

**October 2025
Journal**

*Season
of
Transformation*

*To everything there is a
season, and a time to every
purpose under the heaven.*

Ecclesiastes 3:1



From the Pantry to The Promise





✧ *Introductory Note – Matters of the Heart Collection*

Dear Reader,

Each title I choose for this series is born out of prayer and what I may be experiencing in my life. I ask God, “*What would inspire someone today who needs Christ Jesus in their life?*” The answers He gives me become the themes of these devotionals.

In this season of my life, I often wrestle with my own identity and what it truly means to be secure in Christ. Writing these journals has become part of my journey of learning how to walk in that truth. As you read, reflect, and write in these pages, my hope is that you, too, will discover the depth of who you are in Him.

You are not alone—God’s Word reminds us that we are chosen, redeemed, loved, and created with purpose. My prayer is that this devotional helps you see yourself through His eyes and encourages you to live boldly in the identity He has given you.

With love and faith,

Carol A. White

🌐 <https://cwcafetoday.com>

Psalms 45:1 (NIV) *My heart is stirred by a noble theme as I recite my verses for the King; my tongue is the pen of a skillful writer.*

Matters of the Heart Collection
From the Pantry to the Promise – CW’s Café Today

I Am A Woman of Substance

October – Seasons of Transformation in Our Lives 2025 – Devotion Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
			1) <i>Jeremiah 29:11</i> – For I know the plans I have for you, declares the Lord...	2) <i>Romans 8:28</i> – In all things God works for the good of those who love Him...	3) <i>Psalms 37:7</i> Be still before the Lord and wait patiently for Him...	4) <i>Proverbs 19:21</i> – Many are the plans in a person's heart, but the Lord's purpose prevails.
5) <i>Ephesians 2:10</i> – We are God's handiwork, created in Christ Jesus to do good works...	6) <i>Isaiah 46:10</i> – My purpose will stand, and I will do all that I please.	7) <i>Psalms 138:8</i> – The Lord will fulfill his purpose for me...	8) <i>John 15:16</i> – You did not choose me, but I chose you and appointed you...	9) <i>2 Timothy 1:9</i> – He has saved us and called us to a holy life...	10) <i>Isaiah 55:11</i> – My Word will not return to me empty...	11) <i>Colossians 1:16</i> – All things have been created through him and for him.
12) <i>1 Peter 2:9</i> – You are a chosen people... that you may declare his praises.	13) <i>Romans 12:2</i> – Be transformed by the renewing of your mind...	14) <i>Galatians 1:15</i> – God set me apart from my mother's womb...	15) <i>Isaiah 64:8</i> – We are the clay, you are the potter...	16) <i>Psalms 57:2</i> – I cry out to God Most High, to God who fulfills his purpose for me.	17) <i>Exodus 9:16</i> – I have raised you up for this very purpose...	18) <i>1 Corinthians 12:18</i> – God has placed the parts in the body just as he wanted them to be.
19) <i>Matthew 5:16</i> – Let your light shine before others...	20) <i>Ephesians 1:11</i> – In him we were chosen... according to his purpose.	21) <i>1 Thessalonians 5:24</i> – The one who calls you is faithful, and he will do it.	22) <i>1 Corinthians 10:31</i> – Whatever you do, do it all for the glory of God.	23) <i>Psalms 33:11</i> – The plans of the Lord stand firm forever...	24) <i>2 Corinthians 5:17</i> – If anyone is in Christ, the new creation has come...	25) <i>Micah 6:8</i> – What does the Lord require of you? To act justly, love Mercy, walk humbly.
26) <i>John 17:4</i> – I have brought you glory by finishing the work you gave me to do.	27) <i>Hebrews 13:20-21</i> – May God equip you with everything good for doing his will.	28) <i>2 Peter 1:8</i> – For if you possess these qualities in increasing measure, they will keep you...	29) <i>Zechariah 4:6</i> – Not by might nor by power, but by my Spirit...	30) <i>Matthew 28:19-20</i> – Therefore, go and make disciples of all nations...	31) <i>Revelation 4:11</i> – You are worthy, our Lord and God... for you created all things.	

Seasons of Transformation In Our Lives – Fruitful Season, Trial Season, Waiting Season, and Restoration Season.

Season of Transformation

This month's journey of transformation is drawing strength, holding faith, abiding in Christ Jesus, surrendering, overcoming, and stepping into newness.



