 119 doesn't say God will floodlight your whole journey. It says His word is a *lamp* to your feet. Just enough light for the step in front of you. And sometimes, that's the point. If you could see the whole picture, you might rush ahead, miss the process, or carry weight that isn't meant for today.

So what if we stopped pressuring ourselves to figure it all out and instead leaned into the idea that God is more interested in walking *with* us than giving us all the answers? What if this foggy space isn't a failure or a punishment, but an invitation to trust Him with our future?

Rest assured - you are not lost. You are being led.

Journal Prompts:

1. Where do I feel unsure or uncertain about the future?
2. What would it look like to follow God one step at a time right now?
3. How has He shown up for me in past seasons of uncertainty?

Day 2: You Don't Need the Whole Picture

Scripture:

"Trust in the Lord with all your heart and lean not on your own understanding." – Proverbs 3:5 (NIV)

Devotional:

Sometimes, we treat trust like a backup plan. We trust God... but only after we've exhausted all of our own options. And if we're honest, it's hard not to feel like we need a blueprint before we can feel peace.

But God doesn't operate like that. He's not withholding details to frustrate you. He's helping you build spiritual muscles that don't depend on circumstances for stability. This kind of trust is deeper than passive belief—it's active surrender.

There may be things you don't understand right now. That doesn't mean you're off course. It may just mean you're walking through a stretch of the journey designed to deepen your dependence on Him.

Let this season teach you how to move forward with peace, even without clarity. Because God doesn't just want you to arrive at your destination. He wants to walk there with you.

Journal Prompts:

1. Am I waiting for clarity before I move forward?
2. What small step of obedience is God asking me to take?
3. What would it look like to fully surrender this season to Him?

Day 3: When Waiting Feels Heavy

Scripture:

“But they who wait for the Lord shall renew their strength...” – Isaiah 40:31a (ESV)

Devotional:

Waiting can feel like wandering. You wonder if you missed something. If you should be doing more. If you should already *be* somewhere else. The silence can feel deafening. The delay, disheartening.

But God isn't late. And He's certainly not distant. Waiting seasons are not passive punishment—they are active preparation.

Think of a seed planted underground. It may look like nothing is happening on the surface, but beneath the soil, roots are growing deep, strengthening the foundation for what's to come. In the same way, God is doing something in you right now that you may not see yet.

You are being strengthened, refined, and readied. And while you wait, you are not doing *nothing*. You are learning to trust, to rest, to hope. And that's what matters most.

So if waiting feels heavy today, know this: You are not forgotten. You are being formed.

Journal Prompts:

1. What emotions come up for me in this season of waiting?
2. In what ways might God be working behind the scenes?
3. How can I anchor my hope in Him today?

Day 4: Obedience in the Unknown

Scripture:

“Blessed rather are those who hear the word of God and obey it.” – Luke 11:28 (NIV)

Devotional:

Obedience doesn't always feel glamorous. Sometimes it looks like showing up when no one sees, doing the next right thing without reward, or choosing peace over control. Especially when we don't know what comes next.

But obedience in the unknown is powerful. It says, “God, I trust You more than I trust my own understanding.” It acknowledges that He is still God, even when we don't feel certain.

It's easy to want clarity first, but what if clarity is something that grows *after* obedience? What if your next breakthrough is tied to this moment of trust and obedience?

If God is asking you to stay, stay. If He's nudging you to move, move. Whatever it is, know that obedience always leads to blessing—even if the path is slow, quiet, or winding. He sees you. He honors your yes.

Journal Prompts:

1. What area of my life is God asking me to trust Him with?
2. Is there something I've been avoiding out of fear or uncertainty?
3. How can I choose obedience today—even if I don't see the full outcome?

Day 5: He Sees the Bigger Story

Scripture:

“And we know that in all things God works for the good of those who love him...” – Romans 8:28 (NIV)

Devotional:

You're living in one paragraph of a story that God already sees in full. It can be so easy to forget that when all you see are the present details, the missed opportunities, the foggy future. But God is not surprised by any of it.

