

LUNAR GRACE

# A Journey Through Moon Phases & Faith



*Embracing God's Light in Every Phase of  
the Moon*

BY KARIE REYES



# Introduction: A Journey of Faith Beneath the Stars

**Hi, I'm Karie—astrologer, spiritual yogini, painter, graphic artist, and devoted Catholic.**

I was born into a family where faith was the foundation of everything—where prayer was as natural as breathing and the stories of Scripture formed the rhythm of daily life. I grew up cradled in the comforting arms of the Church, learning to trust in God's grace and to see the sacred in the everyday.

As I journeyed deeper into adulthood and my creative soul blossomed, I found myself drawn to the heavens—not just in praise, but in wonder. The moon, the stars, the celestial dance above—it all stirred something ancient and knowing within me. I began to study astrology, not as a system of fate, but as a sacred language written across the sky. I didn't see conflict with my faith; I saw completion.

To me, the night sky is one of God's most exquisite works of art—painted with purpose and precision. I saw in the constellations a celestial map, echoing the beauty of God's divine order. The planets moved like prayer beads through time, whispering messages of growth, reflection, renewal, and grace. I began to see each moon phase as a holy rhythm, guiding us through cycles of darkness and light, much like our own spiritual walk with God.

Yoga, too, became a sacred practice—a way to return home to myself, to the breath God gave me, and to the stillness where His voice is clearest. And art? Art has always been my way of praying with color.

Combining these threads—faith, astrology, yoga, art—I began to weave a new way of seeing and serving. Through astrology, I offer spiritual insight. Through yoga, I create sacred space. Through design, I bring beauty to soul-led missions. Through it all, I root myself in Christ, the Light of the World, who illuminates even the darkest sky.

This e-book is an offering of love—an invitation to walk with me through the lunar cycles while staying deeply anchored in divine truth. My hope is that as we move together through each moon phase, you'll find your own rhythm of renewal. You'll feel the presence of God not only in Scripture but also in the stars, in your breath, in the sacred quiet of your heart.

I am so grateful and excited to be on this path with you. May this year be a dance of devotion, a cosmic prayer, and a sacred homecoming.

**With love and light,**  
*Karie*

# The Purpose of This Journey: Moonlight & the Master

---

The moon has long been a symbol of mystery, rhythm, and reflection. Its phases pull at the tides and stir our emotions, guiding us inward to listen, to shed, to begin again. In the quiet glow of the moon, many of us feel something ancient awaken—something sacred.

But this moon, this celestial companion of Earth, did not place itself in the sky. It was lovingly spoken into being by the same Creator who formed you and me. Each of its phases, each shimmer of moonlight, is a brushstroke from the hand of God—the Master Artist, the Divine Architect, whose canvas stretches across the cosmos.

***“You have made the moon to mark the seasons;  
the sun knows its time for setting.” —Psalm 104:19***

In this e-book, we are not just learning about lunar cycles. We are entering a sacred rhythm, one that mirrors the seasons of our soul and reflects the deep truth of God’s order in all things.

## **You’ll discover:**

- How each moon phase offers spiritual invitations—times to plant, to grow, to release, and to rest.
- How these cycles echo biblical themes of renewal, surrender, and divine timing.
- How to listen for God’s voice not only in Scripture but in the subtle, sacred patterns of creation.

God’s fingerprints are everywhere: in the petals of a blooming flower, in the changing tides, and yes—even in the waxing and waning of the moon. These are not random. They are rhythmic reminders of God’s faithfulness.

***“When I look at your heavens, the work of Your fingers,  
the moon and the stars, which you have established,  
what is man that you are mindful of him?” —Psalm 8:3-4***

This journey is for the seeker who is both spiritual and rooted in faith. It’s for those who look up at the night sky and wonder, “Is there something more?” And for those who believe the answer is not just in the stars, but in the One who made them.

## **My hope is that through this exploration, you will:**

- Deepen your awe of creation.
- Reconnect with your own cycles of growth and rest.
- And most importantly, draw nearer to God—the Artist who lights the moon and also lights your path.

Let this be a sacred unfolding. Let it be a return to wonder. Let it remind you that the One who set the stars in motion has never stopped guiding you.



# Contents

---

## The Phases of the Moon

A Walk with God through the Lunar Cycles

05

## Reflection and Prayer

Affirmations for Each Moon Phase

23

## Practical Application

Living in Harmony with the Moon and God's Design

29

## A Closing Word

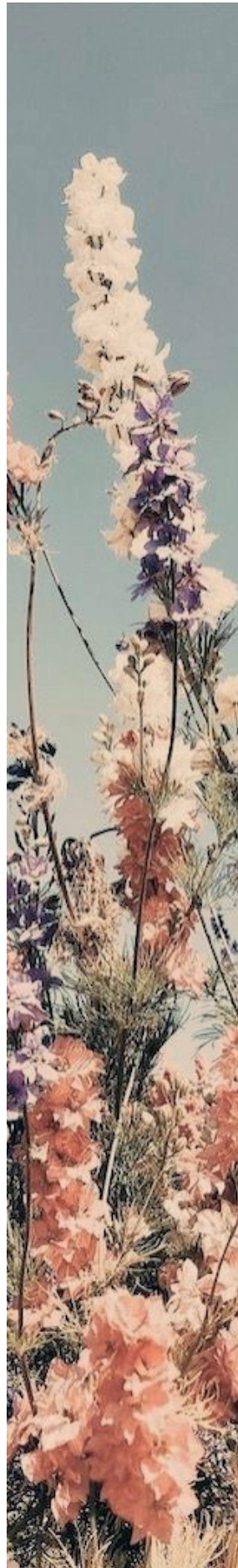
A Heartfelt Sendoff to Inspire and Encourage Your Continued Faith Journey

40

## Conclusion

Living in Rhythm, Living in Faith

41





# The Phases of the Moon

---



# 01

---

## The New Moon: Holy Beginnings in Sacred Darkness

In the hush of the New Moon, the sky is quiet. There is no glowing orb overhead, no silvery path lighting the night. Just darkness. Stillness. Space. And yet—this is where life begins.

The New Moon is a symbol of holy beginnings. Though unseen, the moon is present, drawing inward, gathering its strength. This phase invites us to do the same. It is a time for planting seeds—not just in soil, but in the soul.

Spiritually, the New Moon reminds us of the hidden work God does in the quiet. Just as a seed germinates in the dark earth before it breaks into bloom, so too are we formed and renewed in the unseen, sacred spaces.

***“Behold, I am doing a new thing;  
now it springs forth, do you not perceive it?  
I will make a way in the wilderness and rivers in the desert.”  
—Isaiah 43:19***



During this phase, we are called to pause and listen—to turn inward and ask: What is stirring in my heart? What am I being called to begin? What dream is God planting in me now, in this quiet place?

The New Moon is the womb of the heavens. It is a divine reset, a chance to surrender the past and step into God's renewing grace. It is not about striving, but about allowing—allowing the Holy Spirit to breathe new life into our vision and renew our faith.