❀ *Acrostic Poem: SEASON* ❀

S – *Strength in the Lord*

"The Lord is my strength and my shield; my heart trusts in him, and he helps me." — *Psalms 28:7*

E – *Enduring Faith*

"For we live by faith, not by sight." — *2 Corinthians 5:7*

A – *Abiding in Christ*

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit." — *John 15:5*

S – *Surrender to God's Will*

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." — *Proverbs 3:5-6*

O – *Overcoming Through His Power*

"No, in all these things we are more than conquerors through him who loved us." — *Romans 8:37*

N – *Newness of Life*

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" — *2 Corinthians 5:17*

SEASONS OF GROWTH



FRUITFUL

He is like a tree planted
by streams of water
that yields its fruit in
its season.
John 15:5



TRIAL

Blessed is the man
who remains
steadfast under trial.
James 1:12



WAITING

But they who wait
for the Lord shall
renew their strength.
Isaiah 40:31



RESTORATION

After you have suffered
a little while, the God
of all grace will restore
1 Peter 5:10

Matters of the Heart

Seasons of Growth

God uses every season of life to teach, shape, and mature us in Christ. Some seasons are filled with joy and abundance, while others bring pruning, waiting, or trials. Each one carries a purpose—nothing is wasted in God's hands.

Fruitful Season

John 15:5 – 'I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.'

A season of blessing and abundance reminds us that all fruit comes from staying connected to Christ.

Trial Season

James 1:2-4 – 'Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.'

Trials refine our faith, building endurance and maturity in Christ.

Waiting Season

Isaiah 40:31 – 'But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.'

Waiting seasons train us to trust God's timing and strengthen our dependence on Him.

Restoration Season

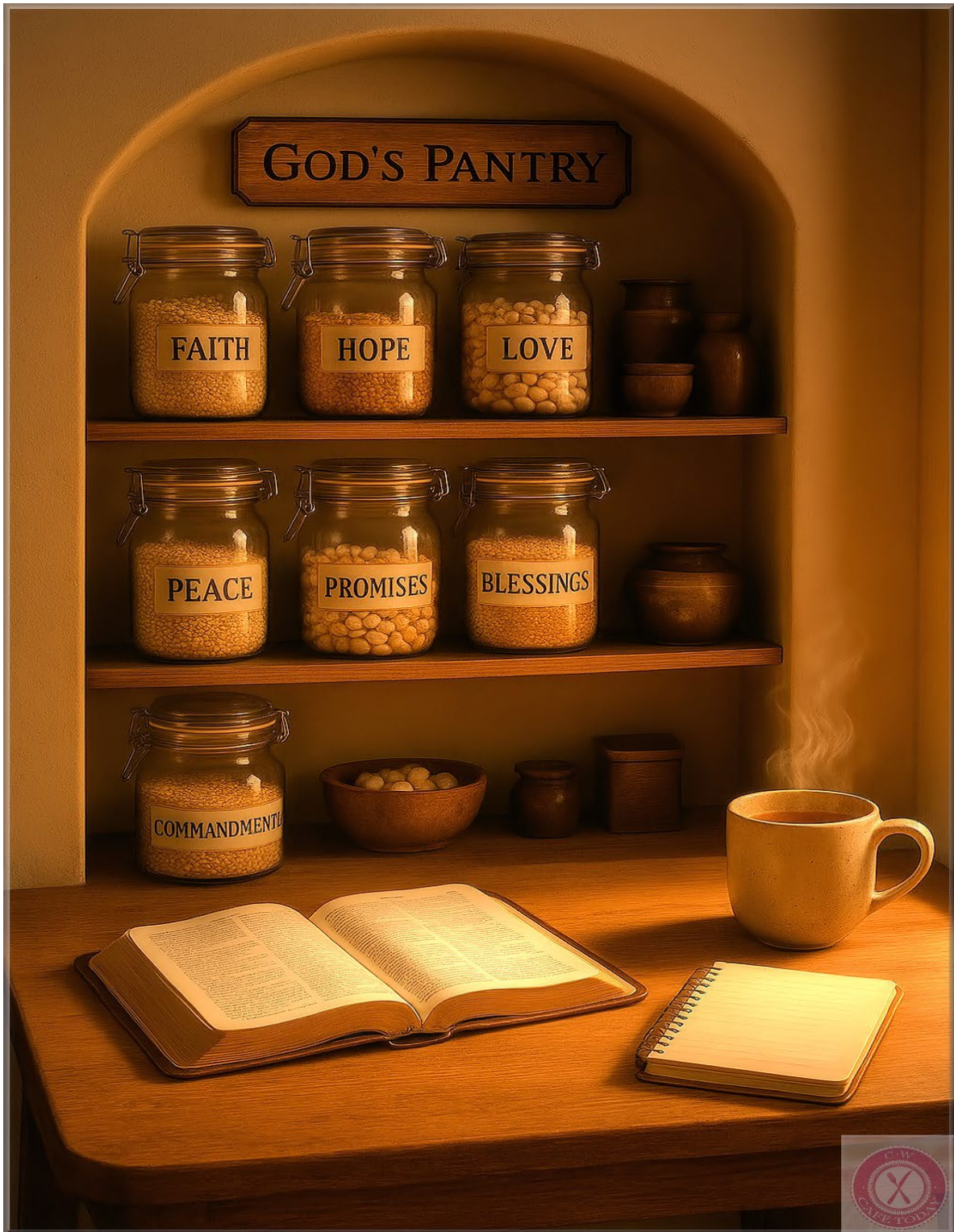
Ecclesiastes 3:1 – 'To everything there is a season, and a time to every purpose under the heaven.'

