

A Gentle Companion

4 Weeks of Scripture, Prayer,
and Reflection to Support Your
Walk with God

A Companion Resource to *Walking with God, Gently* by Miriam Caldwell

A Gentle Word Before You Begin

This companion was created to support you, not to add more to your life.

You don't need to follow a schedule, keep up with a pace, or complete every page in order to benefit from what's here. This guide is not a program to finish or a plan to perform. It is simply a place to pause, reflect, and gently return to God's Word.

You may choose to use one week at a time, revisit a section when you need it, or set this aside and come back later. There is no right way to move through these pages. Grace allows for flexibility, and faith grows at different rhythms in different seasons.

This companion is meant to walk alongside *Walking with God, Gently*—offering quiet space for Scripture, prayer, and reflection as you continue your journey with God. Let it serve you in whatever way feels most life-giving right now.

Take what helps.

Release what doesn't.

And trust that God meets you exactly where you are.



HOW TO USE THIS COMPANION

Using This Guide with Grace

This guide is meant to be used with freedom, not obligation.

You can begin at any point and move through these pages in whatever order feels most helpful. There is no required pace, no expectation to complete everything, and no need to measure your progress. This companion is here to support your walk with God, not to set the rhythm of it.

You may choose to use this guide alongside *Walking with God, Gently*, allowing it to deepen your weekly reflections through additional Scripture and prayer. Or you may return to these pages during a quieter season, using them as a gentle pause—a place to reflect, pray, and reconnect with God without pressure.

If you miss a week, skip a page, or set this aside for a time, nothing is lost. Faith is not built by keeping up. It is formed through trust, honesty, and continued dependence on God.

Let this guide serve as a companion, not a checklist.

Walk at the pace grace allows.

And trust that God is present with you every step of the way.

WEEK 1 — Returning to Grace

Grace Meets You Where You Are



Scripture Focus

Lamentations 3:22–23 • Romans 8:1 • Psalm 103:8–12

Gentle Reflection

Grace is not God's reward for your consistency.

Grace is God's steady posture toward you.

When you feel behind, grace does not stand at the finish line with crossed arms. It meets you in the middle of ordinary life, right where you are, with mercy that is new again today. Lamentations reminds us that God's compassion is not a limited supply. It is renewed, not earned.

Romans 8:1 goes even deeper: in Christ, there is no condemnation. Not "less condemnation on your good days," and not "more condemnation when you struggle." No condemnation. That means guilt is not your motivator. Love is. Security is. God's kindness is what draws you near.

And Psalm 103 paints the heart of God in warm colors: patient, compassionate, slow to anger, abounding in steadfast love. He does not treat you according to what you deserve. He deals with you according to His mercy.

This week, your invitation is simple: return to grace.

Not as an idea, but as a place to live.

Reflection Questions

1. When you think about God looking at you today, what do you assume He feels?
2. Which phrase do you need most right now: "**new mercies**," "**no condemnation**," or "**steadfast love**"? Why?
3. What would change in your daily walk with God if grace, not guilt, was the starting point?

Prayer Prompt

God of mercy,

Thank You that Your compassion is new today.

When I feel behind, remind me that I am not condemned in Christ.

Teach me to return to You with honesty and trust, not fear.

Let Your steadfast love be the place my heart rests.

Amen.

Space to Reflect

WEEK 2 — Learning to Abide

Remaining in God's Presence Without Striving



Scripture Focus

John 15:4–5 • Psalm 16:11 • Galatians 2:20

Gentle Reflection

Abiding is not something you achieve.

It is something you receive.

In John 15, Jesus does not invite His disciples to try harder, do more, or prove their devotion. He invites them to remain. To stay. To live connected. The branch does not produce fruit by effort, but by staying attached to the vine. Growth flows from connection, not from striving.

Psalm 16 reminds us that fullness of joy is found in God's presence, not in our performance. Joy is not the result of a perfectly managed spiritual life, but the fruit of being near to Him. When you abide, you are not forcing joy to happen. You are positioning yourself where joy naturally grows.

Galatians 2:20 gently shifts the focus even further. Your life with God is not powered by your strength or discipline. Christ lives in you. Faith is not something you muster. It is something you live from, day by day, through trust.

This week is not about doing faith better.

It is about staying close.

Abiding may look quiet. Ordinary. Unimpressive.

But it is where life with God deepens.