### 🌱 New Moon Reflection:

- What am I being invited to start—spiritually, creatively, emotionally?
- What do I need to release in order to create space for this new beginning?
- Where can I trust God more deeply in the unknown?

### 🙏 New Moon Prayer:

#### **Creator of Light and Life,**

In this quiet darkness, I come to You.

I surrender what has been and open my heart to what is yet to come.

Plant in me the seeds of Your will—

seeds of hope, healing, purpose, and peace.

Though I may not yet see the way forward,

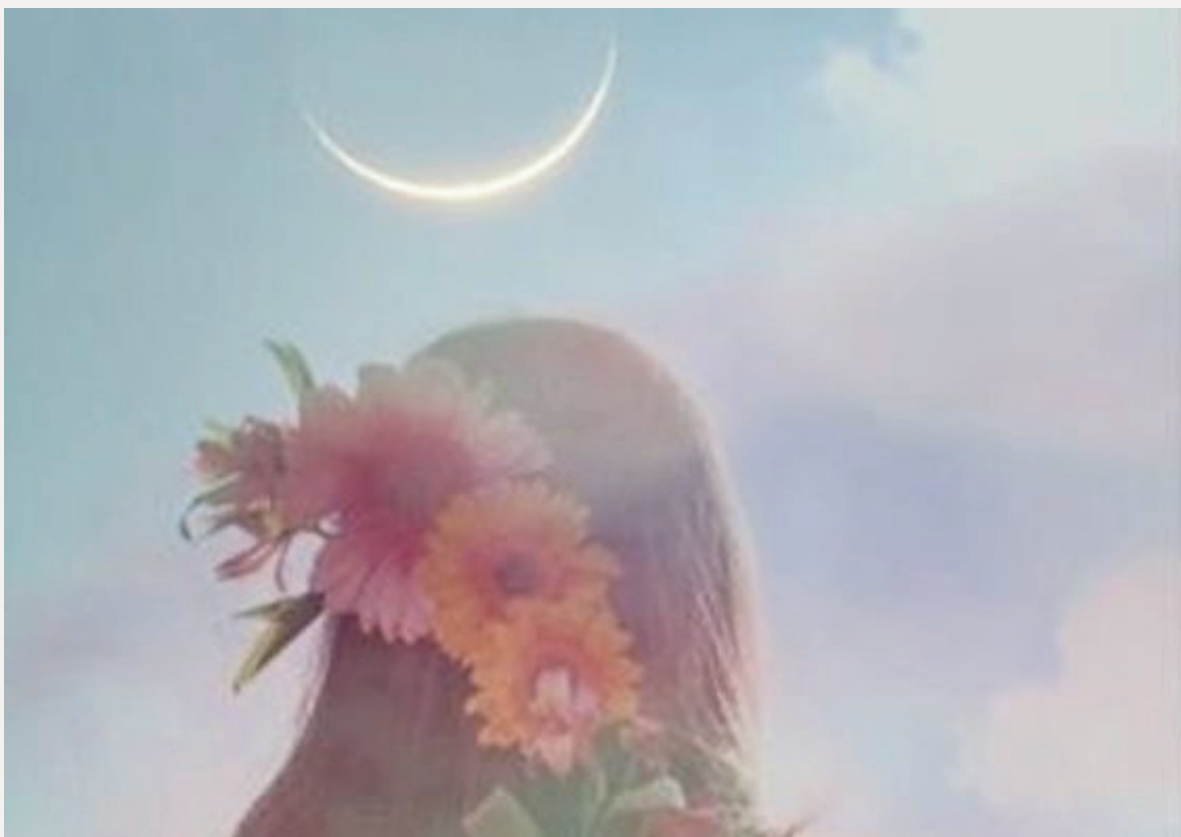
I trust that You are making a way in the wilderness of my soul.

Help me rest in this sacred stillness,

knowing that You are already at work within me.

Let this New Moon be the beginning of something holy.

**Amen.**



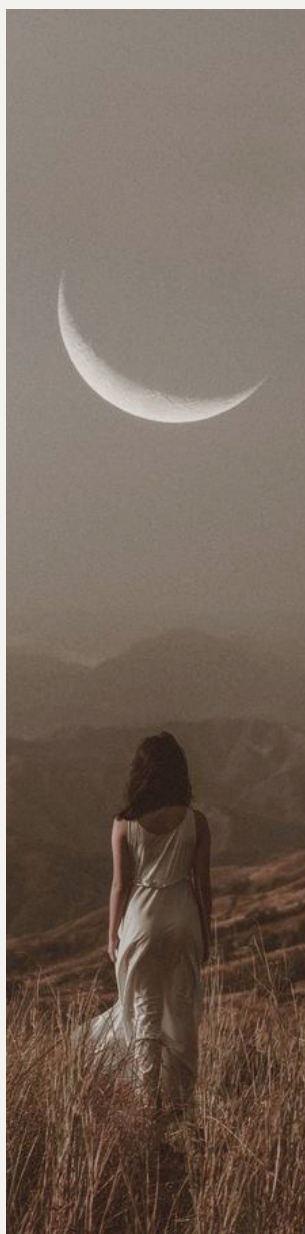


# 02

---

## Waxing Crescent: Embracing New Beginnings with Faith

*“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.” —Jeremiah 29:11*



In the slender glow of the Waxing Crescent, a delicate curve of light begins to emerge against the backdrop of the night. This luminous sliver is a quiet promise—a symbol that even after darkness, hope shines bright and new beginnings are on the horizon.

The Waxing Crescent is a time of gentle awakening. It is as if God is softly whispering, "Look closely, for something new is stirring." It reminds us that growth can be subtle, that the smallest spark can herald a radiant journey forward. As the moon's light grows, so does our understanding of the divine work at play in our lives.

During this phase, we are invited to nurture the dreams and intentions planted during the New Moon. It is a time to gather courage, to dare to step forward with faith, and to trust in the divine process of creation. Much like the crescent that expands its light each night, our faith is called to grow—even if gradually, even if in small, shining increments.



### **Waxing Crescent Reflection:**

- What new seed of purpose or dream has recently taken root in my heart?
- How can I nurture this budding hope with prayer, dedication, and a willingness to step forward?
- In what ways can I actively trust God's plan even when the full picture is not yet clear?

### **Waxing Crescent Prayer:**

#### **Heavenly Creator,**

In this gentle emergence of light, I see the promise of a new beginning.