God restores and renews us, reminding us that no season lasts forever—His purpose always prevails.

Prayer

Lord, thank You for the seasons of my life. Help me embrace each one with faith, knowing that You are working for my good and Your glory. Teach me to bear fruit in abundance, to endure through trials, to wait with patience, and to rejoice in restoration. Amen.

GOD'S PANTRY





God's Pantry

Stock with Promises, Power, and Provision

Spiritual strength for believers is likened to a well-stocked pantry filled by God with essential elements such as His Word, commandments, promises, and blessings, which nourish the soul and provide enduring support. ✨ ✨

Just like a home cook leans on a well-stocked pantry to whip up nourishing meals, we as believers must lean on the spiritual pantry God has given us. His pantry never runs out—it's stocked with everything we need to nourish our souls and stand strong: 🍷 💖

- ✓ His Word is the main ingredient.
- ✓ His commandments are the recipe.
- ✓ His promises are the seasoning- Faith, Hope, Love, Peace, Promises
- ✓ His blessings are the sweet overflow.

The difference is that we don't stock this pantry ourselves—God fills it. Our part is to open it daily, use what's inside, and trust that what He has provided is more than enough.



Pantry Scriptures to Stock Your Spirit:

Deuteronomy 8:3

“Man does not live by bread alone, but man lives by every Word that proceeds from the mouth of the Lord.”

Matthew 6:11

“Give us this day our daily bread.”

Psalms 34:8

“Oh, taste and see that the Lord is good; Blessed is the man who trusts in Him!”

John 6:35

“I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.”

Isaiah 55:2

“Listen carefully to Me, and eat what is good, and let your soul delight itself in abundance.”

Matters of the Heart

Seasons of Transformation in Our Lives

October Introduction – Reflection

This month, we focus on '*Seasons of Transformation in Our Lives*.' Every season, whether *fruitful*, *trial*, *waiting*, or *restoration*, shapes us into who God has called us to be. His purpose unfolds step by step, and He uses each moment to form Christ in us.

October Introduction – Prayer

Lord, thank You that my life has purpose in You. In every season, help me to see Your hand at work. Teach me to yield, trust, and walk in the calling You have placed on my life. May I embrace Your purpose with joy and obedience. In Jesus' Name, Amen.

Special Notes:

- Scriptures are taken from (*NIV – New International Version*)
- You may use any version you would like to complete your journal.
- If the scripture ends in (...), this indicates only a portion of the scripture has been quoted. Please complete the scripture in your journal entry for that day by writing out the remainder of the passage in full. This ensures that your reflection includes the entire scripture and provides a more comprehensive basis for your journaling.
- This month, I added a “Supporting Scriptures” section and used a reference Bible to deepen my understanding of the main verse. You may also do the same.

Key Verse For October

John 15:1-5 (NIV) – The True Vine (Fruitful Season)

1 I am the true vine, and my Father is the gardener.

2 He cuts off every branch in me that bears not fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.

3 You are already clean because of the Word I have spoken to you.

4 Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

5 I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me, you can do nothing.



As I consider the image of the Vine and branches, I see how easily I can drift into self-reliance, striving to produce fruit through my own efforts. Yet, just as a branch cannot bear grapes unless it is joined to the Vine, I cannot hope to grow in love, patience, or kindness unless I remain anchored to Jesus. My faith is not about striving alone but about surrendering daily, allowing the life of Christ to flow through me.

Today, I ask myself the following:

1. Am I truly abiding in Christ, or am I clinging to my own plans and anxieties?
2. In what areas of my life have I tried to bear fruit on my own, forgetting my need for the true Vine?

