

FROM SURVIVAL TO PURPOSE

Season 1 Prayer & Reflection Guide

A Devotional Workbook for Healing, Purpose, Prayer, and Spiritual Reflection

By Jenesis Peaks

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This devotional workbook is intended as a companion resource to From Survival to Purpose Season 1. It may be used privately, with a small group, or alongside the podcast/audio messages.

How to Use This Workbook

This devotional workbook is designed to help you sit with each message from Season 1 of From Survival to Purpose. Use the summaries, Scriptures, reflection questions, prayers, and journal space to process what God is revealing, healing, and birthing in your life.

For each episode, read the short devotional summary, sit with the Scripture, answer the reflection questions, pray through the prayer, and use the journal space to write what God is showing you.

Season 1 Episodes

Episode 1: When Waiting Isn't Wasted

Episode 2: Strength in the Silent Seasons

Episode 3: God's Love Heals: Why the Father Restores Us

Episode 4: Saving the Best Wine for Last

Episode 5: Filling Up the Jars

Episode 6: Crushed but Called

Episode 7: Survival

Episode 8: When the Hour Comes

Episode 9: The Field of Colors

Episode 1: When Waiting Isn't Wasted

Isaiah 40:31

"Yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary."

Devotional Summary

Waiting seasons can feel like delay, denial, or being overlooked, but God often uses them as training ground. This episode reminds us that the hidden work matters. While roots are growing beneath the surface, God is building strength, patience, endurance, and trust. Your waiting is not wasted when God is forming you for what is ahead.

Reflection Questions

1. Where in your life do you feel stuck, delayed, or overlooked right now?
2. What fruit - patience, humility, discipline, endurance, or healing - could God be forming in this season?
3. How would your posture change if you saw this waiting as training instead of punishment?
4. What promise from God do you need to keep standing on while you wait?

Prayer

Father, thank You that my waiting is not wasted. Open my eyes to see how You are forming me, even when nothing seems to be moving. Help me trust Your timing and Your process. Trade my frustration for faith, my impatience for endurance, and my fear for confidence in You. Teach me to see this season through Your eyes. Remind me that what feels like a delay may actually be preparation for something greater than I can imagine. In Jesus' Name, amen.

Journal Space - Episode 1

When Waiting Isn't Wasted

Write what God is showing you, what you are praying through, and any action steps you sense for this season.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Episode 2: Strength in the Silent Seasons

Psalm 46:10

"Be still, and know that I am God."

Devotional Summary

Silent seasons can make us wonder if God is absent, but silence is not abandonment. This episode encourages believers to trust what God has already spoken, even when fresh instructions have not come. In stillness, God strengthens faith, deepens dependence, and teaches us to recognize His presence beyond our feelings.

Reflection Questions

1. Where does God currently feel silent in your life?
2. What was the last clear thing God told you to do - and have you done it?
3. How might this silence be strengthening your faith instead of weakening it?
4. What truth do you need to stand on when you do not feel constant reassurance?

Prayer

Lord, when You feel quiet, teach me to trust Your heart more than my senses. Anchor me in Your Word and give me strength to stand when I do not have fresh instructions. Help me believe that You are working in the silence and that I am never alone. Strengthen my faith when answers are delayed. Remind me that Your presence is not determined by my feelings. Help me trust that even now, You are guiding my steps. In Jesus' Name, amen.

Strength in the Silent Seasons

Episode 3: God's Love Heals: Why the Father Restores Us

Psalm 103:8

"The Lord is compassionate and gracious, slow to anger, abounding in love."

Devotional Summary

Healing begins in the heart of a loving Father. This episode reminds us that God restores because He loves, not because He needs to prove His power. Whether healing happens instantly or one layer at a time, His compassion remains constant. God is able to heal the body, heart, mind, emotions, relationships, and hidden wounds.

Reflection Questions

1. In what area of your life do you need God's healing today?
2. Have you been measuring God's love by your circumstances instead of His character?
3. How would your faith change if you believed God's love remains constant while healing is still unfolding?
4. What layer of healing - body, heart, mind, relationships, shame, or grief - do you need to bring to the Father?

