



WELCOME TO THE BEFORE NEXT™ JOURNAL CHALLENGE

Before you step into your next chapter, there is work to be done in the middle. These five questions are designed to stir something deep in you—not just to inspire, but to challenge. I'm giving them to you up front because I want you to be intentional in how you approach this journey. This is not a test to pass or fail—this is a guided space to pause, reflect, and partner with God in your healing and preparation. You can answer honestly, without rushing, knowing that every revelation—good or hard—is a step toward freedom.

I encourage you to create a space that supports openness: find a quiet spot where you can think without interruption, keep your Bible nearby, and have your journal and a pen you love ready. If it helps, light a candle, play worship music softly, or sit in natural light—whatever helps you feel present and safe.

As you write, give yourself permission to say what you truly feel, not what you think should sound “right.” If emotions rise, pause and pray through them—don’t push them down. If you don’t know an answer right away, sit in the silence and ask God to bring clarity in His timing. Remember, you are not journaling alone. Before answering each question, take a moment to pray:

“LORD, I INVITE YOU INTO MY THOUGHTS AND MY HEART. REVEAL WHAT I NEED TO SEE, AND GIVE ME COURAGE TO FACE IT. MEET ME HERE IN THE PAUSE.”

Now, as you read through the questions, notice if anything inside you resists. Does a certain question make you want to skim past it or set this journal down? If so, that's not a signal to avoid—it's a sign to lean in. Resistance often reveals the very place God wants to heal or transform. Avoidance, on the other hand, can keep you circling the same mountain for years. When we sidestep uncomfortable truths, negative patterns, or honest insights about ourselves, we also delay the freedom and clarity that come from processing them with God.

There is beauty in facing what feels hard. There is peace in letting Him meet you in the very places you'd rather hide. So as you work through these questions, bring everything to the table—your fears, your pride, your guilt, your doubts—and watch how God turns even the most difficult realizations into stepping stones for your next.



BEFORE NEXT™ WORD GUIDE

A companion to help you pause with purpose
and reflect with depth.

BEFORE

Plain Definition: In front of; prior to; earlier than a particular time, event, or action.

Biblical Sense: A position or moment in relation to God's presence, timing, or order. Often means being **in His presence** (*before the Lord*) or in a place of preparation before a significant act or calling.

Example: Psalm 37:7 – "Be still before the Lord and wait patiently for him..."

NEXT

Plain Definition: Coming immediately after in time, order, or sequence.

Biblical Sense: Represents the unfolding of God's appointed time and plans after a season of preparation. "Next" is not random—it is God's new thing for your life, revealed in His timing.

Example: Isaiah 43:19 – "See, I am doing a new thing! Now it springs up; do you not perceive it?"

PONDER

Plain Definition: To think deeply and carefully about something before making decisions or forming conclusions.

Biblical Sense: To weigh something in your heart, allowing it to be examined in light of God's truth.

Example: Luke 2:19 – "But Mary treasured up all these things and pondered them in her heart."

CONSIDER

Plain Definition: To think carefully about something in order to make a decision or form an opinion.

Biblical Sense: To fix your mind on something intentionally, often leading to gratitude, obedience, or action.

Example: Hebrews 10:24 – “And let us consider how we may spur one another on toward love and good deeds.”

MEDITATE (BIBLICALLY)

Plain Definition: To focus your mind on something with sustained attention.

Biblical Sense: From Hebrew words *hagah* (to utter, muse, imagine) and *siyach* (to rehearse, converse with oneself). Means to fill your mind and heart with God's Word—speaking, repeating, and dwelling on it until it shapes your thoughts, beliefs, and actions.

Example: Joshua 1:8 – "Meditate on it day and night..."

SELAH

Plain Definition: A pause or break to reflect, breathe, or give emphasis.

Biblical Sense: Used mainly in the Psalms, believed to mean “pause and reflect” or “stop and listen.” Invites you to rest in a moment, allowing the truth just spoken to sink in before moving forward.

Example: Psalm 46:10 captures its spirit: “Be still, and know that I am God.”



HOW TO USE THIS GUIDE WHILE JOURNALING:

- As you answer questions, pause at words like “ponder,” “consider,” or “meditate” and let their meaning shape how you write.
- When you see “Selah” in Scripture or feel the need to breathe before writing more, stop, reflect, and let God speak.

Ready to write...

