THE FAITH STUDIO

FALL JOURNAL CLUB

A SEASON OF RELEASE & GRATITUDE



OCTOBER

Letting Go

"A time to seek, and a time to lose; a time to keep, and a time to throw away."
Ecclesiastes 3:6

REFLECT BREATHE JOURNAL PRAY

01 | Notice

What am I noticing about the things I hold close in this season of my life?

- Consider the people, experiences, responsibilities, expectations, or hopes that occupy space in your life.
- Notice what feels meaningful, familiar, life-giving, or perhaps no longer quite the same.
- You might find yourself holding something closely, holding it differently, or simply becoming more aware of its place in your life.
- There is no need to decide what to do with what you notice.

What has life taught me about holding on and letting go?

- Recall an experience when you chose to hold on, loosen your grip, or let something go.
- What influenced your decision or shaped your experience?
- Perhaps you experienced gratitude, relief, sadness, uncertainty, freedom, or a mixture of feelings.
- What wisdom, if any, has stayed with you from that experience?

03 | Discern

How do I recognize what is mine to keep, what I might hold more loosely, and what I might release?

- Ecclesiastes reminds us that there is a time for keeping and a time for letting go.
- Consider what helps you recognize when something still belongs in your life or when your relationship with it may be changing.
- What role do your values, faith, experiences, relationships, or circumstances play in your discernment?
- Remember that recognizing a possibility does not require you to act on it immediately.

What might loosening my grip look like in my life right now?

- Loosening your grip does not necessarily mean letting go completely.
- Perhaps it means allowing something to change, adjusting an expectation, sharing a responsibility, or becoming more comfortable with uncertainty.
- You may discover something you are ready to release, something you want to continue holding, or something you are still considering.
- What might a small, meaningful step look like for you, if any?

What might it mean to trust the season I am in?

- Consider where you find yourself today. Perhaps this is a season of holding close, holding loosely, releasing, or waiting.
- What does honoring your own pace look like?
- How might faith, patience, self-compassion, or the support of others accompany you in this season?
- What would you like to carry forward from this month's reflections?

God of every season, grant me wisdom to recognize what is mine to hold, grace to loosen my grip, and courage to release what I am ready to let go. Help me honor what has mattered and trust the unfolding of my journey without rushing what comes next. Amen.

