

A Wilderness Practice **for the** In Between

fourteen days to reframe my world

Name _____

Start date _____

*"O my soul, bless God.
From head to toe, I'll bless his holy name!
O my soul, bless God,
don't forget a single blessing!"*

Psalm 103:1-2
(The Message)

Remember what God has done

Notice what God is doing

Trust what God will do

Why Gratitude in the Wilderness?

The wilderness is not a mistake. It is a place.

After Israel crossed the Red Sea—free from slavery, standing on the other side of the impossible—they did not arrive at the Promised Land. They arrived at the wilderness. No longer enslaved, but not yet home. No timetable. No map. Just manna on the ground each morning and a cloud to follow each day.

Maybe you know what that feels like. The crisis has passed, but the restoration has not arrived. You're rebuilding, recovering, waiting. The prayers feel unresolved. The grief is still real. The path forward is unclear.

This is the in-between season—and it is where God does some of his most careful, intimate work.

The problem with the wilderness is not the hardship. The problem is that we forget.

Israel forgot the Red Sea. They forgot the water from the rock. They forgot the manna—the daily, tangible proof that God had not abandoned them. And when they forgot, they began to long for Egypt because at least there, they knew what to expect.

Gratitude is not a personality trait. It is not a mood. In the wilderness, gratitude is a spiritual discipline—a daily act of resistance against the forgetfulness that leads us back toward Egypt.

This 14-day practice is not about pretending everything is fine. It is about training your eyes to see what God is already doing. To notice provision. To name grace. To resist the amnesia of the in-between.

Israel was learning to live on daily bread. So are you.

Scripture to carry

"Give us this day our daily bread." — Matthew 6:11

"The testing of your faith produces steadfastness." — James 1:3

How to Use This Journal

Three minutes a day. Five questions. Fourteen days.

- 1** Find a quiet moment—morning works best, but any time is fine.
- 2** Write the date and where you are. Location matters. The wilderness has a geography.
- 3** Answer the five prompts honestly. Don't overthink it.
- 4** If you're stuck, flip to the Gratitude Prompts page for ideas.
- 5** End with the one next right step. Just one. Not the whole path—just today.

There is no perfect way to do this. If you miss a day, pick it up again. Grace covers the gaps.

Gratitude Prompts

When you're stuck, find the one that opens something. You don't need to answer all of them.

What small kindness showed up in an ordinary moment?

Grace hides in the unremarkable. Look again.

What did God provide today that you did not earn?

Manna is never something we deserve. It's something we receive.

Who helped you today, and why might that be God's provision?

Sometimes the answer to prayer has someone else's face on it.

What did you complain about today, and what is the blessing underneath it?

Israel complained about the wilderness and forgot the Red Sea. What are you missing?

What are you learning in the in-between?

The wilderness is a classroom. What is God forming in you right now?

Where did you feel carried?

There were moments today when you did not carry yourself. What held you?

What strength did you have today that you did not manufacture?

Some of what you call resilience is actually grace. Name it.

What did you have enough of today?

Not abundance. Not surplus. Just enough. Manna is enough.

Who added grace to your life today?

Say their name. Write it down. Thank God for them.

Example

Date Feb 23 Where am I Kitchen table, Fam

1

Three blessings I can name today:

Name the small ones. Don't skip the obvious.

Hot coffee.

A friend texting to check in.

Slept through the night.

2

One way God provided before — that I need to remember now:

The Red Sea was real. So was what God did for you.

He got me through the job loss in 2019.

Didn't see how—it worked out.

3

One worry I am releasing:

Give it a name. Then let it go.

Whether this situation will ever resolve.

4

One next right step I will take today:

Not the whole path. Just the manna for today.

Call my brother.

I've been putting it off for two weeks.

5

One person I will encourage:

You are not the only one in the wilderness.

Send a voice note to Sarah.

Date _____

Where am I _____

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Name the small ones. Don't skip the obvious.

2 **One way God provided before — that I need to remember now:**
The Red Sea was real. So was what God did for you.

3 **One worry I am releasing:**
Give it a name. Then let it go.

4 **One next right step I will take today:**
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Fourteen Days Later

You made it through fourteen days. The wilderness is not over—but you are different.

The Israelites spent forty years in the wilderness. But what happened during those years was not punishment—it was formation. God was teaching a group of freed slaves how to become a people. How to trust. How to wait. How to depend on something greater than themselves for every single day.

You have spent fourteen days doing the same thing. In small, quiet ways, you have been practicing the posture of a person who trusts God—naming provision, releasing worry, taking one step at a time.

The path forward is still not entirely clear. That's okay. The cloud moved one day at a time, and so do we.

A prayer for the in between

Lord, I am not where I was. I am not yet where I'm going.

Thank you for the manna I have seen these fourteen days.

*Forgive me for the days I forgot to look. Teach me to trust you one day at a time,
to receive your grace where I did not earn it, and to carry hope for the people around me
who are also learning to walk in the wilderness.*

Amen.

Next Steps

- *Keep going. You don't have to stop at fourteen days. The wilderness lasts as long as it lasts.*
- *Share one thing you noticed with someone you trust.
Spoken gratitude is more powerful than written gratitude alone.*
- *Bring this journal to your Community Group. What did God surface for you?*
- *If you're in a hard season and could use support, please reach out to our pastoral team.
You don't have to walk this alone.*

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