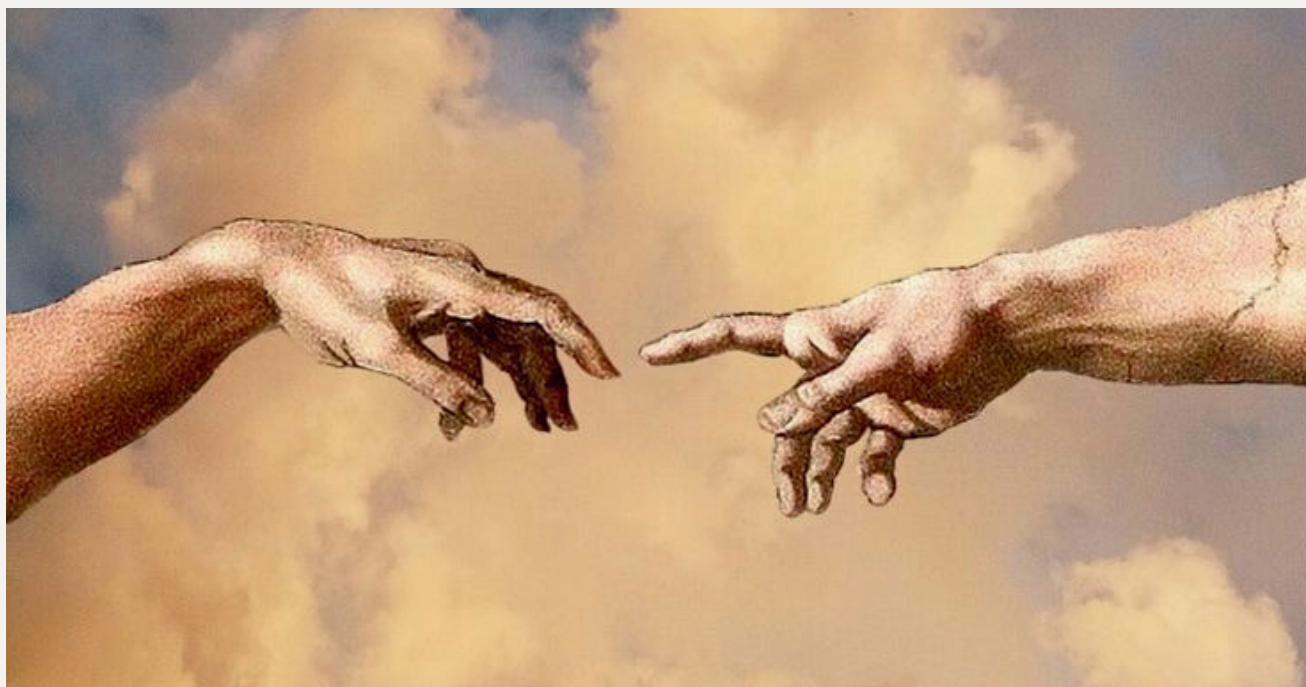
Bless my heart with courage as I embrace the whispers of hope that stir within me.

Like the Waxing Crescent, help my faith grow steadily and illuminate the path ahead.

May I nurture the seeds of divine purpose, trusting in Your boundless love and wisdom.

Guide me in each deliberate step towards the fullness of Your grace.

**Amen.**



# 03

## First Quarter: Overcoming Challenges and Trusting in God

---

“

*“But he said to me, ‘My grace is sufficient for you,  
for my power is made perfect in weakness.’  
I will all the more gladly boast of my weaknesses,  
that the power of Christ may rest upon me.”*

—2 Corinthians 12:9





The First Quarter Moon stands boldly in the sky, half in light and half in shadow. It is the moon of tension, of choice, of sacred challenge. What began as a quiet seed under the New Moon now meets the test of reality—and with it, the invitation to grow stronger, to lean in, and to trust.

This is the moment where obstacles may appear—not to stop us, but to shape us.

Like a tree stretching through rocky soil or waves crashing against the shore, growth often comes through pressure. The First Quarter reminds us that challenges are not signs to turn back but calls to press on in faith. God doesn't abandon us in the trial; He meets us there with strength beyond our own.

Spiritually, this phase is where we choose: will we waver, or will we anchor deeper in God? The light is growing, but the full picture is still unfolding. It takes courage to continue walking forward without all the answers, knowing the One who guides us sees the path clearly.

### 🌿 First Quarter Reflection:

- What resistance am I currently facing in my journey?
- How is God inviting me to grow stronger through this challenge?
- In what area of my life can I choose faith over fear today?

### 🙏 First Quarter Prayer:

**Faithful Father,**

When I encounter trials, give me the courage to keep moving forward.

When doubt rises like waves, anchor me in Your unwavering truth.

Remind me that Your strength is perfected in my weakness,  
and that no obstacle is greater than Your power within me.

Let this moment of tension become a testimony of trust.

May I rise with the moon, casting light into the shadows,  
one brave step at a time.

**Amen.**

# 04

---

## Waxing Gibbous: Preparing for Abundance and Gratitude

The Waxing Gibbous moon swells in the sky, nearly full, radiating with promise. This is a phase of anticipation, refinement, and preparation. The seed has sprouted. The dream is taking shape. Yet before the fullness, we pause—not in impatience, but in reverence.

It is here we practice active gratitude, trusting that the harvest is near.

The Waxing Gibbous reminds us to remain faithful in the waiting. To polish our intentions. To release any last doubts. To get our hearts ready to receive—not with grasping hands, but with open palms.

***“Now to him who by the power at work within us  
is able to do far more abundantly than all that we ask or think.***

***—Ephesians 3:20***





In this phase, God invites us to prepare not only externally, but within. Are we ready to carry the blessings He has in store? Can we give thanks not only for what we've seen, but for what is still forming in the unseen?

Gratitude expands our capacity for abundance. It shifts our focus from lack to provision, from striving to surrender. It prepares the soil of our soul to be rich with faith.

### 🌱 Waxing Gibbous Reflection:

- What blessings are already beginning to bloom in my life?
- Where can I replace worry with worship?
- How can I prepare my heart, home, and habits to welcome God's abundance?

### 🙏 Waxing Gibbous Prayer:

**Generous and Loving God,**

I feel the nearness of Your promise rising like the moon.

Help me to pause in this sacred in-between

—to prepare with joy, to wait with wonder,

to trust in the abundance You are preparing.

Let my heart be a vessel of gratitude,

overflowing with praise for all You have done

and all You are yet to do.

I release the need to control the outcome,

and instead, open my arms to Your divine timing.

Fill me with expectation rooted in faith.

Prepare me to receive with grace.