He sees what you can't. He holds the timeline you're tempted to control. And He's working even in the parts that feel still, broken, or slow.

Sometimes what we think is the end of the road is just a bend in the journey. God doesn't waste anything. Not the delays. Not the detours. Not even the tears.

So when the bigger picture feels impossible to make out, remind yourself: you're not writing this story alone. The Author is good. And He's still writing.

Journal Prompts:

1. How can I remind myself that God sees the full picture?
2. What evidence of His goodness can I see in past chapters of my life?
3. What would it look like to trust Him with this part of the story?

Day 6: His Presence in the Pause

Scripture:

“The Lord is near to the brokenhearted and saves the crushed in spirit.” – Psalm 34:18 (ESV)

Devotional:

Sometimes we beg for answers, and God offers Himself instead. We want solutions, but He gives us presence. And though we may not always realize it in the moment, His presence is the very thing our souls need most.

The pause doesn't mean you've been forgotten. It might actually mean you're being invited to come closer. To find stillness. To let yourself just *breathe*.

He is near. In the confusion. In the ache. In the questioning. He is near.

So take a deep breath. Stop striving. Let the pause become a place of deep connection instead of frustration. God is not in a hurry. And He doesn't rush what He wants to grow slowly and beautifully.

Journal Prompts:

1. Where do I sense God's nearness in this season?
2. What is He showing me about His character right now?
3. How can I make space to meet with Him in the pause?

Day 7: Faithful in the Middle

Scripture:

“Let us hold unswervingly to the hope we profess, for he who promised is faithful.” – Hebrews 10:23 (NIV)

Devotional:

You might not be where you want to be yet. But look at how far you’ve come. Look at how God has carried you, grown you, held you steady even when the ground felt shaky.

Being faithful in the middle doesn’t mean you have it all together. It means you keep showing up. You keep seeking Him. You keep choosing trust over fear, even when you can’t see the full picture.

This is holy ground—not because it feels easy, but because God is here. And He will be just as faithful in the next chapter of your life as He’s been in this one.

Keep going. You're growing. You're becoming the woman God always saw in you. And He’s not finished with you yet.

Journal Prompts:

1. What growth have I seen in myself during this season?
2. How has God shown His faithfulness to me?
3. What truth do I want to carry forward from this journey?

You Were Never Alone

Last night, I was feeling extremely anxious. I found myself pleading with God, desperate for a glimpse of what lies ahead. I asked Him to speak, to show me something—*anything*—through His Word. I opened BibleGateway.com, and as I read the Verse of the Day, tears began to stream down my face. This is what He said:

"This is what the Lord says—the Lord who made the earth, who formed and established it, whose name is the Lord: Ask me and I will tell you remarkable secrets you do not know about things to come." ~ Jeremiah 33:2-3 NIV

My eyes are watering even as I write this. Friend, He is always with us. He *will* speak to us if we take the time to get quiet, pour out our heart to Him, and wait expectantly to hear from Him.

As you close out this 7-day journey, I pray your heart feels a little lighter and your faith a little stronger. You may not have all the answers yet — and that's okay.

What matters is that you've stayed present, kept seeking, and leaned into God's presence even in the uncertainty. That kind of faith? It moves mountains.

This isn't the end. It's a beginning — a step forward in trusting God with what's next, one obedient step at a time.

If this devotional encouraged you, I'd love to stay connected.

 **Join my email community:**

www.StephanieStewartCoaching.com/join-the-community

Once you join, you'll be on my email list to receive faith-filled encouragement, journal prompts, and tools to help you reset your life from the inside out — all sent with heart, prayer, and purpose. You'll also be the first to know when new devotionals, blog posts, and free resources are released.

I'm so glad we've walked this stretch of the road together. Keep trusting. Keep becoming. God is faithful in the middle — and in every step beyond it.

With love & grace,

Stephanie