



WHAT'S NEXT?

A 5-Day Prayer Guide for Women Starting a New Season

*A gentle companion for the quiet in-between —
for the woman wondering what God has next.*

OVERCOMER ANGEUTILE

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Welcome, Friend

If you are holding onto this guide, something in your life is shifting. Maybe your kids are already grown and gone. Maybe, like me, you have one left at home and you can already feel the goodbye coming. Either way, you are standing at the edge of something new, and you are not quite sure what to do with that yet.

I wrote this guide sitting in this same season myself. Over the next five days, we are going to slow down and bring it honestly before God, one day at a time. Each day has a short Scripture, a short reflection, and room to write your own prayer in your own words.

There is no prize for finishing fast. Go through one day at a time, or camp out on a single day for a week if that is what you need. All that matters is that you show up honestly, in front of the God who already knows exactly what is coming next for you.

How to use this guide: Find five quiet minutes a day. Read the Scripture slowly, more than once if you can. Read the short reflection. Then use the prayer prompt and the lines below it to write your own honest words to God.

You were made to overcome. ■

DAY ONE

Releasing What Was

"Forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark..."

Philippians 3:13-14 (KJV)

Before you can walk into what's next, it helps to be honest about what you're leaving behind. Years of homework at the kitchen table. A rhythm you knew without thinking about it. An identity that felt so settled it never occurred to you it might change. All of that is shifting now, and it is allowed to feel like grief even while you are proud and grateful too. Paul was not pretending his past did not matter when he wrote these words. He just refused to let it keep him standing still. Give yourself permission today to name what this season is costing you to release, and trust God with whatever comes after.

Write your prayer:

Lord, here is what I am finding hard to release today...

DAY TWO

Trusting God With What's Next

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

Proverbs 3:5-6 (KJV)

Not knowing what comes next can feel unsteady, especially after years of having a clear job to do every single day. But not knowing is not the same as not being led. God is not asking you to have the whole plan figured out today, only to trust Him with the parts you cannot see yet. Leaning less on your own understanding is not about thinking less of yourself. It is about trusting Him more than you trust your own read on the situation.

Write your prayer:

Lord, the part of my future I am most afraid to hand over to You is...

DAY THREE

Uncovering the Purpose He's Preparing

"Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them."

Psalm 139:16 (KJV)

God was not caught off guard by this season. Before your children were born, before you were even a mother, He had already written the days of your life, this one included. Whatever purpose He has for you now was planned with the same care as every season before it. It might not look how you pictured. It might not even have a name yet. But it is real, and He is already shaping it, whether you can see it or not.

Write your prayer:

Lord, show me what You have been quietly preparing me for. I sense...

DAY FOUR

Walking in Renewed Strength

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

Isaiah 40:31 (KJV)

This season asks for a different kind of energy than the one you just lived through, and that can catch you off guard. You might feel tired in ways you did not expect, worn down from decades of giving even as you try to step toward something new. This verse is not promising you will feel strong on your own. It is promising that as you wait on the Lord, His strength shows up right where yours runs out.

Write your prayer:

Lord, this is where I feel most weary right now, and I am asking for Your strength in it...

DAY FIVE

Stepping Into the New Thing

"Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it?"

Isaiah 43:18-19 (KJV)

You have spent four days being honest with God about what you're releasing, trusting, uncovering, and needing strength for. Today, just let yourself believe that a new thing really is springing up, even if you cannot see the shape of it yet. You do not need to know every detail to take the next small step. You only need to know that the One doing this new thing has never once let you down, and He is not about to start now.

Write your prayer:

Lord, the one small step I sense You inviting me to take this week is...

A Prayer to Carry With You

Lord, thank You for walking with me through these five days. Thank You for every season You have already carried me through, and for the new one You are unfolding now. Help me release what was with peace, trust You with what's next, and walk boldly into the good works You prepared for me long before I knew I would need them. In Jesus' name, amen.

If these five days stirred something in your heart, I would love to keep walking with you. Explore the Prayer Journal and Bible Study Journal collection at overcomerangeutile.com to keep going deeper in this new season.

With love, Angeline

You were made to overcome. ■