beMIGHTY in Christ Academy

JANUARY WORKBOOK

FINDING PATIENCE

Waiting on God's Timing

Ask Dion
Founder, The Be Mighty Mom Ministry

How to Use This Workbook For January

A guide for your month of God-grown patience.

This is a tool for your heart — created for real-life moms raising autistic and medically complex kids, in real bodies, with real limits.

You are not expected to complete every page, every day.
You are invited to use what serves you, skip what doesn't, and come back when you need it.

Think of this workbook as a companion for January.
A place to slow down, notice where patience is thin, invite God into the waiting, and let Him do the growing — gently, faithfully, over time.

Quick Monthly Overview

Week 1: Assess + Set intentions (Sections 1-2)
Week 2: Scripture grounding + reflection (Start Section 3)
Week 3: Practicing patience daily (Section 4)
Week 4: Surrender, transformation, + reflection (Sections 5-6)

At The Beginning of the Month

Start here when the month begins, or whenever you begin your Patience theme.

Section 1: Where Is Your Patience Right Now?

Do these pages first. They give you a baseline. The "before picture" of your heart. This helps you see what God transforms by the end of the month. Take your time. Be unfiltered. God can handle your honesty.

Section 2: What You Are Seeking

After you assess where you are, move into what you desire.
This section helps you:

- name what you want from God
- acknowledge barriers
- identify where patience feels blocked

This becomes your intention + prayer focus for the entire month.

Middle of the Month (Week 2-3)

This is where growth and understanding deepen.

Section 3: What Biblical Patience Actually Is

Use this section slowly. Maybe one page per week.
Each scripture page gives you:

- a biblical truth
- journaling prompts
- a Holy Spirit–led shift in perspective

These pages pair beautifully with your weekly devotionals, scripture cards, and podcast episode.

Section 4: Growing + Practicing Patience

This is your practice section.

Use Page **13** (Daily Patience Practice) as often as you want. Daily, a few times a week, or whenever you feel yourself slipping into survival mode.

Use Page **14** and **15** to help you create practical, sensory-safe, peace-filled patience moments that fit your actual life.

This is the section that helps patience move from theory to your daily reality.

End of the Month (Last 3-4 Days)

This is where you wrap the month in reflection and gratitude.

Section 5: Inviting God to Transform Your Heart

These pages are perfect for a quiet moment at the end of the month.

They help you:

- release what needs releasing
- pray with clarity
- declare what God has grown in you

If the month was messy, tiring, or nothing like you hoped… this is still the place God meets you with love.

Section 6: End-of-Month Reflection

Finally, return to the same patience rating you did on Page 1.
Notice what changed.
Notice where God showed up.
Notice where patience is growing. Even if it's growing slowly.

This page helps you see your progress, and gives you a foundation for the next month's theme.

Section 1: Where is Your Patience Right Now?

Patience Check-In

Circle the number that best describes your current level of patience:
(0 = nonexistent, 10 = overflowing)
0 1 2 3 4 5 6 7 8 9 10

Reflection Questions:

What has been testing your patience the most lately?

What has supported or strengthened your patience recently?

How has motherhood (with your child's unique needs) shaped your patience in this season?

What Patience Looks Like to You

Patience is not one-size-fits-all — especially in neurodivergent and medically complex parenting.

Reflection Questions:

When you imagine "patience," what comes to mind?

_____

_____

_____

_____

_____

_____

_____

What moments in the past week required the most patience from you?

_____

_____

_____

_____

_____

_____

_____

Which form of patience do you feel you're needing most right now?

- ☐ Emotional Patience
- ☐ Spiritual Patience
- ☐ Patience with your child
- ☐ Patience with yourself
- ☐ Patience with medical system
- ☐ Patience in waiting for answers
- ☐ Patience with your own healing
- ☐ Other: _____

Section 2: What You Are Seeking

What Do You Want From God This Month?

"God, this month I am asking You to grow patience in the area of _____ ."

"I want to trust You more deeply when _____ _____ overwhelms me."

"The kind of patience my heart longs for most is _____."

Naming Your Barriers

Patience is hard — not because you're failing, but because you're carrying more than most people ever see.

Common Barriers:

- sensory overload
- unpredictability in routines
- medical instability
- sleep deprivation
- communication challenges
- burnout
- emotional overstimulation
- fear of the future
- ongoing grief
- lack of support
- spiritual exhaustion

Which of these barriers affects you the most right now?