**Amen.**





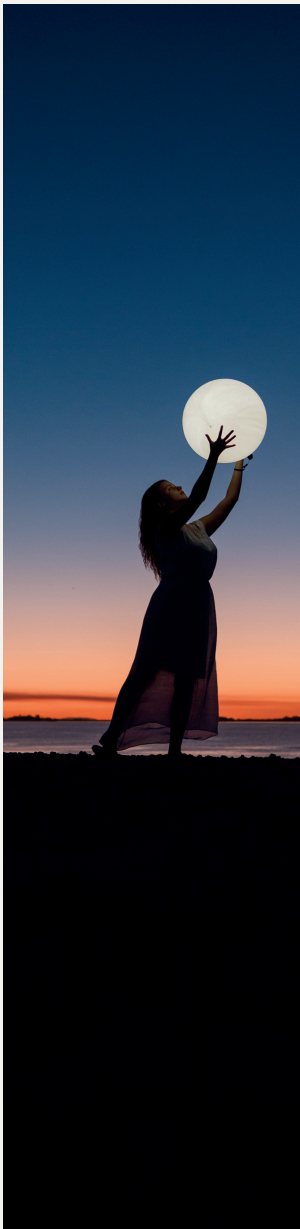
# 05

---

## Full Moon: Celebrating God's Blessings and Reflection

*"Every good endowment and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change."*

*—James 1:17*



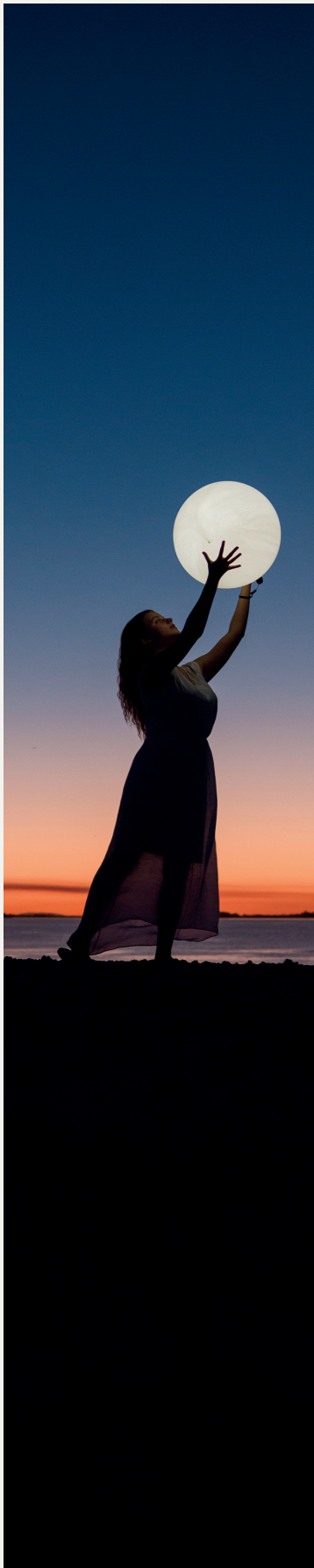
The Full Moon rises like a divine lantern in the heavens—whole, holy, luminous. It casts its silver glow over the earth, illuminating all that has come to fruition. This is a sacred moment of culmination, when what was once planted in darkness now blooms in the fullness of light.

The Full Moon invites us to **celebrate**. To **honor the work** of our hands and hearts. To **worship God** for His faithfulness, His provision, and the ways He has carried us—often unseen—through each phase.

**This is a time to pause and reflect:** What prayers have been answered? What lessons have unfolded? What blessings can you name, not just in outcomes, but in the *becoming*?

The Full Moon shines light even into the hidden corners, revealing both the glory and the growth. It is a mirror—a sacred moment to behold both what is, and what is still being refined by grace.

It also calls us to *release*—to let go of what no longer serves us, to shed what blocks the next cycle of renewal, and to trust that we are always held in God's eternal rhythm



### 🌿 Full Moon Reflection:

- What blessings have I received in this past cycle?
- Where have I seen God's hand guiding, providing, transforming?
- What am I ready to release in gratitude and trust?

### 🙏 Full Moon Prayer:

#### **Radiant God of Light and Life,**

I stand beneath the fullness of this moon with a heart overflowing in praise.

Thank You for the journey, for the blessings both seen and unseen.

Thank You for the strength, the grace, the quiet miracles.

Shine Your light on the places I still need healing.

Illuminate the lessons I am meant to carry forward.

As I celebrate Your faithfulness, help me release what no longer serves this next chapter.

May I rest in the joy of this moment, knowing that You are the Source of every good and perfect gift.

**Amen.**



# 06

## Waning Gibbous: Sharing Blessings and Acts of Kindness

---

“

*“You will be enriched in every way for great generosity,  
which through us will produce thanksgiving to God.”*

*—2 Corinthians 9:11*





After the brilliance of the Full Moon, the Waning Gibbous gently begins to wane—not with loss, but with purpose. The light slowly lessens, not as a fading, but as a pouring out. It is the phase of **generosity**, of **reflection turned outward**, of love made visible in action.

**This is the season of the soul that asks:** *How can I serve? How can I give? How can I be the hands and heart of God to someone else?*

The Waning Gibbous teaches us that the blessings we've received are not meant to be hoarded, but shared. We become vessels of God's love, spilling light into the world around us. This is where gratitude transforms into compassion. Where the harvest is scattered, so new seeds of grace may grow.

Even small acts—an encouraging word, a prayer for a friend, a gesture of kindness—become sacred offerings when done in love.



### 🌿 Waning Gibbous Reflection:

- How can I share the blessings I've recently received?
- Who in my life could use a touch of God's love through me?
- What act of kindness can I offer today as a prayer in motion?

### 🙏 Waning Gibbous Prayer:

#### **Giver of Every Good Gift,**

Thank You for the abundance You've poured into my life.

Now, help me become a vessel of Your mercy and kindness.

Let my blessings overflow into acts of compassion,  
into gentle words, into sacred service.

Use my hands to heal. Use my voice to comfort.

Use my life to reflect Your radiant love.

May I give not from obligation, but from overflow—  
from joy, from gratitude, from the fullness of You.

**Amen.**

# 07

---

## Last Quarter: Letting Go and Forgiving

The Last Quarter Moon rises like a divine sigh—half in light, half in shadow—marking the waning of the lunar cycle. It is not an ending, but a sacred clearing. A time to prune what has overgrown, to tend the garden of the heart, and to make space once more for peace.

This is the moon of *letting go*—of burdens, grudges, old wounds, and unmet expectations. It is a time to turn inward with honesty and mercy, asking: What am I holding that God is inviting me to lay down?

Forgiveness is the heartbeat of this phase. And not just for others, but for ourselves.

***“Be kind to one another, tenderhearted,  
forgiving one another, as God in Christ forgave you.”  
—Ephesians 4:32***





We are reminded here that God's mercy is endless. He forgives us not once, but always. He asks us to do the same—not because it's easy, but because it's freeing. Forgiveness is not a feeling; it's a choice to return to love.

The Last Quarter Moon teaches us that in surrender, there is strength. In forgiveness, there is freedom. In letting go, there is space for God to move anew.

### 🌿 Last Quarter Reflection:

- What emotions or attachments am I being called to release?
- Is there someone I need to forgive—or ask forgiveness from?
- Where in my heart have I been carrying weight I no longer need?

### 🙏 Last Quarter Prayer:

**Merciful Father,**

In this time of release, I come to You with open hands.

I let go of what no longer serves my spirit.

I surrender bitterness, resentment, fear, and regret.

Teach me to forgive as You forgive—freely, fully, without condition.

