

Wake Up Pray Up Boss Up® Podcast

Episode 31: In the Mess and the Middle – Finding Purpose When Life Feels Like Too Much

Even in the chaos, God is at work. Don't wait for life to be perfect, choose to show up, grow, and trust Him in the middle of the mess.

Click 1 – Wake Up: Don't Miss the Moment

"There is a time for everything, and a season for every activity under the heavens." – Ecclesiastes 3:1

Life rarely waits for things to calm down before moving forward. God is working right now, even in your disorganized, exhausting, in-between season.

Reflection Prompt:

What might God be teaching you right here, right now, in the middle of your mess?

Challenge:

Practice presence this week. Slow down for five minutes each day to notice what God is doing in this season.

Click 2 – Pray Up: Let Go of the Pressure

“You can’t fill your life with peace if your soul is cluttered with fear and control.” – Margi Ruiz

You don’t have to carry everything alone or have it all figured out. Take the pressure off and hand it to God.

◆ Use the 10-5-5 Formula:

- 10 things you’re grateful for
- 5 things you’re surrendering
- 5 prayer requests



Challenge:

Repeat this phrase whenever the pressure creeps back in: *“I release the need to control what God is already handling.”*

Click 3: Boss Up: Move in the Middle

You don’t need a perfect environment to live out God’s purpose. It will be messy. It will feel uncertain. But do it anyway, obedience can grow even in chaos.



Reflection Prompt:

What is one small step you can take this week toward your purpose, even if life still feels overwhelming?

Challenge:

Show up imperfectly. Take the next right step, even with laundry piles and to-do lists still unfinished.

Reflection

You're not behind.

You're not too late.

You are in the middle of becoming everything God created you to be.

What new purpose might God be preparing you for right now?

☀️ Want support as you keep showing up, even in the mess? The *Wake Up Pray Up Boss Up® Coaching Membership* is opening soon!

👉 Join the waitlist at margiruiiz.com/waitlist and nd connect with women who will walk alongside you in every season.

God bless, Margi 💙

