

Episode Reflection Guide

Episode 4: Limited Time to Pursue Your Purpose? 3 Ways to Move Forward in the Busyness of Midlife

Even in a busy season, you can continue moving forward in your purpose as God leads.

Take a few minutes to prayerfully consider how what we talked about in this episode connects with your own life and purpose journey. As you reflect, notice what God may be inviting you to see more clearly, approach differently, or take a step toward.

1

What is God asking you to focus on now—and what can wait?

2

What would realistic, faithful progress look like in this season?

3

What support would help you stay motivated and keep moving forward?



**Life Purpose *for*
Christian Women in Midlife**