

Wake Up Pray Up Boss Up® Podcast

Episode 29: What If the Chaos Is Part of the Calling?

Chaos doesn't always mean you're off track—sometimes it's the very soil where God is growing your strength, faith, and purpose.

Click 1 – Wake Up: Stop Fighting the Flow

“We can make our plans, but the Lord determines our steps.” – Proverbs 16:9

Life rarely goes according to our calendar. But when we let go of control and trust God's movement, even the chaos becomes meaningful.

Reflection Prompt:

Where are you resisting what God is trying to do in your life right now?

Challenge:

Pause. Breathe. Surrender that area. Let go of control and trust God's flow.

Click 2 – Pray Up: Your Peace Is in the Practice

*“I can do all things through Christ who strengthens me.” –
Philippians 4:13*

Peace isn't something that waits for the storm to pass—it's something you carry with you in the storm.

Use the 10-5-5 Formula to stay anchored:

- 10 things you're grateful for
- 5 things you're letting go and giving to God
- 5 people or needs you're praying for

Challenge:

Use the 10-5-5 formula today. Let it center you in God's peace, even in the middle of the mess.

Click 3 – Boss Up: Take Care of God's Gift—Your Body

“Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” – Romans 12:1

You can't fulfill your purpose if your health is constantly running on empty. Taking care of yourself isn't vanity—it's obedience.

Reflection Prompt:

What's one small act of self-care you've been putting off?

💬 **Challenge:**

Choose one thing today—whether it's movement, rest, or nourishment—and do it as an act of worship, not guilt.

Final Reflection:

This season may feel wild, but what if the chaos is part of your calling?

You are not being buried—you're being planted.
What is God growing in you through this season?

☀️ Need support as you surrender to the flow and rise through the chaos? The *Wake Up Pray Up Boss Up® Coaching Membership* is opening soon!

👉 Join the waitlist at margiruiz.com/waitlist and connect with a faith-filled sisterhood ready to walk with you through every season.

God bless, Margi 💙

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