

THE ELDER'S PEN

Seven Days of Steady Steps

A free reflection guide for walking with God in peace, courage, and purpose.

A week of quiet reflection

Set aside ten unhurried minutes each day. Read the prompt, sit with it, write honestly, and end with a simple prayer.

Day 1 - Be Still

What noise must quiet down before you can recognize what God is doing?

Prayer / reflection:

Day 2 - Walk in Peace

Where can you choose a measured response instead of an anxious reaction?

Prayer / reflection:

Day 3 - Practice Courage

What faithful step have you delayed because certainty never arrived?

Prayer / reflection:

Day 4 - Release the Weight

What responsibility belongs to you, and what burden are you trying to carry for God?

Prayer / reflection:

Day 5 - Speak Life

Who needs a word from you that is honest, gracious, and strengthening?

Prayer / reflection:

Day 6 - Remember the Road

What past evidence of God's faithfulness can steady you today?

Prayer / reflection:

Day 7 - Move with Purpose

What one action will bring your life closer to the direction you have been praying about?

Prayer / reflection:

A companion resource inspired by *Steady Steps*.