Heal the places within me that still ache.

Help me release myself from the chains of the past.

Restore in me the peace that comes from grace.

May this sacred clearing make space for new life to bloom again.

**Amen.**





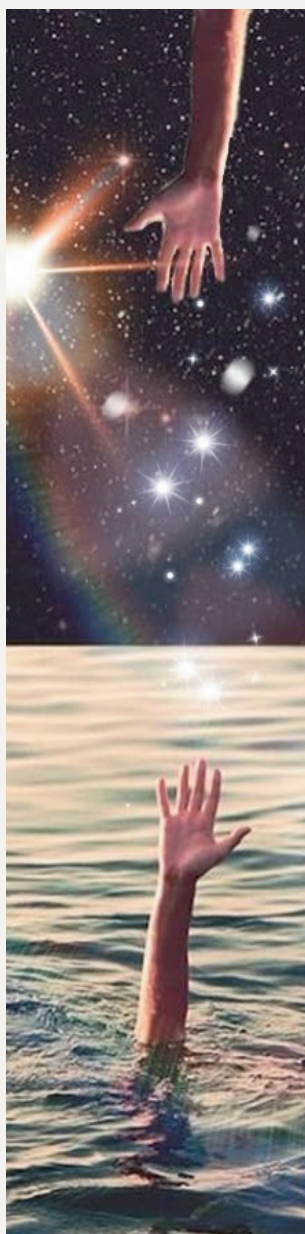
# 08

---

## Waning Crescent: Reflection and Spiritual Renewal

*“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.”*

*—Matthew 11:28–29*



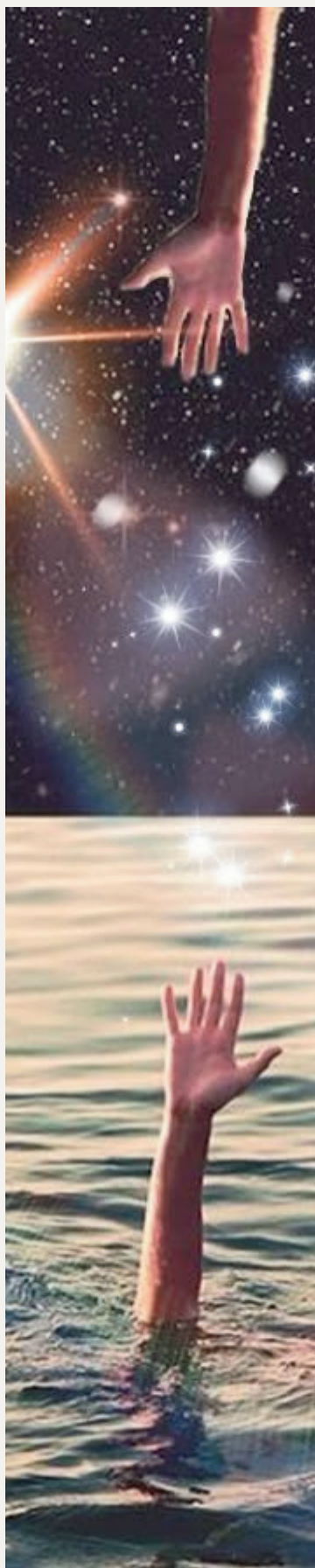
As the moon fades into darkness, the Waning Crescent invites us to rest, reflect, and return to our spiritual center. It is a sacred pause before the cycle begins anew—a womb of silence, a quiet sanctuary of the soul.

This is a time for *introspection*, for communing with God in the stillness. The outward journey has been walked; now the spirit turns inward to integrate, to replenish, to remember what truly matters.

There is nothing to prove here. No striving. No performing. Just being—with God, within grace.

In the shadow of this moon, we return to the heart of it all: divine presence. We gather the wisdom of the past cycle, honor the growth, and release into restoration. God is not only in our doing—but in our undoing, in our softening, in our surrender.

This phase is a holy invitation to be made new.



### 🌿 Waning Crescent Reflection:

- What lessons have I gathered through this moon cycle?
- What does my soul need to feel nourished and renewed?
- How can I make space for deeper intimacy with God in this season of stillness?

### 🙏 Waning Crescent Prayer:

#### **Loving Creator,**

In this quiet phase, I return to You.

I lay down all that has been and all that I've carried.

I open myself to Your presence in the silence, in the softness. Thank You for the journey—the light and the lessons.

Now, breathe new life into my spirit.

Let this sacred rest be a wellspring of renewal.

May I emerge refreshed, restored, and ready to begin again in Your light.

Hold me in Your peace, O God, until the moon is born anew.

**Amen.**

A surreal landscape featuring a person standing on a beach at sunset. The sky is filled with multiple, identical full moons arranged in a circular pattern. The person's silhouette is reflected in the water, and a line of small birds flies across the sky. The text "Reflection and Prayer: Affirmations for Each Moon Phase" is overlaid in the center, with a small orange line underlining the word "Moon".

# Reflection and Prayer: Affirmations for Each Moon Phase

---





### ● New Moon: Embracing New Beginnings

#### **Affirmation:**

"I am open to new beginnings and trust in God's divine timing."

#### **Reflection:**

The New Moon invites you to begin anew, to trust in the unseen and to set intentions grounded in faith. What new path is God calling you to? How can you surrender to His will, even when the road ahead isn't clear?

#### **Meditation Prompt:**

Take a deep breath, close your eyes, and ask yourself, "What new beginnings are ready to unfold in my life?" Let the answer come gently, like a whisper. Write down your thoughts.

### ● Waxing Crescent: Embracing New Beginnings with Faith

#### **Affirmation:**

"I trust in the process of growth and remain faithful to God's plan for me."

#### **Reflection:**

The Waxing Crescent encourages you to nurture your dreams and intentions. Even though the light is still growing, you are called to trust that every small step is leading you toward something greater. How can you take a small, faithful action today to move forward?

#### **Meditation Prompt:**

Sit quietly and place one hand over your heart. Affirm to yourself, "I trust in God's guidance." What does it mean for you to trust today?



## 🌑 First Quarter: Overcoming Challenges and Trusting in God

### **Affirmation:**

"I am strong in the face of challenges, for God's strength is my foundation."

### **Reflection:**

In the First Quarter phase, challenges arise. Instead of seeing them as obstacles, view them as opportunities to grow in trust. God is with you every step of the way. How can you lean into Him when faced with difficulties?

### **Meditation Prompt:**

Think of a current challenge. How can you invite God's strength into that situation? What would it look like to trust Him fully in this moment?

## 🌔 Waxing Gibbous: Preparing for Abundance and Gratitude

### **Affirmation:**

"I am grateful for the blessings already in my life, and I prepare my heart to receive more."

### **Reflection:**

The Waxing Gibbous teaches us to prepare with joy and to thank God for what we've received and what is still to come. What is the greatest blessing in your life right now? How can you cultivate a heart of gratitude, even in the waiting?

