THE BETWEEN US ROOM

I Haven't Arrived.

I'm Becoming.

A GUIDED FAITH + REFLECTION JOURNAL

October Collection: Healing & Becoming

PASTOR SHELIA BLAKE

A BETWEEN US ROOM JOURNAL COMPANION

A NOTE BETWEEN US

This is not a test of how far you still have to go.

It is a place to notice what God has already changed, tell the truth about what remains, and choose your next faithful step.

Come as you are. Write honestly. Pause when you need to. There is no prize for rushing your becoming.

> **Carry this truth: I do not have to have arrived. I only have to keep answering.**

HOW TO USE THIS JOURNAL

1. Read the scripture focus for each section.
2. Return with a quiet heart and an honest pen.
3. Complete one section at a time; do not force an answer.
4. Revisit your responses at the end of the month.
5. Share only what feels wise and safe in community.

Created for The Between Us Room(TM)
Written by Pastor Shelia Blake

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This journal supports personal reflection and spiritual growth. It is not a substitute for licensed medical or mental-health care. If reflection brings up distress that feels unsafe or unmanageable, seek appropriate professional support.

Read each scripture in context. These prompts offer personal application, not promises of a particular outcome or timetable.

YOUR BECOMING JOURNEY

Eight places to pause, notice, and move

01	Notice the Growth	See what has already changed.
02	Release the Timeline	Stop measuring your life by someone else's clock.
03	Name the Lesson	Honor what repetition finally taught you.
04	Stay Soft and Strong	Choose wisdom without hardness.
05	Answer the Call	Take the next faithful step.
06	Write Your Becoming Statement	Name the woman emerging.
07	Letter to Becoming Me	Speak courage into your future.
08	Pray and Check In	Carry the truth into the week.

> **Theme: Growth is still growth - even when it took longer than expected.**

1

Notice the Growth

SEE WHAT HAS ALREADY CHANGED

Growth is easy to miss when we only look at what remains unfinished. Before you judge your present, look back with compassion.

> **Scripture focus: Proverbs 4:18**

What do I handle differently today than I did one year ago?

What situation no longer has the same emotional power over me?

What boundary can I hold now that I once struggled to keep?

EVIDENCE OF BECOMING

Something has changed.

Complete each statement. Small changes count. Quiet growth counts. Progress that nobody applauded still counts.

I recover faster when...

I recognize the pattern sooner when...

I use my voice differently by...

I protect my peace by...

I honor God in my decisions by...

One quiet change I am proud of is...

> **Write it three times: Something has changed. I will not minimize it.**

2

Release the Timeline

STOP BORROWING SOMEONE ELSE'S CLOCK

Comparison can make real progress feel like failure. Your life is not late because it does not look like someone else's.

> **Scripture focus: Ecclesiastes 3:11**

Whose timeline have I been using to measure my life?

Where do I feel behind - and what is that conclusion based on?

What did my detour teach me that speed could not have taught me?

RELEASE + RECEIVE

The calendar does not cancel the calling.

Write the expectation you are ready to release.

I release the expectation that I should have _____ by now.

Now replace pressure with a faithful response.

I receive grace for my pace, and I will remain faithful in this season by...

> **Remember: A different pace is not a canceled purpose.**

3

Name the Lesson

LET THE LESSON BECOME WISDOM

Some lessons take longer than expected. Repetition does not mean you are incapable of learning. It may mean the lesson has finally reached the place where change can take root.

> **Scripture focus: Philippians 3:12-14**

What lesson took me longer to learn than I expected?

What did the old pattern cost me?

What truth finally became clear?

THE NEW RESPONSE

I now know that...

The next time the old pattern appears, I will:

1. Pause and notice...

2. Remember...

3. Choose...

4. Ask for support from...

> **Growth practice: Let the new response become more familiar than the old reaction.**

4

Stay Soft and Strong

CHOOSE WISDOM WITHOUT HARDNESS

Hardness is not the only evidence of strength. You can be wise without becoming cold, boundaried without becoming bitter, and discerning without distrusting everyone.