My Prayer Today

I pray for a renewed awareness of my dependence on Christ. May I willingly rest in Him, trusting that He will nurture and sustain me. I long to bear fruit that reflects His character, love, joy, peace, and patience, knowing that such fruit only grows when I am intimately connected to Him. Lord, help me to abide in You today. Let Your life flow through me so that whatever I do, I do in Your strength and for Your glory. In Jesus ' name, I pray, Amen.



Day 1 – October 1, 2025

Scripture - Jeremiah 29:11 – For I know the plans I have for you, declares the Lord...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 2 – October 2, 2025

Romans 8:28 – And we know that all things God works for the good of those who love him...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 3 – October 3, 2025

Psalms 37:7 – Be still before the Lord and wait patiently for Him; do not fret when men succeed in their ways, when they carry out their wicked schemes.

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 4 – October 4, 2025

Proverbs 19:21 – Many are the plans in a person’s heart, but the Lord’s purpose prevails.

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 5 – Ephesians 2:10 – We are God’s handiwork, created in Christ Jesus to do good works...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 6 – Isaiah 40:31 – But those who hope in the Lord will renew their strength...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 7 – Psalms 27:14 – Wait for the Lord; be strong and take heart and wait for the Lord.

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 8 – John 15:16 – You did not choose me, but I chose you and appointed you...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 9 – 2 Timothy 1:9 (NIV) – Who has saved us and called us to a holy life...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 10 – Isaiah 55:11 – So is my Word that goes out of my mouth. It will not return to me empty...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 11 – Colossians 1:16 – For in Him were all things created in the heavens and upon the earth...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 12 – 1 Peter 2:9 – But you are a chosen people, a royal priesthood, a holy nation...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 13 – Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 14 – Deuteronomy 31:8 – The Lord himself goes before you and will be with you...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 15 – Isaiah 64:8 – Yet you, Lord, are our Father. We are the clay, you are the potter...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 16 – Psalms 57:2 – I cry out to God Most High, to God, who vindicates me.

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 17 – Exodus 9:16 – I have raised you up for this very purpose...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 18 – Psalms 51:12 – Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 19 – Matthew 5:16 – In the same way, let your light shine before others, that they may see your good deeds...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 20 – Ephesians 1:11 – In him we were also chosen, having been predestined according to the plan...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 21 – 1 Thessalonians 5:23-24 – (23) May God Himself, the God of peace... *(24)* The one who calls you is faithful...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 22 – 1 Corinthians 10:31 – So whether you eat or drink or whatever you do, do it all for the glory of God.

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 23 – Psalms 33:11 – But the plans of the Lord stand firm forever...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 24 – 2 Corinthians 5:17 – Therefore, if anyone is in Christ, the new creation has come...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 25 – Micah 6:8 – He has shown you, O mortal, what is good. And what does the Lord require of you?...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 26 – Psalms 71:19-20 – (19) Your righteousness, God reaches to the heavens... *(20)* Though you have made me see troubles, many and bitter, you will restore my life...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 27 – Hebrews 13:20–21 – (20) Now may the God of peace... *(21)* Equip you with everything good for doing His will...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 28 – 2 Peter 1:8 – For if these things are yours and abound, they make you to be not idle...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it *Fruitful, Trial, Waiting, or Restoration* for you?

Supporting Scriptures

Day 29 – Zechariah 4:6 – So he said to me, “This is the Word of the Lord to Zerubbabel: Not by might nor power, but by my Spirit...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 30 – Matthew 28:19–20 – Therefore, go and make disciples of all nations...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures

Day 31 – Revelation 4:11 – You are worthy, our Lord and God, to receive glory and honor and power, for you created all things...

Reflection – Write how this scripture speaks to you today.

Prayer – Season of Transformation – is it Fruitful, Trial, Waiting, or Restoration for you?

Supporting Scriptures



Who am I in Christ Jesus? This journal invites you to discover your true identity in Him, *chosen, redeemed, loved, and set apart* for His glory. Through daily *scriptures, affirmations, and guided reflections*, you will deepen your walk with Christ and embrace the truth of who He created you to be.

Three things you can do according to His Word are to:

- ✓ Ask
- ✓ Seek
- ✓ Knock

Matthew 7:7 (NIV) Ask and it will be given to you, seek and you will find, knock and the door will be opened to you.

About the Series:

This devotional is part of the *“Matters of the Heart”* collection, designed to encourage faith, reflection, and spiritual growth month by month.

Connect:

Carol A White

From the Pantry to the Promise – CW’s Café Today

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