



Rachel's Starting Materials

Trusting God in Uncertain Times | 30-Day Christian Guided Journal Course

About this example: Rachel is a fictional author, and the notes and experiences in this document are original illustrations, not real personal testimonies. This is her starting collection, before she has defined her journal or planned its 30 entries. You will see her develop these materials during the course.

RACHEL'S INITIAL IDEA — note to herself

"I keep coming back to the problem of trusting God when I don't know what happens next. Maybe I could make a 30-day journal about that. I have notes and a few experiences, but they don't feel like a book yet. I'm not sure whether the main subject is trust, worry, waiting, or prayer."

Rachel's notes and other starting materials

Rachel has gathered a few notebooks, Scripture references, questions, and unfinished ideas. She has not yet decided what belongs in the journal or completed the research needed to use these items responsibly. Some may never make it into the book.

R01 • Personal notebook, spring 2023 "I spent weeks wondering whether to accept a new role. I kept imagining three different outcomes. I started bringing one specific concern to God each morning, but I still had to make a responsible decision."

R02 • Bible margin notes: Psalm 77 "The psalm starts with distress and hard questions. Verses 11–12: remembering the works of the Lord. Is remembering a deliberate response to trouble? Read the whole psalm before using."

R03 • Loose sheet of questions "Why am I afraid? Do I really trust God? What is trust? When have I trusted Him before?"

R04 • Prayer notebook, undated "Maybe I've been waiting for certainty when I should be asking for wisdom. What if I can take a next step without knowing the whole result?"

R05 • Old teaching outline: 'Trust isn't doing nothing' "Ask for counsel. Make a budget. Get the facts. Pray. Do the next responsible thing." No Bible passage identified; might be too practical without grounding.



R06 • Scripture slips and bookmarks Psalm 13; Proverbs 3:5–6; James 1:5; Matthew 6:25–34; Lamentations 3:21–23; Matthew 14:22–33; 2 Corinthians 5:7.

R07 • Notes from an old sermon “Real faith means you will not feel afraid.” Speaker and original source not recorded.

R08 • Possible story about someone else A friend once shared a painful job-loss experience. Rachel remembers part of the conversation but has no permission to share details.

R09 • Voice memo and unfinished thought “I want readers to do more than agree that God is faithful. Maybe ask them to name one real concern—but I don’t want thirty days of the same question.”

R10 • Side idea “A separate book on praying through hard decisions? Maybe later.”

Questions Rachel has not answered

- Who am I writing for: people facing major decisions, those in a season of waiting, or Christians dealing with uncertainty more generally?
- How much should I explain Scripture, and how much should I invite readers to reflect and write?
- Do trust, waiting, fear, wisdom, and prayer belong in one journal, or are some separate projects?
- Which Scripture passages genuinely address my subject when I read them in context?
- Can I find 30 distinct daily focuses without asking essentially the same questions over and over?

What to notice

Rachel does not have a finished message or a complete set of daily entries. As you read, notice the ideas that appear more than once and the notes that may need Scripture study, verification, or a different approach. We will return to this same starting collection as Rachel plans, drafts, and revises her journal.