

Honouring My Seasons

An elevated perimenopause: rhythms, rest and renewal for women who abide

TAMMY LODGE

Regulated Woman

✦

Honouring My Seasons

An elevated perimenopause: rhythms, rest and renewal for women who abide

Acknowledge your rhythms, rest and renew,
keep moving, and don't collapse

TAMMY LODGE

© 2026 Tammy Lodge. All rights reserved.
Scripture quotations are taken from the Holy Bible,

New Living Translation.
regulated-woman.com

Contents

Welcome 3

An Elevated Perimenopause 6

Listening With God 8

Acknowledging My Rhythms 10

Rest and Renewal 12

Action and Movement 15

Honouring My Changing Body 17

Prayers for This Season 19

Seeking Wise Counsel 22

My Weekly Rhythm Planner 23

A Closing Blessing 24

✦

Welcome

For everything there is a season, a time for every activity under heaven.
Ecclesiastes 3:1

As women, we were made with rhythms. Our bodies move through cycles and seasons, and perimenopause is one of the biggest seasons of change we will ever walk through.

The world tells us that perimenopause is a season of decline: of losing our energy, our looks, our confidence and our spark. A season to dread, endure and get through. Many women push on regardless, ignoring what their bodies and hearts are telling them, until one day they collapse.

We are not aligning with that story.

As daughters of God, we are going to have an elevated perimenopause. One that serves us, rather than depletes us. Not because we will never have a hard day, but because we abide in Him. And a branch that stays connected to the Vine keeps bearing fruit in every season.

This booklet is an invitation to walk through this season God's way. To acknowledge your rhythms. To give yourself rest and renewal, and also action and movement. To keep living fully, without pushing yourself until you fall.

You are not declining. You are not broken. You are being elevated. And God is with you in every season.

PLEASE NOTE

This booklet is for reflection, prayer and encouragement. It is not medical advice. We put God first, and we also use the wisdom He gives. If anything is worrying you or doesn't feel right, please speak to your GP.

HOW TO USE THIS BOOKLET

- Read a section at a time, and be gentle with yourself.
- Tick what is true for you and fill in the spaces.
- Pray the prayers and say the affirmations out loud.
- Use the weekly rhythm planner at the back to plan around your energy.

✦

An Elevated Perimenopause

Abiding in the Vine

Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.
John 15:4

Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit.
John 15:5

To abide means to remain, to stay connected, to make your home in Him. A branch doesn't strain to produce fruit. It simply stays connected to the vine, and the life flows through it. When we abide in Christ, His life, His peace and His strength flow through us, whatever season our body is in.

THE WORLD'S PERIMENOPAUSE OR AN ELEVATED PERIMENOPAUSE?

THE WORLD SAYS…	ABIDING IN GOD, I SAY…
This is the beginning of the end.	This is a new season of fruitfulness.
You'll lose your spark.	His light shines through me.
You'll lose your confidence.	My confidence is in Him, and it is growing.
You're past your best.	My best days are ahead of me.
Just push through and cope.	I rest, renew and move in His rhythm.
Your body is failing you.	My body is changing, and I honour it.
This season will drain you.	This season will serve me.
You're on your own.	He carries me through every season.

I DO NOT AGREE WITH THE WORLD'S STORY

I renounce every agreement I have made with the world's story of perimenopause.
I do not agree that this is a season of decline.
I do not agree that I must lose my energy, my joy, my beauty or my purpose.
I do not agree that I am past my best.
I choose to abide in Christ, and to let His life flow through me.
This season will serve me, not deplete me.
It will be better, because I abide.

✦

Listening With God

Taking what my body is saying to the Lord

We are not going to name, list or speak symptoms over ourselves. We don't take on the world's labels, and we don't claim what we don't want.

Instead, when something in our body feels unsettled, we take it to God. Our bodies often carry what our hearts haven't yet dealt with. Something unsettled can be an invitation to look a little deeper: at something old, buried or unaddressed, an emotion we pushed down, a hurt we never grieved, or a pace of life we were never made for.

So rather than asking "What's wrong with me?", we ask, "Lord, what are You showing me?"

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.
Psalm 139:23–24

A PRAYER FOR THE ROOT

Father God, You made my body, and You know it better than I do.
When something in me feels unsettled, I bring it to You first.

Show me what is underneath.
If there is something old, buried or unaddressed in me, bring it gently into the light.
If there is an emotion I have pushed down, help me to feel it and release it to You.
If there is a hurt I have never grieved, heal it.
If there is unforgiveness, fear or shame that I am still carrying, help me to

lay it down.
If I have been living at a pace You never asked of me, slow me down.

Address the root, Lord, not just what I can see or feel.
Bring balance, peace and wholeness to my body, my mind and my emotions.
I receive Your healing, and I trust You with every part of me.
In Jesus' name,
Amen.

LISTENING

Lord, what are You showing me through my body right now?

Is there anything old, buried or unaddressed You want me to bring to You?

What will I do with what He shows me?