### **Meditation Prompt:**

Sit in stillness for a moment and silently say, "Thank You, Lord, for the blessings in my life." Reflect on all that you are grateful for. Write down three blessings today.



### ☀ Full Moon: Celebrating God's Blessings and Reflection

#### **Affirmation:**

"I celebrate God's goodness in my life, knowing His blessings are abundant."

#### **Reflection:**

The Full Moon shines brightly in the sky, reminding us to celebrate the fruits of our labor and the blessings that have come to fruition. Take a moment to reflect on how far you've come. What can you celebrate today? How can you acknowledge God's abundant provision?

#### **Meditation Prompt:**

Look up at the full moon or sit quietly in the stillness. What blessings fill your heart with joy? Write them down as an offering of gratitude.

### 🌙 Waning Gibbous: Sharing Blessings and Acts of Kindness

#### **Affirmation:**

"I share my blessings freely, knowing that God's love multiplies as I give."

#### **Reflection:**

The Waning Gibbous is a time to share what you've received. Acts of kindness are an expression of God's love within you. How can you be a blessing to someone else today? How does giving reflect your faith?

#### **Meditation Prompt:**

Take a moment to think of someone in need—spiritually, emotionally, or physically. How can you share a piece of God's love with them? What small act of kindness can you offer?





### ● Last Quarter: Letting Go and Forgiving

#### **Affirmation:**

"I release what no longer serves me and forgive as God has forgiven me."

#### **Reflection:**

The Last Quarter is a sacred time of release and forgiveness. God invites you to let go of burdens that weigh you down—grudges, regrets, fears. What is God calling you to release in this season? How can forgiveness bring peace into your heart?

#### **Meditation Prompt:**

Sit quietly and think of someone you need to forgive—or perhaps, yourself. Whisper the words, "I forgive and release," and let the weight lift. Write down any reflections that come.

### ● Waning Crescent: Reflection and Spiritual Renewal

#### **Affirmation:**

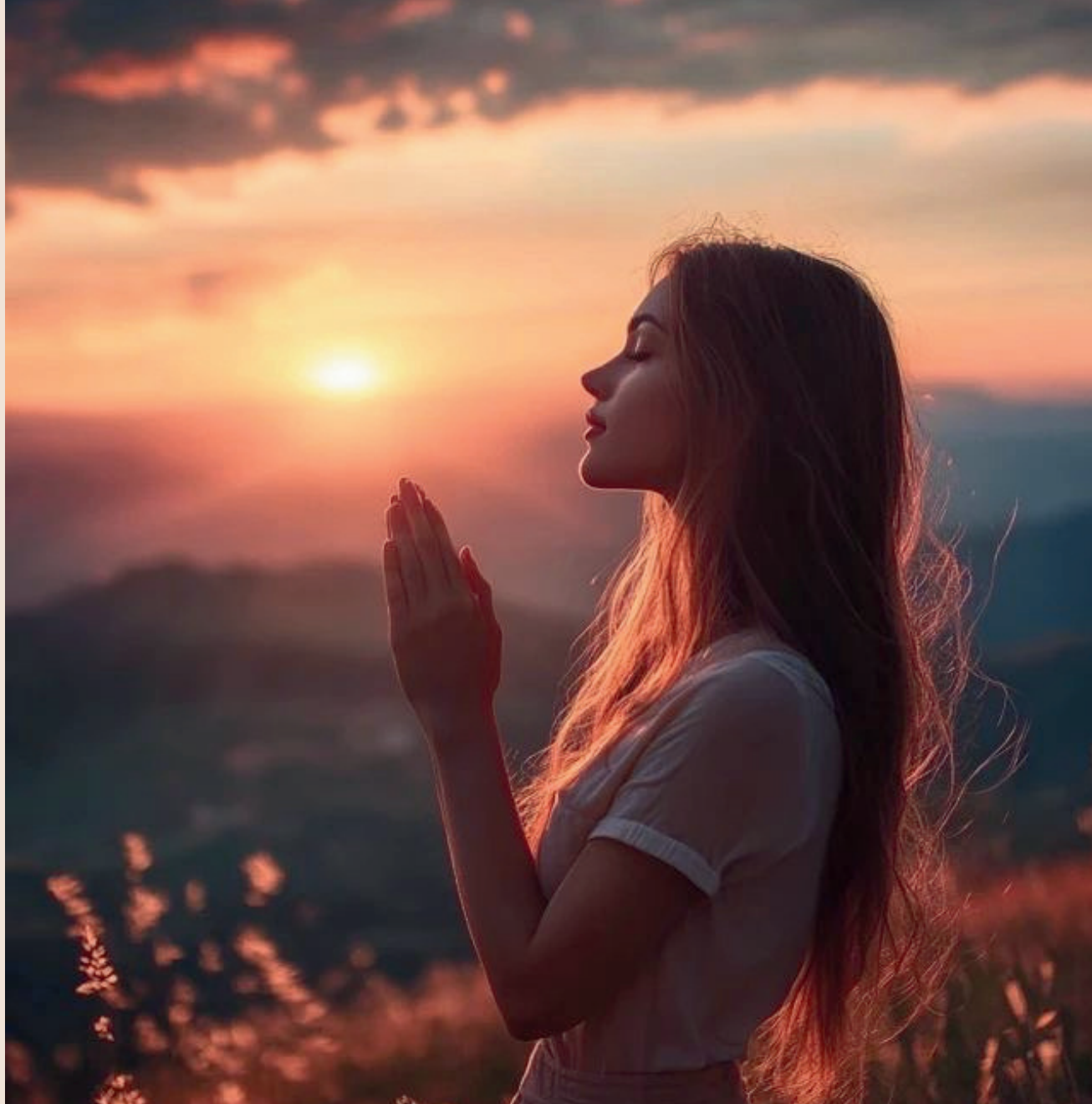
"I embrace this time of rest and renewal, trusting that God is restoring my soul."

#### **Reflection:**

The Waning Crescent invites you to rest, reflect, and be renewed. God often speaks most clearly in the quietest of moments. How can you allow space for God to speak to you in this time of reflection? What does your soul need to feel restored?

#### **Meditation Prompt:**

In a quiet moment, close your eyes and take a deep breath. Ask God, "What do I need most in this season?" Allow your spirit to receive His peace. Write down any thoughts or prayers that arise.



