



Journey to Wholeness

5 Questions for God's Beloved Daughters

by Patrice Gerideau

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Welcome Sister!

You are a beloved daughter of God, created in His image and called to live in wholeness and grace. This guide invites you to pause, reflect, and pray as you consider five transformative questions inspired by God's Word. These questions are not about finding quick answers but about engaging in a deeper conversation with the One who knows and loves you completely.

Each question is paired with a biblical story and a guided prayer to help you uncover where God is leading you to heal, grow, and flourish. Let this journey be a sacred space to meet with God and embrace the fullness of His love for you.

In my own journey, when I've felt stuck, I've brought my struggles to God in prayer. Time and time again, He's guided me to reflect on questions like these. Sometimes the answers were affirmations of what I already knew. Other times, they stretched me, revealing new ways God was calling me to grow and trust Him. Every time, I've found peace and strength in knowing God was leading me. I believe He will do the same for you.

The five questions in this guide come from scripture, where God asked transformational questions of women who were moving from where they were to where He wanted them to be. These questions speak directly to us today as we wrestle with the burdens of perfectionism, self-reliance, and the weight of always having to be "strong." There are no wrong answers—only a call for honesty, vulnerability, and trust in the God who loves you just as you are.

5 Questions that Can Heal Your Life

- 1 Where are you?
- 2 Who are you?
- 3 What do you want?
- 4 What's in your hand?
- 5 What's stopping you?

Where are you?

HAGAR'S STORY

Read

Genesis 16:7-13

As you read, pay attention to the words or moments that speak to your heart.

Food for Thought

Hagar, the first woman in the Bible to name God, found herself alone and desperate in the wilderness. Her story reminds us that God sees us—even when we feel invisible.

Hagar's story begins in the wilderness, a place of isolation and despair. As an Egyptian slave, she was mistreated, abandoned, and left to fend for herself. Yet, in her pain, God met her by a spring of water and called her by name. He saw her when no one else did. Hagar responded by naming God El Roi, "the God who sees me." Her story reminds us that even when we feel invisible or cast aside, God is present, offering His love and care.

Prompt for Thought

Where in your life are you running, surviving, or feeling unseen? What might it mean to know that God sees you right here, right now?

Where are you?

JOURNAL YOUR THOUGHTS

Who are you?

THE WOMAN AT THE WELL'S STORY

Read

John 4:1-26

As you read, pay attention to the words or moments that speak to your heart.

Food for Thought:

The Samaritan Woman at the Well came face-to-face with Jesus, who saw through her mask and spoke to her deepest thirst. In meeting Him, she discovered her true identity.

She came to the well at an hour when she knew she'd be alone — avoiding the whispers and judgment of her community. But there she encountered Jesus, who saw beyond her mistakes and spoke to her deepest need: the thirst for a life of purpose and dignity. With each question He asked, Jesus peeled away the layers of shame and revealed her true identity as someone beloved by God. Her story reminds us that God knows who we are beneath the surface and calls us to live authentically in His truth.

Prompt for Thought:

Who are you beneath the roles, expectations, and burdens? How is God inviting you to step into your authentic self?

Who are you?

JOURNAL YOUR THOUGHTS

What do you want?

HANNAH'S STORY

Read

1 Samuel 1:9-20

As you read, pay attention to the words or moments that speak to your heart.

Food for Thought

Hannah's pain and persistence in prayer show us the power of being honest with God about what we truly desire. God honors our vulnerable cries.

Hannah's heart was heavy as she entered the temple, her tears flowing freely as she poured out her deepest desire to God. She longed for a child, and the weight of unmet expectations had become too much to bear. Yet, in her vulnerability, Hannah's prayer became a turning point. She discovered the freedom to express her true desires to God, trusting Him to respond. Her story shows us that it's okay to ask for what we want, knowing that God hears and cares about the cries of our hearts.

Prompt for Thought

What unspoken desire has been stirring in your heart? What would it look like to bring this dream boldly to God?

What do you want?

JOURNAL YOUR THOUGHTS

What's in your hands?

THE WIDOW AT ZAREPHATH'S STORY

Read

1 Kings 17:7-16

As you read, pay attention to the words or moments that speak to your heart.

Food for Thought

The Widow at Zarephath thought she had nothing to offer but a handful of flour. Yet, her willingness to trust brought an overflow of provision and purpose.

The widow of Zarephath was at the end of her rope—she had only a handful of flour and a little oil, enough for one last meal for herself and her son. When the prophet Elijah asked her to make him bread first, her faith was tested. Yet, as she acted in trust, she found that her small offering was multiplied beyond measure. Her story reminds us that even when we feel like we don't have enough, God can use what's in our hands to provide abundantly.

Prompt for Thought

What resources, gifts, or strengths are already in your hand? How is God calling you to trust Him with what feels small or inadequate?

What's in your hands?

JOURNAL YOUR THOUGHTS

What's stopping you?

THE WOMAN WITH THE ISSUE OF BLOOD'S STORY

Read

Mark 5:25-34

As you read, pay attention to the words or moments that speak to your heart.