✦

Acknowledging My Rhythms

Noticing how I ebb and flow

God built rhythm into creation: day and night, seedtime and harvest, work and Sabbath rest. You have rhythms too. Your energy rises and falls through the day, through the month and through the seasons of your life. In perimenopause, those rhythms can become less predictable, which makes noticing them even more important.

When you know your rhythms, you can plan around them instead of fighting them.

MY DAILY RHYTHM

I usually have the most energy:

My energy usually dips:

I feel calmest and clearest when:

I feel most drained after:

MY MONTHLY RHYTHM

If you still have periods, notice how you feel at different points in your cycle. Even if your cycle is now irregular, there may still be a pattern.

The days I tend to feel strongest:

The days I tend to need more rest:

WHAT MY BODY IS TELLING ME

Right now, my body is asking me for:

✦

Rest and Renewal

Choosing rest before rest chooses me

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."
Matthew 11:28

Rest is not laziness. It is obedience. God rested on the seventh day, not because He was tired, but to show us the rhythm we were made for. Jesus regularly withdrew to quiet places to pray, even when crowds were waiting.

REST OR COLLAPSE?

REST	COLLAPSE
Chosen	Forced on me
Planned in advance	Happens when I've gone past my limit
Restores me	Leaves me depleted for days
Comes with peace	Often comes with guilt and frustration
Keeps me going	Stops me in my tracks

WARNING SIGNS I'M HEADING FOR COLLAPSE

- ☐ I'm running on caffeine, sugar or adrenaline.
- ☐ I can't remember the last time I properly rested.
- ☐ I'm snapping at the people I love.
- ☐ I feel tearful, overwhelmed or numb.
- ☐ I'm getting ill more often.
- ☐ I keep saying yes when I mean no.

☐ I feel guilty when I stop.

MY REST MENU

Tick the kinds of rest that restore you, and choose one every day.

☐ A short nap or lying down for 20 minutes
☐ An early night
☐ Time alone in silence
☐ Prayer, worship or reading scripture
☐ A walk by the sea or in nature
☐ A warm bath
☐ Reading something that makes me smile
☐ Time off screens
☐ A cup of tea in the garden
☐ Saying no to something
☐ Asking for help

RENEWAL

That is why we never give up. Though our bodies are dying, our spirits are being renewed every day.
2 Corinthians 4:16

Renewal is more than rest. It's being filled back up in body, mind and spirit. Simple things can make a real difference in this season:

- **Sleep.** Keep a regular bedtime, a cool bedroom and a wind-down routine without screens.
- **Nourishment.** Eat regular meals with protein, plenty of vegetables, and calcium-rich foods for your bones. Drink plenty of water.
- **Notice what unsettles you.** Alcohol, caffeine, sugar and spicy food can unsettle sleep and how you feel. Notice what affects you.

- **Nature.** Get outside in daylight, especially in the morning.
- **Connection.** Spend time with women who understand. You are not alone in this.
- **Spirit.** Stay close to God. He renews you from the inside.

One way I will rest each day this week:

One way I will renew myself this week:

✦

Action and Movement

Keeping going without pushing too hard

She is energetic and strong, a hard worker.
Proverbs 31:17

Rest doesn't mean stopping altogether. Movement and purpose are part of what keeps us well. Moving your body can help with mood, sleep, energy, strength and bone health. And taking action on the things that matter to you keeps you from languishing.

The key is to match your action to your energy.

MATCHING MY ACTION TO MY ENERGY

ON A HIGH-ENERGY DAY I CAN…	ON A MEDIUM-ENERGY DAY I CAN…	ON A LOW-ENERGY DAY I CAN…
Do my most demanding work	Keep things ticking over	Do one small thing
Have a strength or longer workout	Go for a brisk walk	Gentle stretching or a short walk
Make calls and meet people	Answer emails and plan	Rest and recover
Start new projects	Carry on with what I've started	Be kind to myself

WAYS I CAN MOVE

- ☐ Walking, especially outdoors
- ☐ Strength training, which helps protect muscles and bones
- ☐ Swimming or sea swimming

- [ ] Yoga, Pilates or stretching
- [ ] Dancing in the kitchen
- [ ] Gardening

DON'T COLLAPSE

And yet, "Better to have one handful with quietness than two handfuls with hard work and chasing the wind."
Ecclesiastes 4:6

- **Pace yourself.** It's better to do a little every day than everything at once and then crash.
- **Leave margin.** Don't fill every hour of your diary.
- **Plan recovery.** After a big day, plan a lighter one.
- **Say no.** You don't have to do everything, for everyone.
- **Ask for help.** Delegate at home and at work.
- **Stop before you're empty,** not after.

Movement I will do this week:

One important action I will take this week, matched to my energy:

✦

Honouring My Changing Body

Grief, gift and a new season of wisdom

This season may bring moments of grief: for the energy you used to have, the fertility that is ending, or the woman you used to be. If that grief comes, it's OK to feel it and to bring it to God.