Prayer

Father, thank You for loving me enough to restore me. Thank You that healing begins in Your heart long before I see it in my circumstances. Touch every wounded place in my life. Heal what is broken. Restore what has been lost. Strengthen my faith while I wait for complete healing to unfold. Help me trust Your love even when I do not fully understand Your timing. Remind me daily that Your compassion never fails. In Jesus' Name, amen.

Journal Space - Episode 3

God's Love Heals: Why the Father Restores Us

Write what God is showing you, what you are praying through, and any action steps you sense for this season.

Episode 4: Saving the Best Wine for Last

John 2:10

"Everyone brings out the choice wine first ... but you have saved the best till now."

Devotional Summary

When the wine ran out at Cana, Jesus stepped into a place of lack and revealed glory. This episode speaks to the empty places we often try to hide: depleted strength, hope, creativity, faith, or joy. God can still fill what feels empty, restore what feels depleted, and save the best for a season you thought was too late.

Reflection Questions

1. Where do you feel like the wine has run out in your life?
2. Have you invited Jesus into that empty place honestly, or have you tried to hide it?
3. What jars - habits, routines, disciplines, or acts of obedience - could you offer Him in faith?
4. What would it look like to believe the best wine may still be ahead?

Prayer

Jesus, I bring You the empty places in my life - the ones I am ashamed of and the ones I cannot fix. I ask You to step in like You did at Cana. Save the best for last in my story. Let Your glory be revealed where my strength has ended. Take what feels ordinary and fill it with Your presence. Take what feels empty and fill it with Your grace. Remind me that You are still able to do exceedingly and abundantly above all I can ask or imagine. In Your Name, amen.

Journal Space - Episode 4

Saving the Best Wine for Last

Write what God is showing you, what you are praying through, and any action steps you sense for this season.

Episode 5: Filling Up the Jars

John 2:7

"Jesus said to the servants, Fill the jars with water; so they filled them to the brim."

Devotional Summary

Before the miracle at Cana, someone had to carry the water. This episode focuses on hidden obedience, small beginnings, and quiet faithfulness. God sees every jar you fill, every step you take, and every act of obedience that no one else notices. The miracle belongs to God, but obedience belongs to us.

Reflection Questions

1. What quiet, repetitive work is God asking you to keep doing right now?
2. Have you been despising the small steps because they do not look miraculous yet?
3. What would it look like to fill the jars to the brim in this season?
4. Where is God asking for full obedience instead of partial obedience?

Prayer

Lord, thank You for trusting me with jars to fill. Help me not to despise small beginnings or quiet obedience. Give me the strength to keep pouring, even when nothing seems to change. Teach me to trust that every act of faithfulness matters. Help me remember that You see the work nobody else notices. Give me confidence that in Your perfect timing, You can turn ordinary water into extraordinary wine. In Jesus' Name, amen.

Journal Space - Episode 5

Filling Up the Jars

Write what God is showing you, what you are praying through, and any action steps you sense for this season.

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Episode 6: Crushed but Called

2 Corinthians 4:8-9

"We are troubled on every side, yet not distressed; we are perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed."

Devotional Summary

Being crushed does not mean being cast away. This episode encourages the listener who has felt pressed, stretched, wounded, or broken by life, yet still senses the call of God. Pressure can refine what God has placed inside you. What tried to break you may become the very place where God reveals strength, endurance, and calling.

Reflection Questions

1. Where have you felt crushed, pressed, or stretched in this season?
2. How might God be refining you through pressure instead of destroying you?
3. What part of your calling has been shaped by what you survived?
4. How can you trust that being broken does not mean being abandoned?

Prayer

Father, thank You that being crushed does not mean being cast away. Thank You for sustaining me when pressure tried to break me. Help me see Your hand even in difficult places. Strengthen what is weak, heal what is wounded, and restore what has been damaged. Teach me to trust that the pressure is not greater than Your purpose. Remind me that I may be pressed, but I am not destroyed. I may be wounded, but I am still called. In Jesus' Name, amen.