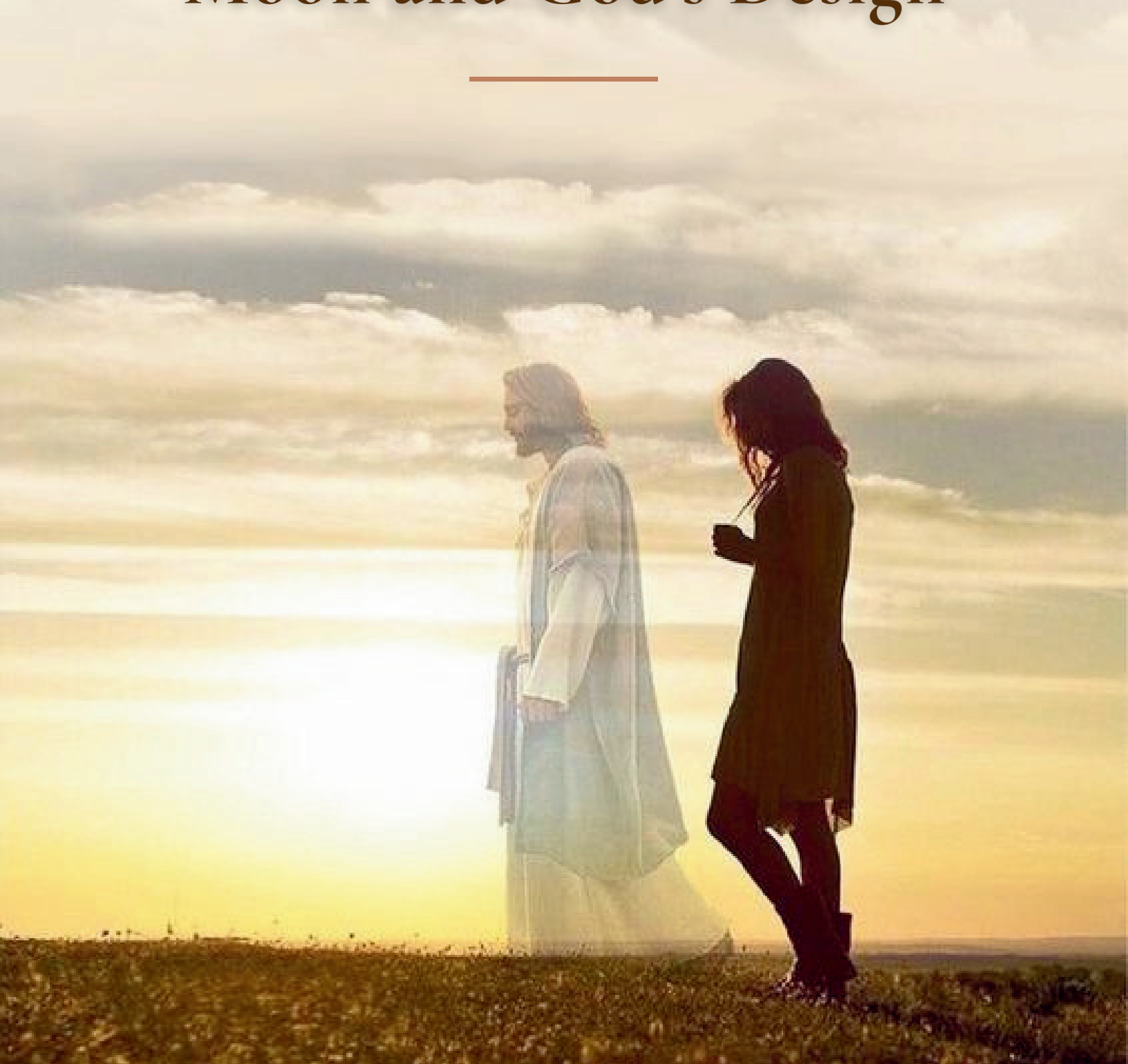
## ✨ Encouragement to Reflect

Take time throughout this journey to write down your reflections. Each moon phase offers a unique opportunity for growth, healing, and connection with God. As you move through each phase, feel free to return to these affirmations and prompts. Let them guide you back to your center, back to the heart of your spiritual journey.

May you find peace, strength, and joy in the cycles of the moon, always remembering that you are never alone, but always held in God's loving embrace.

# Practical Application: Living in Harmony with the Moon and God's Design

---







As the moon waxes and wanes, so too do the seasons of our spirit. Aligning our daily lives with the rhythm of the moon and the guidance of scripture allows us to live with deeper intention, faith, and presence. This section offers gentle, grace-filled practices—simple enough to incorporate into daily life, yet powerful enough to transform your relationship with God and your own inner light.

Below, you'll find suggested daily practices for each moon phase, journaling prompts, and soulful activities that honor your faith and the sacred rhythm of the cosmos.



## ● New Moon: Planting Seeds in Prayer

### Daily Practice:

- Begin each morning with a short prayer of surrender: “Lord, I open my heart to the new. Guide my steps according to Your will.”
- Light a candle to symbolize the light that will soon grow.
- Choose 1–2 intentions to carry into the new moon cycle and write them in your journal.

### Journaling Prompts:

- What is God inviting me to begin in this season?
- What do I need to surrender to make space for something new?

### Activity:

Create a simple "New Moon Intention Page" in your journal or planner. Decorate it with scripture, doodles, or words of affirmation that inspire your fresh start.



## 🌙 Waxing Crescent: Tending to Growth with Faith

### Daily Practice:

- Write your intention for the day and say it aloud as a declaration of faith.
- Take one small step toward your goal—no matter how small.
- Offer a short verse or breath prayer during moments of doubt.

### Journaling Prompts:

- What is one way I can move forward today in trust?
- Where do I see God encouraging my growth?

### Activity:

Keep a “Faith in Action” list—write down each faithful step you take, no matter how small. Celebrate your courage to begin.





## 🌙 First Quarter: Rising with Courage

### Daily Practice:

- Start the day with a grounding verse like Joshua 1:9 and reflect on how God strengthens you.
- Pause mid-day for a moment of breath and prayer: “Lord, help me to face this challenge with grace.”

### Journaling Prompts:

- What challenges are surfacing for me right now?
- How can I invite God’s strength into this part of my life?

### Activity:

Draw a mountain and write your challenges along the path upward. At the top, write a word that symbolizes overcoming (Faith, Strength, Trust). Let this be your visual anchor.



## 🌙 First Quarter: Rising with Courage

### Daily Practice:

- Start the day with a grounding verse like Joshua 1:9 and reflect on how God strengthens you.
- Pause mid-day for a moment of breath and prayer: "Lord, help me to face this challenge with grace."

### Journaling Prompts:

- What challenges are surfacing for me right now?
- How can I invite God's strength into this part of my life?

### Activity:

Draw a mountain and write your challenges along the path upward. At the top, write a word that symbolizes overcoming (Faith, Strength, Trust). Let this be your visual anchor.



## 🌕 Waxing Gibbous: Preparing and Praising

### Daily Practice:

- Begin the day by writing down three things you're preparing for.
- End the day in praise—thank God for what's unfolding, even if it hasn't arrived yet.

### Journaling Prompts:

- What does preparation look like in this season?
- What can I thank God for in advance?

### Activity:

Create a gratitude jar or blessing journal. Each day during this phase, add a slip of paper with one thing you're grateful for.





## 🌕 Full Moon: Celebrating & Reflecting

### Daily Practice:

- Say a prayer of thanksgiving each morning: “Thank You, Lord, for Your light and faithfulness.”
- Celebrate a win—spiritual or personal. Speak it aloud. Dance, sing, or journal in joy.

