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A Prayer for the In-Between Season

*A gentle prayer for when life is shifting and
your next step is not yet clear.*



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When life no longer fits

There are seasons when the shape of your life no longer fits the person you're becoming.

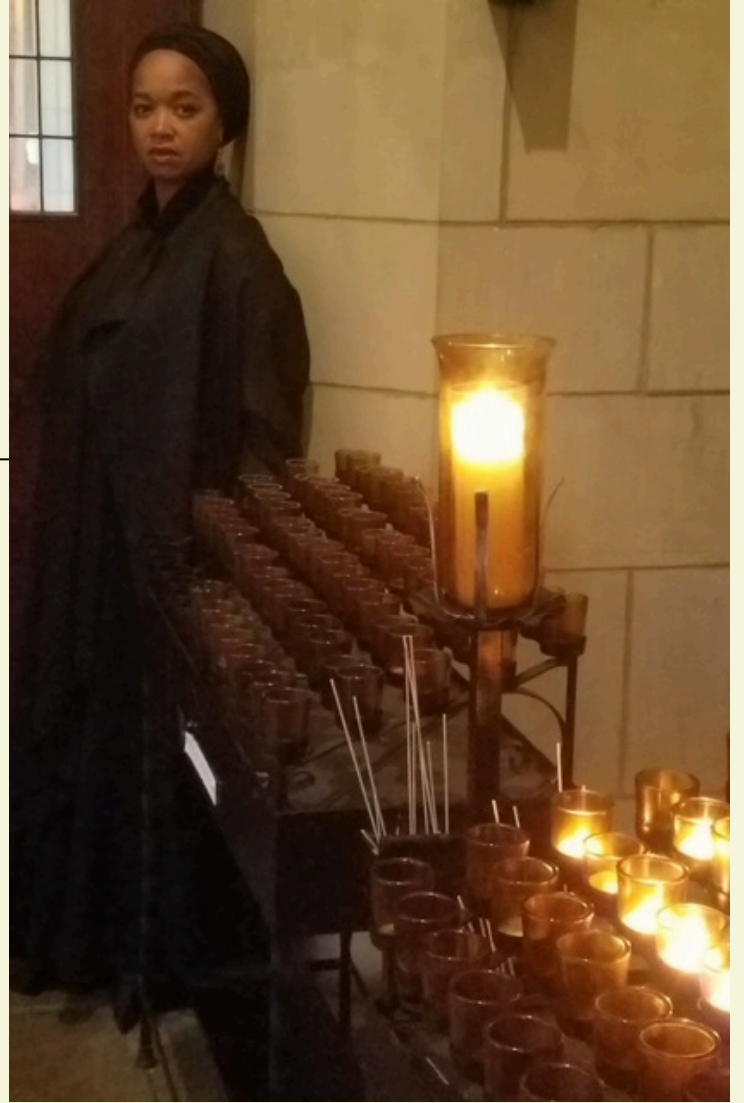
Something old may be falling away. Something new may be stirring, quietly, beneath the surface. You may feel grief, restlessness, tenderness, relief, confusion – or all of them at once. What once felt familiar may now feel small, heavy, or simply no longer true.

If that's where you are, you don't need to force clarity today. You don't need to rush yourself into certainty. You don't need to explain your season before you have fully lived it. Prayer can be a place to pause long enough to tell the truth, soften your grip, and let yourself be met by God in the middle of what is changing.

You are allowed to begin slowly – here.

Before you pray

Let your body arrive...



- Put both feet on the floor.
- Rest one hand on your chest or your belly.
- Take one slow breath in.
- Let the exhale be longer than the inhale.
- Notice what feels most tender right now.

**You do not need to solve this moment.
Just breathe. Let yourself be held.**

A Prayer for the In-Between Season

God of endings and beginnings,
Meet me here, in this tender in-between.
Something in my life no longer fits.
A way of being, a role I've carried, a season I've known, a
version of myself I have tried to remain faithful to –
something is shifting. And even if I cannot fully name it yet, I
can feel it.
What once felt clear now feels uncertain.
What once held me now feels too small, too tight, or too far
away.
And I do not know exactly what comes next.
Hold me here.
Hold the grief I have not fully spoken.
Hold the weariness I have carried quietly.
Hold the part of me that wants answers before I am ready to
receive them.
Hold the fear that I will miss you, rush you, or get this wrong.
Teach me not to confuse uncertainty with abandonment.
If I am standing at a threshold, help me trust that you are
here too.
If something is ending, help me honor it.
If something is beginning, help me welcome it gently.
If I am still in the middle, help me stay present without
forcing what is not yet ready.
Give me grace for this unfinished season.

When I want to hurry clarity, slow me down.

When I want to cling to what no longer gives life, loosen my grip with mercy.

When I am tempted to judge myself for not knowing, remind me that discernment is not a performance.

Hold what I am releasing, and bless what I do not yet understand.

Let my body become a place of listening.

Let my breath become prayer.

Let my questions become honest enough to carry into your presence.

Let me trust that not having the full picture does not mean I am lost.

Show me one faithful next step.

Not the whole plan.

Not a perfect answer.

Just enough light for the next step,

enough courage for today,

enough tenderness to stay open,

and enough trust to believe that you are still at work in me.

Bless what is ending.

Bless what is becoming.

Bless the parts of me that are tired, hopeful, afraid, and still willing.

And if all I can offer today is my small yes to being here, receive that too.

Amen

A gentle reflection

You may not leave this moment with full clarity. But even a small pause can soften fear, name grief, and make room for God's presence. Sometimes discernment begins here: not with certainty, but with honesty, breath, and willingness.

Threshold seasons can feel disorienting because they ask you to live without premature answers. But that does not mean nothing is happening. Something sacred may already be unfolding beneath the surface.

The invitation is not to rush.

The invitation is to listen.

Save this prayer somewhere you can return to when clarity feels far away.

If you want to stay with this a little longer...

Take a few quiet minutes with one or two of these prompts.

1. What in my life no longer fits the person I am becoming?
2. What am I grieving, even if I have not fully named it yet?
3. What would it look like to take one faithful next step instead of forcing a full answer?

Try this now: choose the prompt that makes you exhale, not the one that feels most impressive.

If you want, write just three honest sentences. That is enough to begin.

Reply to this email with one word for the season you're in.

When you're ready for a gentler next step

If this prayer met you in a real place, Your Sacred Yes was created for the days after this moment.

It is a gentle 5-day discernment practice for people standing at a sacred threshold who want space to listen for what God is inviting in this season.

Through short reflections, embodiment practices, and journaling prompts, it helps you move from inner noise toward one faithful next step.

You do not need to figure everything out today. But you can take the next faithful step with care. If you want a gentle path for the days after this prayer, Your Sacred Yes will walk with you for five days of reflection, embodiment, and discernment.

[Begin Your Sacred Yes](#)