



ROOM 2 – THE CATALYST: SEIZE THE MOMENT

Your Result: Act on the light you have.

It's time to come out of the shadow.

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Micro-Steps

01

Prayer Partner

- Who to Ask
- What to Request
- When to Do It
- How long:

02

Name and Schedule Your Next Faithful Action

- Identify Your Threshold
- Make it Specific
- Set a Deadline
- Schedule It
- Examples

03

Structure Your Day for Sustained Action

- Morning Block (2-3 hours)
- Afternoon Block (2-3 hours)
- Evening Block (1-2 hours)

01

Prayer Partner

Get Spiritual Backup Before You Move

Here's how to get prayer support:

Who to Ask:

A trusted friend, mentor, or family member who believes in your calling.

What to Request

“Would you pray over my next step as I move forward in [specific area]?”

When to Do It

Before taking action, not after you're already moving.

How Long

5-10-minute conversation + ongoing prayer coverage.

Sample Request

I'm sensing God leading me to [specific action]. Would you pray with me about this step and cover me as I move forward?”



Your Call to Action

Ready for deeper guidance in this Room? My book, *When Your World Ends: God's Creative Process for Rebuilding a Life*, guides you step by step through all seven Rooms, with Scripture, stories, and practical tools. If this PDF resonated with you, the book is your next companion for rebuilding.

02

Name & Schedule Your Next Faithful Action

This isn't about big moves—it's about faithful obedience to what God has made clear.

Identify your threshold: What's the smallest next step God is highlighting?

Make it specific: "Contact [person]," not "network more."

Set a deadline: When will you complete this action?

Schedule it: Add it to your calendar with a specific time slot.

Your Call to Action

Keep an eye on your inbox — I'll be sharing tools like the Rebuilding with Rhythm mini-course as they're ready.

03

Structure Your Day for Sustained Action

Catalysts need rhythms that support bold moves without burning out.

Morning Block (2-3 hours):

Deep work on your most important project.

Afternoon Block (2-3 hours):

Administrative tasks and people interactions.

Evening Block (1-2 hours):

Recovery, relationships, and renewal.



You'll know you're ready for Room 3 when:

- You're taking consistent action, but feel something blocking your flow.
- Certain triggers still send you spiraling despite your progress.
- You sense God wants you to heal before building further.

A Blessing for the One Standing at the Threshold

Before we close this first journey together, I want to speak a blessing over you—right where you are:

May you trust the flicker, even when it's faint.

May you know that the first flickers you're seeing aren't accidents, distractions, or wishful thinking. They're revelation—evidence that the God who hovered over your darkness has begun to speak light into places that once felt silent, awakening what grief, exhaustion, or fear tried to bury. If He is showing you more, it's because He trusts you enough to walk with you through it.

May you remember that hesitation is not disobedience—it's your soul catching up to the light. You cannot miss what God has ordained. God's light will wait for you.

May you feel the steady hand of the One who opens doors no one can shut, who isn't impatient with your hesitation, and who isn't shocked by how long you stand in the doorway before you step.

May you be free from the lie that you must have the whole blueprint before you take the first step. May you embrace the truth that in God's Creative Process, light comes before full detail. Day One doesn't show you Day Seven. It just shows you enough to move. One flicker is enough.

May God give you eyes to see what He's highlighting and the wisdom to leave the rest in shadow for now. Not everything needs your attention today. Clarity comes in pieces, and that's not a flaw—it's mercy.

May you find the courage to seize the moment when it comes—not perfectly, not with all the answers, but with your whole, trembling, faithful "yes."

Continued...

May your nervous system begin to trust that this new thing is safe—that hope doesn't have to mean devastation, that open doors don't always lead to pain. May your nervous system be blessed with enough peace to say yes to one small God-lit thing: one call, one email, one appointment, one truth told to someone safe.

May you see that Room 2 isn't about hustling to make something happen; it's about responding when God speaks. It's about agreeing with His "Let there be..." over this new day in your life.

And may this truth take root deep beneath your doubts: You're not stepping into this moment alone. The same Spirit who hovered in Room 1 now walks beside you into Room 2.

May you move forward not from panic, but from Presence—trusting that every tiny yes you offer in this room is part of a much larger story God is writing with your life.

May you remember: The light doesn't come to overwhelm you. It comes to show you the next step—just the next one.

The same God who spoke light into existence is speaking light into your life right now.

He's not asking you to create the light. He's asking you to see it. To name it. To step toward it.

You're not guessing in the dark anymore. You're following the flicker.

And the One who lit it is walking ahead of you, beside you, and within you.

Continued...

So take the step.

Say the yes.

Seize the moment.

The light is here—and so is He.

And when the light reveals more than you expected—when the yes you offered opens into territory that requires rest, boundaries, and a clearing of the clutter—know that Room 3 is waiting. The same God who spoke light is preparing space for you to breathe.

In the name of the Father, who illuminates your path; the Son, who is the Light; and the Spirit, who equips you as you go—

Amen.