

Are We
THERE *Yet?*

B R I A N W A S H I N G T O N

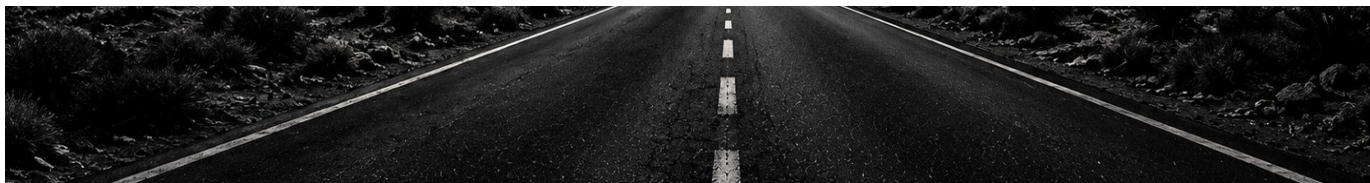
**PERSONAL
REFLECTION
GUIDE**

PAUSE.
PROCESS.
PRAY.
TAKE THE
NEXT STEP.



Personal Reflection Guide

This guide is designed for slow, honest processing. Each chapter uses a two-page rhythm: one page for the reflection prompts and one full-width response page with generous writing space.



PAUSE

Notice what you are carrying before trying to solve it.

PROCESS

Choose the prompts that help you tell the truth about your present season.

RESPOND

Use the next page to write freely, name a next step, and close in prayer.

HOW TO WORK THROUGH A CHAPTER

- Read the chapter before opening the guide.
- Name your emotional weather in one honest sentence.
- Choose two or three prompts rather than trying to answer everything.
- Turn to the response page and write without editing yourself.
- End by naming one next faithful step and one prayer or response.

This resource is for personal reflection and is not a substitute for pastoral, medical, therapeutic, crisis, or safety support when those forms of care are needed.

The Endless Quest for There



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. When you picture finally reaching There, what do you see? How has that definition changed over time?
2. Which external measure of arrival—success, security, approval, healing, control, or something else—has carried too much weight in your life?
3. Where do you sense God's presence most clearly in your current season? Where do you struggle to notice or trust Him?
4. What is one next faithful step you can take without needing to see the entire path?
5. How might your present season become different if you viewed it as part of your formation rather than merely a delay?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Set aside ten uninterrupted minutes this week to write two brief lists. What I have been calling “There”

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

Embracing the Winding Roads



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. What unexpected curve are you currently facing, or what curve have you recently walked through?
2. When life does not follow the plan you expected, what is your first response: fear, control, withdrawal, blame, prayer, action, or something else?
3. What has a difficult season revealed about your needs, fears, values, identity, or relationship with God?
4. Where are you most tempted to miss the present mile because your attention is fixed on a future destination or a past regret?
5. Who are the honest and kind people you can invite into your current season?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Create a one-page “curve check” in your journal. What has changed?

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

Embracing the Dance of Progression



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. Where have you been treating your life as a series of disconnected events rather than a story still being written?
2. Which past chapter do you most often use as evidence that you are behind, disqualified, or unable to move forward?
3. In what area of your life have you been waiting passively for clarity when a next faithful step may already be available?
4. What is one choice you can make this week that reflects your values, faith, or God-given responsibility?
5. What form of quiet reflection—prayer, journaling, Scripture reading, a walk, or a trusted conversation—would help you better notice your growth?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

At the end of each day for the next seven days, write a short response to these three prompts: Where did I notice God's presence, guidance, or invitation today?

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

Unveiling the Path to There



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. What decision, transition, or unresolved question is currently asking for your attention?
2. What would change if you stopped requiring complete certainty before you took the next faithful step?
3. What fears, desires, old wounds, or expectations may be influencing your decision?
4. Which voices are shaping your thinking most strongly right now? Are they helping you move toward wisdom, truth, and peace?
5. What practical information, support, counsel, or preparation do you need before making a decision?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Use the following discernment page for one decision you are facing. What are the facts I know?

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

The Path of Travelers



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. What has your version of the far country looked like: a place, a relationship, a habit, a goal, an identity, or a season of drift?
2. What promise did that far country make, and what did it actually provide?
3. Where do you need to “come to yourself” with honesty rather than shame?
4. Do you identify more with the younger brother, the older brother, or a mixture of both in this season?
5. What would returning toward God look like in one specific, practical form this week?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Set a timer for ten minutes and complete this sentence four times: I have been looking to _____ to give me what only God can ultimately provide.

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

Embracing the Journey Within



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. Which modern version of There has most shaped your sense of worth: career, money, relationship status, health, approval, control, appearance, influence, or something else?
2. What present-season reality have you been treating as a waiting room rather than part of your actual life?
3. What feeling, pattern, grief, fear, or longing have you been reluctant to name honestly?
4. What role or version of yourself feels most exhausting to maintain?
5. Where might you need support beyond private reflection, including trusted community, pastoral counsel, or professional care?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Find a quiet place and set a timer for fifteen minutes. Write the heading: What I have been performing. List the roles, expectations, defenses, or images you feel pressure to maintain.

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

Repositioning on the Journey



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. Where do you sense drift in your life right now: faith, relationships, health, work, money, rest, integrity, or identity?
2. What small habits or pressures may have contributed to that drift?
3. What are you currently trusting to provide worth, safety, or control that cannot carry that weight forever?
4. What does your inner “rumble strip” sound like—loss of peace, exhaustion, avoidance, resentment, secrecy, anxiety, or something else?
5. What is one small, concrete correction you can make this week?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Set aside fifteen minutes for a “position check.” Divide a page into three columns: What is life-giving right now?

