

7-Session Bible Study



By: Tricia L. Bullard

Session 1: When the Storm Comes

Key Verse: John 16:33 (NIV)

Read:

Chapters 1 - 3 of Wait. Pause. Trust.

Devotional:

Storms will come—Jesus made that clear. But He also promised peace in the middle of them. Sometimes we are blindsided by life, but often, God whispers before the waves hit. In those moments, we are invited to draw near, trust deeper, and anchor our hearts in Him. The storm doesn't mean He's left you; it may be the place He's growing you.

Reflection Questions:

- When has God prepared you ahead of a hard season?
- What scriptures or people helped you feel grounded?
- How can you better listen for God's voice before the next storm?

Scriptures for Study:

- John 16:33
- Isaiah 43:2
- Psalm 91

Journal Prompt:

Write about a storm you walked through and how you saw God's hand—even if it was after the storm passed. What did you learn about His character during that time?

Prayer:

Father God, I praise You even in the midst of the storm. When the winds howl and my heart trembles, anchor me in Your peace. Remind me that You are in control, even when I don't understand what's happening around me. Thank You for never leaving my side. Teach me to trust You with a deeper faith through every season. In Jesus' name, Amen.

Declaration:

I am anchored in God's peace. No storm can shake what He has secured in me. I trust Him fully, even when the winds blow.

	7///		
			$\langle \langle \langle \rangle \rangle \rangle$
	HY	YH	
			LL
	Y	V VZ	
	IP,	M	
XX			KYY

Session 2: Trusting When It Doesn't Make Sense

Key Verse: Proverbs 3:5-6 (NIV)

Read:

Chapters 4 - 6 of Wait. Pause. Trust.

Devotional:

God often calls us to trust Him when our hearts ache and our minds don't understand. In these moments, obedience may look like staying, being silent, or extending grace when it's not deserved. Trusting God isn't always about knowing what comes next—it's about knowing Him. When the path is unclear, His presence is enough.

Reflection Questions:

- What is God asking you to trust Him with right now?
- Have you ever obeyed even when it didn't make sense? What was the result?
- Why is obedience a deeper form of trust?

Scriptures for Study:

- Proverbs 3:5-6
- Exodus 14:14
- Psalm 46:10

Journal Prompt:

Write about a time when you had to obey God without fully understanding why. What did you learn about His faithfulness? What made that season difficult—and what made it beautiful?

Prayer:

Lord, when the path feels confusing and unclear, help me to trust in Your higher wisdom. Strengthen my heart to obey You fully, even when I don't understand. I surrender my need for control and choose to rest in Your guidance. May my faith shine brighter in the dark. Amen.

Declaration:

Even in the unknown, I choose faith. I am led by God, and my steps are steady because He is with me.

	// \		
	$\langle \rangle \rangle$		
\\ > //////			
\rightarrow		JIN A	
XXXXXXX			
XXIIV		<i>Y//X/</i>	

Session 3: When You're Misunderstood or Rejected

Key Verse: Genesis 50:20 (NIV)

Read:

Chapters 7 - 9 of Wait. Pause. Trust.

Devotional:

Being misunderstood or rejected can wound deeply. But God's love and purpose always remain. Just as Joseph was betrayed by his brothers and later elevated by God, our pain is not wasted. God sees beyond the rejection and is working a greater plan for redemption and restoration.

Reflection Questions:

- When have you experienced misunderstanding or rejection?
- How did God bring healing or purpose through it?
- What truth can you hold onto when people don't see you clearly?

Scriptures for Study:

- Genesis 50:20
- Psalm 34:18
- Romans 8:28

Journal Prompt:

Write a letter to God about how rejection has impacted your heart. Surrender your pain and ask Him to turn it into something beautiful.

Prayer:

Lord, You know what it feels like to be misunderstood and rejected. Heal my heart, and help me forgive those who have wounded me. Let me walk in freedom and hope, trusting that You will use every broken place for Your glory. Amen.

Declaration:

I am fully known and deeply loved by God. Rejection does not define me—redemption does.

<u> </u>	
	JHK
XXXXXX	
X Y-1 \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	

Session 4: Unity and Obedience in the Body of Christ

Key Verse: Genesis 50:20 (NIV)

Read:

Chapters 10-13 of Wait. Pause. Trust.