But we don't stay there. This is an elevated season. Many women find a new confidence, a clearer sense of who they are, less need to please others, and a deep wisdom that only comes with experience. You are not losing yourself. You are becoming more fully who God made you to be. This is not the end of your fruitfulness. It is a richer kind of fruit.

Even in old age they will still produce fruit; they will remain vital and green.
Psalm 92:14

I will be your God throughout your lifetime, until your hair is white with age. I made you, and I will care for you. I will carry you along and save you.
Isaiah 46:4

AFFIRMATIONS FOR THIS SEASON

My body is changing, and I honour it.
I am not broken. I am becoming.
I listen to my body with kindness.
I rest without guilt.
I move with joy.
I take action at my own pace.
I am allowed to say no.

I am allowed to ask for help.
My wisdom is a gift.
My best seasons are not behind me.
This season serves me. It does not deplete me.
I abide in Christ, and His life flows through me.
This season is better, because I abide.
God is carrying me through this.
I am still fruitful, vital and green.

What I am grieving in this season:

What I am grateful for in this season:

✦

Prayers for This Season

A PRAYER TO ABIDE

Lord Jesus, You are the Vine, and I am the branch.
I choose to remain in You through this season.

I lay down the world's story about perimenopause, and I take hold of Yours.
I refuse to live in dread of decline.
I make my home in You, and I let Your life flow through me.

When my body feels unpredictable, be my constant.
When I need strength, be my strength.
When I need clarity, be my clarity.
When my emotions rise, be my peace.

Let this season serve me and not deplete me.
Let it be better than the world says it will be, because I abide in You.
Let me bear much fruit, and let it last.
In Jesus' name,
Amen.

A PRAYER FOR MY CHANGING BODY

Father God, You made me, and You know every part of me.
You knit me together in my mother's womb, and You are with me now as my body changes.

Help me to be gentle with myself.
Help me to listen to my body instead of fighting it.

Give me wisdom about what my body needs.
Bring balance, peace and strength to every part of me.

Thank You that I am still Yours, still loved and still fruitful.
Carry me through this season, as You have promised.
In Jesus' name,
Amen.

A PRAYER FOR REST

Lord, I have pushed myself too hard.
I have kept going when my body was telling me to stop.

Teach me Your rhythm of work and rest.
Help me to rest before I collapse, and to rest without guilt.
Lead me beside quiet waters, and restore my soul.
Let my rest be a place where I meet You.
In Jesus' name,
Amen.

He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength.
Psalm 23:2–3

A PRAYER FOR SLEEP

Father, I bring You my nights.
Calm my mind and my body.
Give me deep, restful, restoring sleep.
And when I wake, help me to rest in You, instead of worrying.
In Jesus' name,
Amen.

A PRAYER FOR MY MIND AND EMOTIONS

Lord, I bring You my emotions.
Where something is stirring in me, show me what it is pointing to.
Calm the storm inside me.
Guard my heart and mind with Your peace.
Help me to be kind to myself and to the people around me.

And give me the courage to ask for help when I need it.
In Jesus' name,
Amen.

A PRAYER FOR STRENGTH AND PURPOSE

Father, I don't want to collapse, and I don't want to languish either.
Give me strength for the work You have given me.
Help me to move my body, use my gifts and take action, at a pace that honours this season.
Show me what to do, and what to let go of.
Let me keep bearing fruit for You.
In Jesus' name,
Amen.

✦

Seeking Wise Counsel

God first, and the wisdom He gives

Plans go wrong for lack of advice; many advisers bring success.
Proverbs 15:22

We bring everything to God first. And God also gives us wisdom through the people around us: trusted friends, our church family, and, when needed, our GP. Seeking wise counsel isn't a lack of faith. It's part of stewarding the body He gave us.

If anything is worrying you, or something doesn't feel right, please get it checked. Pray before you go, and ask God to guide the conversation.

BEFORE I SEEK COUNSEL

- ☐ I have prayed and asked God for wisdom.
- ☐ I have written down what I would like to talk about.
- ☐ I have asked God what He is showing me.

What I want to talk about:

What I sensed God saying afterwards:

✦

My Weekly Rhythm Planner

Planning around my energy

DAY	ENERGY H/M/L	REST	MOVEMENT	ONE ACTION	HOW I FELT
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

DAY	ENERGY H/M/L	REST	MOVEMENT	ONE ACTION	HOW I FELT
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

✦

A Closing Blessing

May you honour every season God has given you,
and abide in the Vine through every one.
May this season serve you and not deplete you.
May you rest before you are empty,
and move with joy when you are strong.
May you listen to your body with kindness,
and speak to yourself with love.
May you be gentle in the hard days,
and grateful in the good ones.
May you find wisdom in your changing,
and beauty in your becoming.
And may you know, deep in your bones,
that the One who made you will carry you,
through this season and every season to come.
Amen.

For everything there is a season.

My Notes and Prayers

Regulated Woman

Those who remain in me, and I in them,
will produce much fruit.
John 15:5

regulated-woman.com

become@regulated-woman.com