Reflection Questions

1. *When you think about your relationship with God, do you tend to focus more on effort or connection?*
2. *What does "remaining" with God look like in your real, everyday life right now?*
3. *Is there something you are striving to produce that God may be inviting you to simply receive?*

Prayer Prompt

Jesus,

You invite me to remain in You, not to perform for You.

Teach me what it means to stay connected, even in ordinary moments.

When I feel tempted to strive, draw me back to simple trust.

Let my life be shaped by Your presence within me.

Amen.

Space to Reflect

WEEK 3 — Finding God in Ordinary Days

God's Faithfulness in Everyday Life



Scripture Focus

Deuteronomy 6:6–9 • Colossians 3:17 • Matthew 28:20

Gentle Reflection

It is easy to assume that God is most present in quiet, set-apart moments. But Scripture tells a wider story.

In Deuteronomy, God invites His people to carry His words into the rhythm of daily life—at home and on the road, in the morning and at night. Faith was never meant to live only in sacred spaces. It was designed to be woven into ordinary days.

Colossians echoes this truth by reminding us that whatever we do can become an act of worship when it is done in God's name. Not just spiritual activities, but everyday tasks—work, care, conversation, responsibility. God's presence is not limited to moments of stillness. He is with you in motion.

And Jesus' promise in Matthew 28 is steady and unchanging: "*I am with you always.*" Not only when you feel aware of Him. Not only when life is calm. Always. His nearness does not depend on your attention. It rests on His faithfulness.

This week, you are invited to notice God where you already are.

In the ordinary.

In the unnoticed.

In the spaces where life actually happens.

Reflection Questions

1. In which parts of your daily routine do you least expect to encounter God?
2. How might your awareness of God change if you believed He was fully present in ordinary moments?
3. What simple activity this week could become a quiet act of worship?

Prayer Prompt

Faithful God,

Thank You for being present in every part of my life.

Open my eyes to notice You in ordinary moments.

Teach me to welcome Your nearness in the middle of my daily routines.

Let my everyday life reflect trust in You.

Amen.

Space to Reflect

WEEK 4 — Walking Forward with Hope

A Faith That Grows One Day at a Time



Scripture Focus

Philippians 1:6 • Proverbs 4:18 • Hebrews 13:20–21

Gentle Reflection

Hope does not ask you to see the whole path ahead.
It invites you to take the next step with trust.

Philippians reminds us that the work God begins, He faithfully continues. Your faith journey is not fragile. It is held by a God who does not abandon what He starts. Even when progress feels slow or uneven, His work in you is steady and sure.

Proverbs describes the path of the righteous as a light that grows brighter over time. Not all at once. Not instantly. Gradually. Faith is not meant to arrive fully formed. It grows through daily steps, quiet obedience, and continued trust.

Hebrews anchors this hope even deeper. God equips you with what you need to do His will, working within you through Jesus Christ. You are not responsible for producing spiritual growth on your own. God Himself is at work in you, shaping your life with patience and care.

As you walk forward, you do not walk alone.
Hope is not found in how strong you feel, but in how faithful God is.

Let this week remind you that growth does not require urgency.
It requires trust.

Reflection Questions

1. When you think about your faith journey, do you focus more on how far you have to go or on how God has been faithful so far?
2. What does “one step at a time” look like in your current season of life?
3. How does knowing that God is actively working in you shape the way you face the future?

Prayer Prompt

God of hope,
Thank You for completing what You begin.
When the path ahead feels unclear, help me trust You with the next step.
Strengthen my faith as I walk forward, one day at a time.
Let my hope rest in Your faithfulness, not in my strength.
Amen.

Space to Reflect

CLOSING PAGE

Continuing the Journey, Gently

As you come to the end of this companion, remember that your walk with God does not end on the last page.

Faith is not measured by completion, consistency, or how well you follow a guide. It is shaped over time through trust, grace, and God's steady presence in your life. Whether you moved through every week or only lingered in one, what matters most is not how much you did—but that you returned to God, even briefly.



You are free to revisit these pages whenever you need them, or to set them aside and continue your journey in other ways. The same grace that meets you here goes with you into every season ahead.

If *Walking with God, Gently* has reminded you of anything, let it be this: God is not rushing you. He is walking with you—patiently, faithfully, and with love.

Continue forward at the pace grace allows.

And trust that God will lead you, one gentle step at a time.