Devotional:

The Church is a beautiful, imperfect body—and we are called to protect its unity. Even when staying is hard, obedience to God's voice brings fruit. Sometimes He asks us to be silent, to remain planted, or to bless those who hurt us. These are not signs of weakness, but strength in Christ.

Reflection Questions:

- Where have you struggled with unity in your church or relationships?
- How has God asked you to obey in a difficult relational season?
- What does spiritual maturity look like in moments of conflict?

Scriptures for Study:

- Ephesians 4:3
- Romans 12:18
- 1 Corinthians 12:25

Journal Prompt:

Reflect on a time you were tempted to walk away. How did God guide you? What was the fruit of staying in unity?

Prayer:

God, help me to be a peacemaker and a listener. Teach me to trust You in every church season, even the hard ones. Let me walk in humility, always willing to obey. Amen.

Declaration:

I walk in unity and humility. I will obey God's voice and stay rooted where He has called me.

	N/ I/ N/
X / JULIE VI	1 XIII LE NX
	NI
W 5 / AH 1	
-	
	X7.L.
	/

Session 5: The Long Pause - God's Silence and Your Stillness

Key Verse: Lamentations 3:25-26 (NIV)

Read:

Chapters 14-16 of Wait. Pause. Trust.

Devotional:

Silence doesn't mean God is absent. Often, it means He's working beneath the surface. In these 'pause' moments, we are invited to wait with expectation. It's here we learn the beauty of stillness and deepen our intimacy with God.

Reflection Questions:

- Have you ever felt like God was silent in a situation?
- What did you learn during that waiting season?
- What does it mean to 'pause' with purpose?

Scriptures for Study:

- Lamentations 3:25-26
- 1 Kings 19:11–12
- Romans 8:28

Journal Prompt:

Describe a season of spiritual silence. What thoughts or emotions came up? How did you experience God's peace in stillness?

Prayer:

Lord, help me embrace the pause. When You seem silent, remind me You are still near. Teach me to listen in stillness and grow in trust. Amen.

Declaration:

God is present in the silence. I will wait with hope and listen with expectation. My pause has purpose.

	NI
$-\backslash \backslash $	

Session 6: From Pain to Purpose

Key Verse: 2 Corinthians 1:3-4 (NIV)

Read:

Chapters 17-20 of Wait. Pause. Trust.

Devotional:

Your pain is not the end of your story—it's the beginning of your ministry. God heals us not only to restore us, but to help others. When we give our wounds to Him, He transforms them into wisdom and testimony that brings healing to others.

Reflection Questions:

- What pain have you experienced that God is redeeming?
- Who in your life needs encouragement from your story?
- What has pain taught you about God's heart?

Scriptures for Study:

- 2 Corinthians 1:3-4
- Psalm 147:3
- Romans 5:3-5

Journal Prompt:

Write about one area of pain God is transforming into purpose. Who can you reach because of your experience?

Prayer:

Father, use what I've walked through for Your glory. Heal the places still hurting and show me who needs the comfort You've given me. Amen.

Declaration:

My healing is a testimony. God is using my story to reach others. Nothing I've walked through is wasted.

	7		
MANI			HSA
		YH	
			III
	Y	X V	
		111	
		A	
	KA		HAN

Session 7: Rise Again and Rebuild

Key Verse: Ezra 10:4 (ESV)

Read:

Chapters 21-24 + Conclusion of Wait. Pause. Trust.

Devotional:

There is a time to mourn—and a time to rise again. God is calling you to rebuild, restore, and lead with boldness. Whatever knocked you down cannot keep you down when God says 'Get up.' Your calling still stands. Your gifts still matter.

Reflection Questions:

- Where have you been hesitant to rise again?
- What has God placed in your heart to build?
- Who is waiting on your obedience?

Scriptures for Study:

- Ezra 10:4
- Isaiah 61:3
- Philippians 1:6

Journal Prompt:

List the things God is asking you to pick back up—your calling, your courage, your voice. Declare them over your life.

Prayer:

God, thank You that it's not too late. Breathe life into my purpose again. I rise with You, and I rebuild what the enemy tried to destroy. Amen.

Declaration:

I rise with boldness. I rebuild with courage. My calling is active, and I will walk in it with confidence and grace.

J			
			HSAN
		YH	
			TIL
	Λ Λ		
	Y	V	
		M	
			MANY
			7///