Food for Thought

The woman with the issue of blood reached for Jesus in her desperation, breaking through fear and shame to find healing. Her faith transformed her life.

For twelve long years, the woman with the issue of blood had suffered in silence. Her condition left her physically drained, socially isolated, and financially depleted. Yet, she summoned the courage to reach out and touch the hem of Jesus' garment, believing that even a small act of faith could bring her healing. When Jesus called her "daughter," He not only restored her body but affirmed her dignity and belonging. Her story teaches us that breaking through fear and shame can lead to the wholeness we long for.

Prompt for Thought

What hidden struggles or fears might be holding you back? What step of faith is God inviting you to take toward healing and freedom?

What's stopping you?

JOURNAL YOUR THOUGHTS

Reflection Recap

WHAT DO YOU WANT TO SAVOR FOR THE JOURNEY AHEAD?

Take a moment to review your journey through the five questions. What has God revealed to you? Write down one key insight or action step from your time with these questions.

☐ **Where are you? Have you acknowledged where you feel unseen or weary?**

☐ **Who are you? Did you uncover what's beneath the masks or roles you carry?**

☐ **What do you want? Have you brought your unspoken desires boldly to God?**

☐ **What's in your hand? Did you recognize the gifts and resources God has given you?**

☐ **What's stopping you? Have you identified fears or struggles that need to be surrendered?**

Go Deeper

SAVOR THE EXPERIENCE

Five Small Steps in the Journey to Wholeness

Before you close this guide, here are five simple actions you can take this week to release the weight and step into God's rest.

Pause and Breathe

Take 5 minutes today to sit in silence, breathe deeply, and remind yourself: "God sees me, and I am enough."

Say "No" to One Thing

Reflect on what you can release this week. Let go of one task or responsibility that isn't yours to carry.

Share Your Heart with God

Write one unspoken desire or burden in your journal. Speak it out loud in prayer and give it to God.

Accept Help

Let someone help you this week, even if it's something small. Remember, asking for help is not a sign of weakness—it's a path to rest.

Celebrate One Strength

Name one gift or resource God has placed in your hand. Thank Him for it and use it to bless yourself or someone else today.

Remember: You don't have to do it all. Lay down the cape, sister, and trust that God is carrying you.

Thank You!

Sister,

Thank you for taking this journey.

Thank you for allowing me to walk alongside you in this sacred space.

You didn't have to open your heart.

You didn't have to say yes to the stillness.

But you did—and that means something holy happened here.

It is no small thing to pause, to reflect, to be honest with your soul. Whether you showed up in every moment or gently moved through the margins, your presence here is powerful. And I'm deeply honored you entrusted this part of your journey to Sister Soul Care.

My prayer is that something in these pages reminded you of who you are:
Beloved. Worthy. Whole.

Not because of what you've done—but because of who you are in God.

This is not the end. It's a continuation.

Keep listening. Keep healing. Keep receiving the love that's always been yours.

With gratitude and grace,

Patrice

What's Next?

Deepen Your Experience with the Book

Discover practical tools and powerful stories to help you release the weight of “doing too much” and step into God’s grace. Grab your copy of *From Stressed to Sabbath Rest* to take this journey deeper.

Get the Book [HERE](#)

Listen to the Sister Soul Care Podcast

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Know someone who needs this message of rest and healing? Share this guide with a friend who could use God’s encouragement today.

Support the Creation of More Soul-Care Resources

If this prayer guide blessed you and you’d like to help us create more resources like this, your support means so much. Together, we can continue nurturing spaces for Black women to heal, grow, and flourish in Christ. You can give at patriceonline.com/give or click below.

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Meet Patrice



About Me

I'm a storyteller, speaker, and spiritual director dedicated to helping Black women heal, grow, and flourish in Christ Jesus.

As someone who has wrestled with the pressure to be "strong no matter what," I know what it means to carry the weight of doing too much and being too much for everyone else. God led me on a journey to release those burdens, rediscover His rest, and embrace my true identity as His beloved daughter.

Now, I help other women do the same—through my book *From Stressed to Sabbath Rest*, the *Sister Soul Care* Podcast, and soul care resources like this guide. My work is rooted in faith, compassion, and the belief that we are all reflections of God's love.

I'm honored to walk alongside you as you unmask the Super Shero, lay down the weight, and step into God's healing grace.

Rev. Dr. Patrice Gerideau
Founder, Sister Soul Care

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Blessings for the Journey



Dear God...

Thank You for seeing us when we feel unseen. Thank You for calling us to lay down the burdens we were never meant to carry. We surrender our need to always be strong, and we trust You to lead us into rest, healing, and wholeness. Help us to embrace who we are—Your beloved children—and to live fully in the freedom of Your love and grace. In Jesus' Name, Amen.

Until Next Time...

May God bless and keep you, may God's face shine upon you, and may God grant you peace as you continue to heal, grow, and flourish as God's beloved daughter.