

first7

TRUST THE PROCESS

A 7-Day Guide
for Waiting on
God



Walk with God, One day at the time

This guide is a quiet space to wait with God.

You don't have to rush ahead.
You don't have to force answers.

Just come as you are.

Show up each day.

ONE STEP IS ENOUGH.

Waiting can feel slow.

You pray, but nothing changes.
You hope, but nothing moves.

It's easy to feel forgotten.

But God is not late.

This week is not about getting answers.
It's about learning to trust—
even when you don't understand.

Each day, take a few quiet minutes.

Read slowly.
Reflect honestly.
Pray simply.

You don't need perfect faith.

Just stay present.

God is working—even now.

Day 1 — Wait Well

“But they that wait upon the Lord shall
renew their strength...”
— Isaiah 40:31 (KJV)

Waiting is not empty.
God is strengthening you in the unseen.
You are not falling behind.
You are being prepared.
Today, stay where you are.
Trust the process.

Personal prayer: _____

Reflect

What feels slow or delayed right now?

What would it look like to trust God in this season?

Prayer

*God, help me trust You while I wait.
Renew my strength.*

Personal prayer: _____

Day 2 — God's Timing _____

“The Lord is not slack concerning his
promise...”
— 2 Peter 3:9 (KJV)

God's timing is different from yours.
Delay does not mean denial.
What He promised, He will fulfill.
You can rest in His timing.

Personal prayer: _____

Reflect

Where do you feel like God is late?

Can you release your timeline to Him?

Prayer

*God, I trust Your timing.
Help me to wait without fear.*

Personal prayer: _____

Day 3 — Walk by Faith _____

“For we walk by faith, not by sight.”
— 2 Corinthians 5:7 (KJV)

You won't always understand.

Faith means trusting
even when you don't see the outcome.

God is working behind the scenes.

Personal prayer: _____

Reflect

What are you trying to figure out?

What would trusting God look like instead?

Prayer

*God, help me walk by faith.
Even when I cannot see.*

Personal prayer: _____

Day 4 — Release

“Trust in the Lord with all thine heart...”
— Proverbs 3:5 (KJV)

Control creates pressure.

Trust brings peace.

You don't need to figure everything out.

You can let go

Personal prayer: _____

Day 5 — God Is Working _____

“And we know that all things work together
for good...”

— Romans 8:28 (KJV)

Even now, God is working.

Nothing is wasted.

Not the delay.
Not the silence.

He is shaping something good.

Personal prayer: _____

Day 6 — Stay Steady

“Be ye steadfast, unmoveable...”
— 1 Corinthians 15:58 (KJV)

Don't give up in the waiting.

Stay grounded.
Stay faithful.

Small steps still matter.

Keep showing up.

Personal prayer: _____

Reflect

Where do you feel like giving up?

What is one small step you can take today?

Prayer

*God, give me strength to stay steady.
Help me keep going.*

Personal prayer: _____

Reflect

What is in front of you today?

What is one step you can take?

Prayer

*God, help me to stay present.
Lead me one step at a time.*

Personal prayer: _____

YOU DON'T NEED TO HAVE EVERYTHING FIGURED
OUT.

YOU DON'T NEED TO CARRY EVERYTHING ALONE.

JUST KEEP WALKING.

One Day at a Time

**GOD IS WITH
YOU.**

**IF THIS GUIDE HAS HELPED YOU,
YOU CAN SUPPORT THE MISSION
SO OTHERS CAN EXPERIENCE THIS TOO.**

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