Journal Space - Episode 6

Crushed but Called

Write what God is showing you, what you are praying through, and any action steps you sense for this season.

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Episode 7: Survival

Romans 8:28

"And we know that all things work together for good to them that love God, to them who are the called according to His purpose."

Devotional Summary

Survival is not weakness. It is evidence that God kept you when life should have broken you. This episode speaks to those who have lived through hurt, betrayal, disappointment, and silent battles. Survival was never meant to be your final destination. By God's grace, survival can become testimony, healing, and purpose.

Reflection Questions

1. What season of survival have you come through?
2. What has God taught you during that season?
3. Are you still identifying with your pain, or are you beginning to embrace your purpose?
4. How would your perspective change if you believed your survival was preparation instead of punishment?

Prayer

Father, thank You for carrying me through every season I thought would break me. Thank You for sustaining me when I was weak. Thank You for protecting me when I could not protect myself. Thank You for giving me strength when I wanted to quit. Help me stop defining myself by my pain. Help me see myself through the lens of Your purpose. Heal every wound. Restore every broken place. Redeem every painful chapter. Remind me that if You brought me this far, You will continue leading me forward. Thank You that survival is not the end of my story. Purpose is. In Jesus' Name, amen.

Episode 8: When the Hour Comes

John 16:21; Luke 22:42

"A woman when she is in travail hath sorrow, because her hour is come ...
Nevertheless not my will, but thine, be done."

Devotional Summary

Every life has an hour - a moment that tests what faith is truly built on. This episode reminds us that pressure does not always mean punishment. Sometimes the hour refines, stretches, and births purpose. Even when the hour is painful, God is present, grace is sufficient, and the hour does not get the final word.

Reflection Questions

1. What hour are you currently facing?
2. What is God teaching you through this season?
3. How would your perspective change if you believed this challenge was refining you rather than destroying you?
4. What evidence can you see that God has been preparing you for this moment all along?
5. What might God be birthing through the pressure?

Prayer

Father, if this is my hour, give me grace inside it. If this is my stretching, give me strength through it. Help me surrender what I cannot control. Help me trust what I cannot see. Remind me that Your presence is with me in every season. Give me courage when I feel weak and peace when I feel overwhelmed. Teach me to recognize the difference between pain that destroys and pain that delivers. Remind me that the hour is not the end of my story. You are. In Jesus' Name, amen.

Journal Space - Episode 8

When the Hour Comes

Write what God is showing you, what you are praying through, and any action steps you sense for this season.

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Episode 9: The Field of Colors

1 John 5:11

"And this is the record, that God hath given to us eternal life, and this life is in His Son."

Devotional Summary

The Field of Colors is a testimony of peace, purpose, and eternal hope. This episode reflects on a life-and-death experience that revealed the nearness of God and the reality of eternal life. What God allowed you to survive can become a witness. What He brought you back from may become the beginning of purpose.

Reflection Questions

1. What testimony has God given you that no one can debate you out of?
2. Where have you seen God preserve, restore, or bring you back when others thought it was over?
3. What does eternal life mean to you after hearing this story?
4. How can remembering what God has already done help you face fear today?
5. What purpose may God be calling forth from your survival?

Prayer

Father, thank You for eternal life in Your Son. Thank You for preserving me, rescuing me, and giving me purpose beyond what I survived. Help me remember Your peace when fear tries to return. Help me remember Your love when doubt tries to speak. Help me remember that this life is not the end of the story. Use my testimony to point others back to You. Let everything I survived become a witness of Your grace, Your power, and Your purpose. In Jesus' Name, amen.

Journal Space - Episode 9

The Field of Colors

Write what God is showing you, what you are praying through, and any action steps you sense for this season.

Closing Blessing

May this guide help you pray through every season of the journey from survival to purpose.

May you remember that waiting is not wasted, silence is not abandonment, healing is possible, obedience matters, being crushed does not mean being cast away, survival can become purpose, and when the hour comes, God is still faithful.

Keep trusting. Keep healing. Keep moving from survival to purpose.