BEFORE NEXT™
— 5 JOURNAL
CHALLENGE
QUESTIONS

1. WHAT IN ME NEEDS TO END SO I DON'T CARRY IT INTO THE NEXT THING?

Think: old mindsets, unhealed wounds, unhealthy rhythms, false identities.

- **Follow-up Thought to Ponder and Consider:** If God opened the door tomorrow, would this unfinished area hinder my obedience or peace in the next chapter?

2. WHO AM I BECOMING WHILE I WAIT?

Think: Am I drifting, or am I being intentional about who I'm shaping into?

- **Follow-up Thought to Ponder and Consider:** Am I becoming the kind of woman who can sustain the weight, responsibility, and blessing of what I've been praying for?

3. What am I hearing from God right now—about *me*, not my next?

Think: We often rush to ask "What's next?" before fully hearing "Who are you?"

- **Follow-up Thought to Ponder and Consider:** If God never changed my circumstances but only transformed me, would I still feel fulfilled and secure?

4. What responsibilities is God entrusting to me *in the pause* that I might be overlooking?

Think: stewardship isn't just for the next—it starts in the now.

- **Follow-up Thought to Ponder and Consider:** How I handle today reveals how I will handle tomorrow—what is my stewardship in the pause saying about me?

5. IF MY “NEXT” CAME TOMORROW, WOULD I BE SPIRITUALLY, EMOTIONALLY, AND PRACTICALLY READY?

Think: readiness is more than desire—it's preparation.

- **Follow-up Thought to Ponder and Consider:** What would I need to let go of, strengthen, or put in order today to say yes to God's next assignment without hesitation?

Here are 10 scriptures to go with your questions. As you move through the *Before Next™ Journal Challenge*, allow yourself to be led by the Holy Spirit when choosing your scripture for the day. You can repeat a verse if it continues to speak to you, or rotate through all five over the course of the challenge.

1. **Ecclesiastes 3:1 (NIV)**

**THERE IS A TIME FOR
EVERYTHING, AND A
SEASON FOR EVERY
ACTIVITY UNDER THE
HEAVENS.**

**YET THE LORD LONGS TO BE
GRACIOUS TO YOU;
THEREFORE HE WILL RISE
UP TO SHOW YOU
COMPASSION. FOR THE
LORD IS A GOD OF JUSTICE.
BLESSED ARE ALL WHO
WAIT FOR HIM!**

**THIS VISION IS FOR A
FUTURE TIME. IT DESCRIBES
THE END, AND IT WILL BE
FULFILLED. IF IT SEEMS
SLOW IN COMING, WAIT
PATIENTLY, FOR IT WILL
SURELY TAKE PLACE. IT
WILL NOT BE DELAYED.**

**BE STILL IN THE PRESENCE
OF THE LORD, AND WAIT
PATIENTLY FOR HIM TO ACT.**

IN THEIR HEARTS HUMANS PLAN THEIR COURSE, BUT THE LORD ESTABLISHES THEIR STEPS.

Bonus Scriptures The Word tells us to *“meditate on it day and night”* (Joshua 1:8). These extra verses give you even more to choose from as you journal. Again, allow the Holy Spirit to lead you to the one He wants to speak through each day.

I. Joshua 1:8 (NIV)

**KEEP THIS BOOK OF THE
LAW ALWAYS ON YOUR
LIPS; MEDITATE ON IT DAY
AND NIGHT, SO THAT YOU
MAY BE CAREFUL TO DO
EVERYTHING WRITTEN IN IT.
THEN YOU WILL BE
PROSPEROUS AND
SUCCESSFUL.**

**THE LORD IS GOOD TO
THOSE WHOSE HOPE IS IN
HIM, TO THE ONE WHO
SEEKS HIM; IT IS GOOD TO
WAIT QUIETLY FOR THE
SALVATION OF THE LORD.**

**WAIT FOR THE LORD; BE
STRONG AND TAKE HEART
AND WAIT FOR THE LORD.**

**LET US NOT BECOME WEARY
IN DOING GOOD, FOR AT THE
PROPER TIME WE WILL
REAP A HARVEST IF WE DO
NOT GIVE UP.**



DO NOT CONFORM TO THE PATTERN OF THIS
WORLD, BUT BE TRANSFORMED BY THE
RENEWING OF YOUR MIND. THEN YOU WILL BE
ABLE TO TEST AND APPROVE WHAT GOD'S WILL IS
—HIS GOOD, PLEASING AND PERFECT WILL.