> **Scripture focus: 2 Corinthians 3:18**

Where has pain tempted me to become hard?

What boundary protects my heart without closing it?

How can I remain compassionate without abandoning myself?

MY PERSONAL STANDARD

Soft does not mean unprotected. Strong does not mean unreachable.

Circle the qualities you want to carry forward:

> **WISE | WARM | COURAGEOUS | DISCERNING | PEACEFUL | BOUNDARIED**

> **OPEN | STEADY | COMPASSIONATE | HONEST | TEACHABLE | JOYFUL**

Complete your personal standard:

I can be _____ without becoming _____.

What will this standard look like in one real relationship or decision?

5

Answer the Call

TAKE THE NEXT FAITHFUL STEP

Your next chapter does not require a perfect version of you. Readiness often develops while you are walking.

> **Scripture focus: Isaiah 43:18-19**

What am I delaying until I feel completely ready?

What is one step I already have enough clarity to take?

What could it cost me to remain still for another year?

MY NEXT FAITHFUL STEP

Begin before confidence is complete.

ACTION	
DATE	
SUPPORT I NEED	
COMPLETION LOOKS LIKE	
FIRST 15-MINUTE STEP	

> **Faithful progress: I will not wait for a perfect version of me to obey the next clear instruction.**

6

Becoming Statement

NAME THE WOMAN EMERGING

Leave titles, possessions, and public image outside this page. Name the character, faith, wisdom, courage, and wholeness being formed in you.

> **Scripture focus: Psalm 138:8**

I am becoming a woman who...

The part of me I am ready to welcome is...

FIVE DECLARATIONS

Speak to the direction, not just the destination.

1. I am becoming...

2. I am learning...

3. I am releasing...

4. I am choosing...

5. With God's help, I will...

> **Carry this truth: God is working with the woman I am while developing the woman I am becoming.**

7

Letter to Becoming Me

SPEAK COURAGE INTO YOUR FUTURE

Write a letter dated one year from today. Tell the woman you are becoming what you hope she remembers about this season. Name what she survived, released, began, and how she kept answering God's call.

> **Scripture focus: Philippians 1:6**

Dear Becoming Me,

CONTINUE YOUR LETTER

With grace,

The woman who chose not to quit

8

Pray + Check In

CARRY THE TRUTH INTO THE WEEK

LET'S PRAY

Lord, thank You that You are not finished with me. Help me stop measuring my life by someone else's timeline. Give me grace for the places where I am still learning and courage for the places where You are calling me forward.

Keep my heart soft, my boundaries healthy, my faith strong, and my ears open to Your direction. Help me recognize the progress I have made without becoming satisfied with staying where I am.

Continue shaping me into the woman You called, designed, and appointed me to become. When I become tired, remind me that I do not have to have arrived. I only have to keep answering.

In Jesus' name, amen.

MY PERSONAL PRAYER

SEVEN-DAY BECOMING CHECK-IN

What we repeat becomes easier to recognize. Use this page to notice one truth, one faithful choice, and one change each day.

DAY	TRUTH I CARRIED	FAITHFUL CHOICE	WHAT I NOTICED
1			
2			
3			
4			
5			
6			
7			

LOOK BACK WITH GRACE

What has this conversation revealed?

What growth am I most ready to honor?

What timeline am I releasing?

What new response will I practice?

What is my next faithful step?

A DECLARATION FOR THE JOURNEY

I am still becoming.

I will not despise the unfinished places. I will not let comparison shame my pace. I will honor what God has already changed, remain teachable in what He is still developing, and take my next faithful step.

I have not arrived - and I am not quitting.

I am becoming.

> **Continue the conversation: Sis, who are you becoming?**

THE BETWEEN US ROOM

Story + Real Life + Faith + Reflection + Conversation + Community