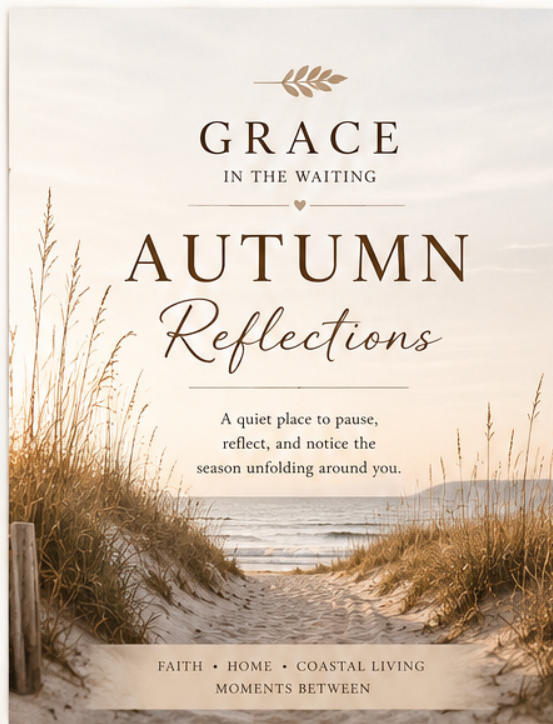




GRACE

IN THE WAITING

AUTUMN Reflections

A quiet place to pause,
reflect, and notice the
season unfolding around you.

FAITH • HOME • COASTAL LIVING
MOMENTS BETWEEN

1

Before We Begin

Autumn has always felt like a season of transition.
The leaves change.
The air cools.
The days grow shorter.
Yet some of life's most meaningful
changes happen quietly.

This journal isn't about productivity
or perfection.

*It's simply a place to notice what
this season is teaching you.*

Take your time.
There is no rush.

WHAT DOES AUTUMN FEEL LIKE TO YOU
THIS YEAR?



2

What Is Bringing Me Peace Right Now?

Sometimes peace isn't found in grand moments.
Sometimes it's found in ordinary things.
A favorite chair. A morning walk.
A phone call from someone you love.
A quiet evening at home.

WHAT HAS BEEN BRINGING YOU
PEACE LATELY?



THREE SIMPLE THINGS
I AM GRATEFUL
FOR TODAY:

1.

2.

3.

3

What Am I Learning In This Season?

Every season teaches us something.
Sometimes the lesson arrives gently.
Sometimes it arrives through
unexpected change.

WHAT ARE YOU LEARNING RIGHT NOW?

IS THERE SOMETHING I NEED TO RELEASE?
A worry. An expectation. A disappointment.
A fear. Write it here.



4

Memories That Feel Like Home

Think back for a moment.
What autumn memory still stays with you?
Maybe it's a family gathering.
A front porch conversation.
The smell of something baking.
A walk beneath changing leaves.

WRITE ABOUT A MEMORY THAT
STILL FEELS LIKE HOME.



5

Looking Ahead

As this season unfolds, what do you hope for?
Not accomplishments. Not checklists.
Just hopes. Simple hopes.

WHAT WOULD MAKE THIS
AUTUMN MEANINGFUL?



A Quiet Prayer

Heavenly Father,
Thank You for the gift of changing seasons.
Help me notice the beauty around me
and the work You are doing within me.

Teach me to trust Your timing, embrace Your peace,
and find joy in ordinary moments.

Help me remain present for the people I love
and grateful for the blessings You provide
each day.

Amen.



ISAIAH 30:15
(KJV)

*"In returning
and rest shall
ye be saved;
in quietness
and in confidence
shall be your
strength..."*