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

Embracing the Journey of Return



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. What do you most associate with home: safety, rest, belonging, acceptance, familiarity, peace, or something else?
2. Where have you been looking for home in achievement, relationships, money, image, control, or escape?
3. What ache or restlessness might be inviting you into a more honest return toward God?
4. What would humility look like in your current season—not self-punishment, but truthfulness?
5. Is there a practical part of your return that needs attention, such as a conversation, boundary, apology, support system, financial step, or healing practice?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Set aside ten minutes and complete these sentences: Home in God feels like _____.

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

Let the Journey Begin



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. What is your current harbor—the place of familiarity, comfort, or protection you may be outgrowing?
2. What has been your “Houston”—a season, place, or circumstance that became an honest mirror?
3. What did that season reveal about your strengths, needs, fears, or assumptions?
4. What armor are you still carrying that may have once protected you but now limits you?
5. Who are the honest and kind voices you need around you in this season?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Set a timer for fifteen minutes and write a short “departure statement.” Complete these sentences: The harbor I am grateful for is _____.

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

Walking in Divine Footprints



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. What noise most often keeps you from noticing God's presence: work, worry, comparison, social media, fear, overcommitment, or something else?
2. Where have you noticed a small but meaningful sign of care, provision, beauty, correction, or support recently?
3. What would five minutes of honest silence feel like for you right now?
4. What present moment have you been too distracted to fully inhabit?
5. What are three specific things you can be grateful for without minimizing what is difficult?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

For the next three days, take ten minutes at the end of the day to write three specific observations: One moment of provision: something concrete that helped you today

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

The Pathway of Forgiveness



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. What wound, offense, or disappointment are you still carrying most heavily?
2. What has that wound cost you emotionally, spiritually, relationally, or practically?
3. What false version of forgiveness have you been asked to accept—forgetting, excusing, reconciling too quickly, or dropping a needed boundary?
4. What boundary, support, or form of protection do you need in order to pursue forgiveness safely?
5. Is there a debt you keep hoping someone else will repay through an apology, understanding, or changed behavior?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Set a timer for fifteen minutes. Write an unsent letter beginning with: What happened mattered. It affected me by _____.

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

The Pathway of Gratitude



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. What absence or unmet longing has been taking up the most space in your attention lately?
2. What good thing in your life have you begun to treat as ordinary or invisible?
3. Where has comparison made it harder for you to recognize your own path, gifts, or progress?
4. What does gratitude mean to you when life is still incomplete?
5. What is one specific provision, person, moment, or ability you can thank God for today?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

For seven days, write three specific sentences each evening: Today, I received _____.

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

Gathering Pebbles of Wisdom



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. What is one lesson the road has taught you that you do not want to forget?
2. Which experience are you tempted to turn into a quick explanation before you have fully grieved or understood it?
3. What truth have you known intellectually but are still learning to practice?
4. What “pebble” from a past season could help you make a wiser choice in your present one?
5. How can you share what you have learned without assuming your path is everyone’s path?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Set aside ten to fifteen minutes and choose one “pebble” from a past season. Write it in this format:

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

Divine Dialogue



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. What does your current prayer life sound like: polished, rushed, honest, silent, angry, grateful, distant, or uncertain?
2. What part of your life have you been reluctant to bring honestly to God?
3. What are you hoping God will say about your current situation?
4. How can you test the guidance you sense through Scripture, wisdom, truth, and trusted community?
5. Where has God seemed silent, and what would an honest prayer about that silence sound like?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Set a timer for ten minutes. Divide the time into three parts. Three minutes: Write an unedited prayer. Do not improve the language.

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

At the Divine Crossroads



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. What crossroads are you facing right now: career, money, relationships, health, location, calling, healing, or a decision about what to release?
2. What outcome are you gripping most tightly?
3. What would surrender look like without becoming passive or irresponsible?
4. What information, support, counsel, or practical action do you need before deciding?
5. Where are you tempted to blame yourself for a difficult outcome that may be more complex than a simple right-or-wrong choice?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Choose one decision and create two columns. My responsibility

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

Reflections in Life's Mirror



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. Where do you tend to look through the window rather than into the mirror?
2. What pattern in your life keeps repeating, and what might be beneath it?
3. What “why” question have you been avoiding because the answer may be uncomfortable?
4. What is the difference between conviction that leads toward life and condemnation that keeps you hiding?
5. Where has comparison pulled you away from the particular gifts and calling God has given you?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Set aside fifteen minutes and choose one recurring pattern. Do not try to solve everything. Write:

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?

The Never-Ending Journey



BEFORE YOU WRITE

Name your current emotional weather in one sentence. What feels clear? What feels unfinished?

REFLECT

1. How has your definition of There changed while reading this book?
2. What is one modern “There” you still long for, and how can you hold that desire with honesty and open hands?
3. What has the road formed in you that you could not have learned through comfort alone?
4. Which practice from this book—silence, gratitude, discernment, forgiveness, self-examination, surrender, or community—do you most need to keep returning to?
5. What is one unfinished area of your life you can bring to God without pretending it is already resolved?

YOU DO NOT HAVE TO ANSWER EVERY QUESTION. Mark the two or three prompts you want to carry onto the response page.

Write What This Chapter Is Surfacing

Give yourself room here. Respond to one prompt, connect several ideas, name what you are feeling, or write what you do not want to forget.

ONE NEXT STEP

Write a one-page “road covenant” for the next thirty days. Keep it simple. Complete these statements:

PRAYER / RESPONSE

God, what are You inviting me to notice, release, receive, or practice here?