Which one feels hardest to bring before God? Why?

Section 3: What Biblical Patience Actually Is

Scripture Study – Patience Is Grown, Not Forced

Read: **Galatians 5:22–23**

Reflection Questions:

What stands out to you about patience being a fruit instead of something you manufacture?

What does this tell you about where patience truly comes from?

What does it not come from (pressure, guilt, comparison)?

Guided Truth Statement:

"Patience is growing in me because God is growing it. Not because my circumstances are easy."

Scripture Study – Patience in Trials

Read: **Romans 5:3–4**

Reflection Questions:

What is God shaping in you through your current challenges?

Which part of this scripture is hardest for you right now — endurance, character, or hope?

What would trusting God with this specific trial look like today (not forever — today)?

Scripture Study – Patience in God's Timing

Read: **Psalm 37:7**

Reflection Questions:

Where in your life do you currently feel stuck in the waiting?

How can you "rest in the Lord" in those moments instead of striving or stressing?

When is the last time you waited on God and later saw His goodness unfold?

Section 4: Growing and Practicing Patience

Daily Patience Practice (5 Minutes)

Complete each morning or evening.

1.One moment I felt stretched today:

2.One moment I showed patience (even a tiny bit):

3.One area I need more patience in:

4.One prayer for patience today:

"Lord, grow patience in me today by..."

A printable journal is at the end of this workbook. Make as many copies as your need or use a special journal just for this reflection each day.

Sensory-Safe Patience Moments

Reflection Questions:

What sensory triggers make patience harder for your child?

What sensory triggers make patience harder for you?

What is one sensory-safe moment you can create for both of you this month? Examples: dim lights, rocking chair, gentle pressure, quiet activity, stepping outside.

Guided Truth Statement:

Patience grows when our nervous systems are honored, not ignored.

Patience and Boundaries

Patience disappears when you are operating beyond your emotional or energetic limits.

Reflection Questions:

What boundary would protect your patience this month?

What boundary are you afraid to set? Why?

What is one boundary God may be inviting you to set for your spiritual, emotional, or physical well-being?

Section 5: Inviting God to Transform You

Prayer and Surrender

"God, here are the areas where I need Your patience the most..."

"These are the expectations I am releasing this month..."

"Here is where I need Your strength to wait, trust, or endure..."

Patience Declaration Page

Write these down in your handwriting or repeat them aloud:

- Patience is a gift from the Holy Spirit.
- Patience is growing in me day by day.
- God strengthens me to wait well.
- I can be patient without being perfect.
- Patience is not weakness; it is spiritual maturity.
- I am learning to trust God's timing, not my own.
- God is shaping something good in me — even in the waiting.
- I can practice patience with my child, my body, my emotions, and myself.

Section 6: End-of -Month Reflection

Patience Growth Check-In

Circle the number that best describes your current level of patience:
(0 = nonexistent, 10 = overflowing)
0 1 2 3 4 5 6 7 8 9 10

Reflection Questions:

What changed this month?

What surprised you about what patience truly is?

Where did you see God show up in your waiting?

What new understanding do you have about God-grown patience?

What kind of patience do you want to carry into next month?

Honoring Your Time Growing in Patience

You've just spent an entire month sitting with one of the hardest, holiest fruits of the Spirit: patience.

And let's be honest... patience was not gentle with you.

You had days when you felt stretched thinner than you thought possible. You faced frustration, disappointments, and the kind of interruptions that only motherhood can deliver. **But you kept going.**

What you discovered this month is that patience isn't passive. It's not just "waiting nicely." It's courage. It's trust. It's surrender. It's choosing to believe that God is at work even when you can't see the blueprint yet.

Patience is a gift from God. Not because it makes you feel peaceful, but because it anchors you in His timing instead of your own.
And you grew.

You started noticing the small ways God steadied you. That's the quiet miracle of patience: It forms you while you're waiting for something else to change.

If this month taught you anything, let it be this:
God is never late. And He never wastes the wait. Every pause, every delay, every "not yet" was shaping something in you. Something holy. Something mighty. Something rooted so deeply in Him that life's storms can't shake it loose.

The God who stood with you in every slow moment of January is the same God who will lead you into whatever comes next — with strength, with purpose, and with a patience that is no longer just a lesson... but a part of who you are becoming.

Stay Mighty,

Ash

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