



## The Purposeful Woman Journal

### You're Past That Now

Welcome to your Purposeful Woman Journal. This journal is designed to help you pause, release, and move forward with God. If you've been carrying pain, delay, or emotional weight, this space is for you. Let the Word wash over you and lead you into freedom.

#### 1. Scripture Meditation

Read and reflect on this verse:

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?” Isaiah 43:18–19 (NIV)

What is God asking you to release right now?

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#### 2. Journal Prompt

What have you been holding that you're no longer called to carry?

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### 3. Declaration

Speak this over yourself today:

“I am not stuck, I am stepping forward. I release what no longer belongs to my future. I trust God’s timing, God’s leading, and God’s voice. I rise with clarity, courage, and peace.”

### 4. Prayer

Father, thank You for calling me forward. I release the patterns, people, and mindsets that have delayed me. Let this be the moment I stop circling and start walking in newness. Thank You for doing a new thing in me. In Jesus’ name, amen.

Thank you for taking this moment to pause and reflect.

You’re past that now, and your obedience to release is making room for healing, clarity, and purpose. I pray this journal gave you space to hear God clearly and respond in faith.

Stay connected. This is just the beginning.

With purpose,

*The Purposeful Woman*

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