### Journaling Prompts:

- What blessings have come to light in this cycle?
- How has God been present with me?

### Activity:

Write a “Letter of Praise” to God, celebrating the answered prayers and blessings. Consider reading it aloud under the moonlight.



## 🌙 Waning Gibbous: Giving Back in Love

### Daily Practice:

- Begin the day asking: “Lord, who can I bless today?”
- Perform one act of kindness or service—small or large.

### Journaling Prompts:

- How can I share what I’ve been given?
- Who in my life needs encouragement or support?

### Activity:

Make a list titled: “Ways I Can Shine God’s Light.” Add to it throughout the phase. Choose one action each day.



## 🌙 Last Quarter: Letting Go with Grace

### Daily Practice:

- Spend 5–10 minutes in silence. Ask: “What can I release, Lord?”
- Say a releasing prayer: “God, I place this in Your hands.”

### Journaling Prompts:

- What burdens or beliefs do I need to release?
- Who or what am I being called to forgive?

### Activity:

Write what you wish to release on slips of paper. Pray over them, then tear them up or burn them in a safe space, offering them back to God.





## ● Waning Crescent: Resting and Receiving Renewal

### Daily Practice:

- Embrace sacred stillness. Start the day with deep breaths and a whispered prayer: “Renew me, Lord.”
- Take a break from striving—let your soul be still.

### Journaling Prompts:

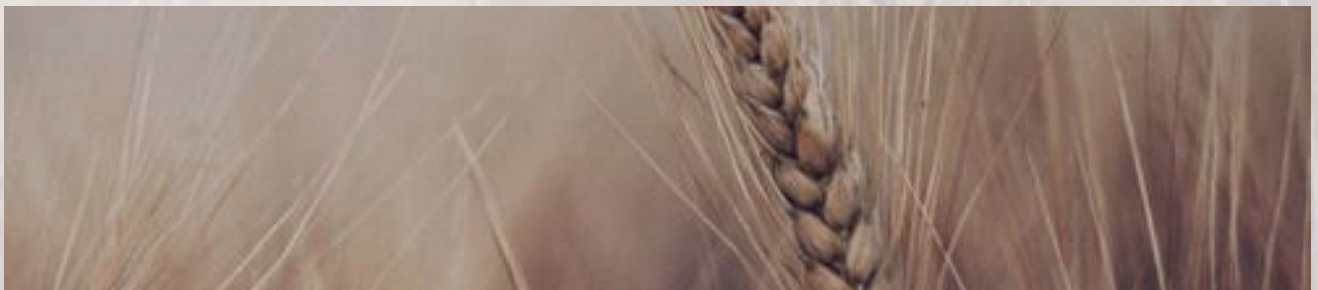
- What is my spirit longing for?
- Where is God inviting me to slow down and listen?

### Activity:

Create a “Renewal Ritual.” Light a candle, read Psalm 23, and journal whatever comes. Let this become a sanctuary moment to close the cycle.

*Remember: You are not expected to do all of these practices—this is an offering, not a checklist. Let the Spirit guide you. Some days may be rich with ritual, others may be quiet and simple. Trust that God honors the heart behind the practice, not the perfection of performance.*

*Let each moon phase be an invitation: to return, to realign, to rest in the rhythm of heaven and earth.*





A man with long, wavy brown hair and a full beard is shown from the chest up, looking upwards with his eyes closed. He is wearing a light blue garment. The background is a deep blue night sky filled with numerous stars, nebulae, and a bright, glowing light source at the top center, creating a sense of awe and wonder.

Conclusion: Living in  
Rhythm, Living in Faith



# Conclusion: Living in Rhythm, Living in Faith

---

**Dear Beloved Reader,**

As we come to the close of this sacred journey through the phases of the moon and the whispers of God's Word, I want to thank you—from the depths of my heart—for opening yours.

You have walked through the quiet stillness of the New Moon and risen in courage with the First Quarter. You've celebrated in the radiance of the Full Moon, and surrendered gently with the Waning Crescent. In each phase, you've been invited to listen—to the moon, to your soul, and most importantly, to the loving voice of God, the Divine Artist who painted the heavens and placed the stars just so.

The moon reminds us that we are never stagnant—we are always becoming. Always growing, shedding, resting, and rising again. This rhythm is holy. This rhythm is divine. And in every phase, you are deeply loved.

You do not have to have all the answers. You do not have to shine brightly every moment. You simply need to remain—rooted in faith, open in heart, and willing to trust the One who made both you and the moon.

God's love is constant—even as we change.

May you walk forward from these pages with a renewed awareness of the sacredness of your everyday life. May your mornings be kissed with intention. May your evenings hold you in reflection. May your heart dance between heaven and earth, knowing you are aligned with something holy and eternal.

And now, dear soul, I invite you to share your journey.

- 🌙 **Write your reflections.**
- 🌙 **Tell your stories.**
- 🌙 **Let your voice be moonlight for someone else's night.**

Whether you journal quietly or speak boldly, know that your path matters. Your soul's unfolding matters. You are part of this radiant, celestial tapestry—hand-stitched by the Creator Himself.

Thank you for letting me walk beside you.

**With moonlight, faith, and so much love,**

Karie



# Stay Connected Through the Cycles

Thank you for journeying with me through this sacred exploration of faith, the moon, and the divine beauty of life's unfolding seasons.

Though this book comes to a close, our connection doesn't have to.

✨ I'd love to continue walking beside you through each moon phase with my **MoonLetters**—gentle, spirit-led reflections sent every **New Moon** and **Full Moon**. These letters are like sacred whispers from my heart to yours, offering prayerful insight, soulful guidance, and encouragement to stay rooted in faith and light.



## Each MoonLetter will include:

- Scripture-inspired reflections
- Astrological insights aligned with God's creation
- Simple rituals, journaling prompts, and prayers
- Invitations to deepen your walk with God and self

*Let's continue to rise, release, and reflect—together.  
May your days be guided by grace, and your nights wrapped in  
peace.*



[kariereyes@reinayogai08.com](mailto:kariereyes@reinayogai08.com)  
[www.reinayogai08.com](http://www.reinayogai08.com)

# A Little Note on Sharing

---

Like a glittered footprint on a moonlit path, this book was created with love and intention—each word a reflection of prayer, passion, and purpose.

You're welcome to share the light you've found here—speak it, live it, pass it on in kindness.

But please don't copy or claim these words as your own. This creation is protected by copyright, crafted from the heart of my personal journey.

If you'd like to reference or share parts of it, kindly credit the source and link back to my work.

Let's honor the sacred in all we create.

Let's share with love, not take without asking.



© 2025 **Karie Reyes**

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means without the prior written permission of the author, except for brief quotations used in reviews, articles, or social media with proper credit.



*Illuminating Hearts Through Design,  
Guided by Grace.*

