Reconnecting with God: A Devotional for Women in Midlife

A 6-Part Devotional with Scripture, Prayer & Journaling Prompts

Introduction

Reconnecting with God doesn't require a perfect past or a polished spiritual resume. It just takes one small "yes."

If your soul feels tired from striving and self-reliance, this may be your invitation to return—not to religion, but to relationship.

1. Talk to God Honestly – He Wants a Relationship with You

You don't need a script. Just honesty. Talk to God like you would a trusted friend.

Scripture Reflection:

"The Lord is near to all who call on him, to all who call on him in truth." – Psalm 145:18

"Cast all your anxiety on Him because He cares for you." – 1 Peter 5:7

Practice: Take a short walk today and talk to God out loud. Share whatever is on your heart.

Journaling Prompts:

- What would you say to God if you knew He was truly listening with love?
- What fears or hesitations do you have about reconnecting with Him?

Write your own raw, unfiltered prayer here:

2. Read Scripture for Relationship, Not Rules

The Bible isn't a performance checklist—it's a conversation. It shows you who God is and how deeply He loves you.

Scripture Reflection:

"Your word is a lamp for my feet, a light on my path." – Psalm 119:105

"In the beginning was the Word, and the Word was with God, and the Word was God." – John 1:1

*** **Practice:** Read one story about Jesus from the Gospel of John. Ask, "What does this show me about His heart?"

Journaling Prompts:

- What has kept you from reading the Bible in the past?
- What did today's Scripture reveal about Jesus that surprised or comforted you?
- What questions or doubts do you want to bring to Scripture?

3. Let Go of New Age Tools That Keep You Self-Focused

You don't need to fix your energy. You need to rest in His presence. Release what's heavy, and receive what's holy.

Scripture Reflection:

"Come to me, all you who are weary and burdened, and I will give you rest." – Matthew 11:28

"You shall have no other gods before me." - Exodus 20:3

Practice: Pause use of any New Age spiritual tools this week. Create space for God to meet you there.

Journaling Prompts:

- What spiritual practices or beliefs have you used to try to feel "in control"?
- How did they serve you, and where did they fall short?
- What does surrender look like to you right now?

4. Connect with Other Women Walking the Same Path

You don't have to walk this road alone. Community is where transformation grows roots.

Scripture Reflection:

"As iron sharpens iron, so one person sharpens another." – Proverbs 27:17

"For where two or three gather in my name, there am I with them." – Matthew 18:20

Practice: Message a woman you trust and ask if she'd be open to sharing this journey with you—or search for an online Bible study group.

Journaling Prompts:

- Do you have anyone in your life who encourages your walk with God?
- What kind of faith-based community are you craving?
- Write a prayer asking God to bring those people into your life.

5. Create a Quiet Space for God in Your Day

God doesn't compete with noise. He meets you in stillness. Silence is not empty—it's sacred.

Scripture Reflection:

"Be still, and know that I am God." – Psalm 46:10
"Very early in the morning... Jesus got up, left the house and went off to a solitary place, where He prayed." – Mark 1:35

Practice: Choose a quiet spot in your home. Light a candle, read a short Psalm, and sit with God for five minutes in silence.

Journaling Prompts:

- What thoughts or distractions tend to fill your quiet moments?
- How does stillness feel to you—comforting or uncomfortable?
- What did you notice when you gave yourself space to just be with God?

6. Embrace Grace Over Guilt - It's Okay to Start Slow

You don't need to do more. You just need to be more present with the One who loves you. There's no rush, no checklist—just grace.

Scripture Reflection:

"My grace is sufficient for you, for my power is made perfect in weakness." – 2 Corinthians 12:9

"Therefore, there is now no condemnation for those who are in Christ Jesus." – Romans 8:1

Practice: Let go of your expectations today. Receive grace as your spiritual starting point.

Journaling Prompts:

- Where do you feel pressure to be "further along" in your faith?
- What does grace look like in this season of your life?
- Write a short letter to your soul, offering compassion and kindness.

Final Prayer

Father, I come to You just as I am. I don't have all the answers, but I want You more than I want control. I've chased peace in people, practices, and perfection, but now I'm here—with open hands and an honest heart.

Help me let go of what no longer serves me and make space for You instead. Teach me how to hear Your voice again. Show me that grace is not something I have to earn but something I can receive.

Surround me with others who will walk with me, remind me who I am, and point me back to You when I forget. This is not a performance—it's a homecoming. Amen.