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The Joi Breakforth Connection

SEPTEMBER 2026

Purpose After Pain

A monthly connection for women of faith navigating life, relationships, and purpose.

With Sanita Mitchell, Founder, Joi Breakforth®

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What Now?

September often feels like a season of transition. Summer begins to fade, routines change, and we realize we're entering the final months of the year.

But some of life's biggest transitions don't follow a calendar.

Sometimes an experience changes us in ways we never anticipated. Loss. Disappointment. A relationship that changed. A door that closed. A dream that didn't happen the way we imagined. A season that required more from us than we thought we had to give.

And after we've spent so much energy simply making it through, another question eventually emerges:

"What now?"

Moving forward doesn't always mean returning to who you were before the pain. Sometimes, the invitation is to discover who you are becoming because you lived through it.

That's what we're exploring this month: Purpose After Pain.

□ Your pain may be part of your story, but it doesn't get to write the ending.

When the Pain Changes You

Who Are You Becoming Now?

After a difficult season, we often tell ourselves that we just want things to "get back to normal."

But what happens when normal doesn't fit anymore?

Pain can change what matters to us. It can change our relationships, priorities, boundaries, expectations, and even the way we understand ourselves.

That doesn't mean everything that happened was good.

It doesn't mean God caused your pain so He could teach you a lesson.

And it doesn't mean you have to be grateful for what hurt you.

But it does mean that what happened does not have to have the final word.

Instead of only asking:

"How do I get back to who I was?"

Consider asking:

"Who am I becoming now?"

Maybe you're more aware of what you need.

Maybe you've discovered boundaries you should have established years ago.

Maybe you understand the importance of rest.

Maybe you're learning that being strong doesn't mean carrying everything alone.

Maybe you've discovered compassion for people whose experiences you once couldn't understand.

Maybe you're finally questioning expectations that no longer belong in your life.

Purpose after pain isn't about erasing the painful chapter.

It's about refusing to let that chapter become the entire story.

Isaiah 61:3

"...to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair."

Beauty From Ashes

Ashes tell us something has been through fire.

Scripture doesn't ask us to pretend the fire didn't happen or that the ashes aren't real.

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Our hope is that God will meet us there.

He will restore. He will redeem. He will bring growth into places that once felt barren. And He will help us discover that there is still life beyond what we've experienced.

Allowing yourself to be open to what God is doing in this season is not weakness. It may be one of the most faithful things you do.

Pain ➤ Perspective ➤ Purpose

A three-part reflection exercise for personal growth and journaling.

01

PAIN

What has this season revealed?

- What have I experienced that has changed me?
- What did this season reveal about my needs?
- What did I learn about my relationships, faith, values, or boundaries?

02

PERSPECTIVE

What do I see differently now?

- What do I understand about myself that I didn't before?
- What matters more to me now?
- What matters less?
- What am I no longer willing to ignore?

03

PURPOSE

How will I move forward differently?

- How can what I've learned influence the way I live?
- Is there something I need to begin, stop, change, pursue, protect, or prioritize?
- What is one faithful next step I can take this month?

Use this as a personal reflection exercise or journaling prompt. You don't have to answer every question—begin with the one that speaks to you most.

Purpose Doesn't Always Mean a Platform

Purpose doesn't always mean starting a ministry. It doesn't always mean writing a book, launching a business, becoming a coach, or publicly sharing everything you've survived.

Sometimes purpose looks like:

Setting the boundary you were once afraid to set.

Being more present with the people you love.

Returning to something that brings you joy.

Making a healthier decision.

Using your voice.

Helping one person.

Allowing someone else to help you.

Choosing differently because you know differently.

And sometimes...



**your purpose in this
season is simply to
heal.**

What Is This Season Asking of Me?

Choose one. Begin there.

RELEASE

What am I carrying that I no longer need for the season ahead?

Name it. Write it down.

Consider what it would mean to set it down.

RECOGNIZE

What has changed in me that I need to acknowledge?

Growth often happens quietly.

What is different about you now?

RESPOND

What is one intentional step I can take this month?

Not ten steps. One. What is yours?



You don't have to change everything at once. Choose one action. Take one step. That is enough.

One step. That's all. What is yours this month?

Connect with Joi Breakforth®

Current opportunities to go deeper.

NOW ENROLLING

Grief Recovery Method® Group Cohort

- 8 sessions | Virtual Small-group experience
- Begins September 26th — Saturdays @ 9am
- Investment: \$499 | Flexible payment options available

If you've been carrying grief or loss privately, your next faithful step may be allowing yourself to receive support.

→ [Schedule Consult](#)

MONTHLY

Free Live Webinar: Living Life After Loss

Monday, September 21st at 7:30 PM ET

Loss changes you—but it does not get the final word. Join me for a faith-centered conversation about grief, healing, hope, and moving forward after loss.

→ [Register for the Webinar](#)

COMING SOON

Grief Without a Funeral™

Some losses receive flowers and condolences. Others receive silence. Both deserve acknowledgment.

More details coming soon.

Explore resources and practical tools created to support women navigating grief, life transitions, relationships, faith, and personal growth.

[Visit JoiBreakforth.com](#)

There Is Still More

Your pain may explain part of your journey, but it doesn't have to define the rest of your life.

You don't have to rush to find meaning in everything you've experienced. You don't have to turn every wound into a testimony before you're ready.

But you can remain open to the possibility that there is still more.

- 1 More life.
- 2 More growth.
- 3 More love.
- 4 More discovery.
- 5 More purpose.

**There is still more in you.
There is still more ahead of you.**

*Perhaps this month isn't about having the entire plan.
Perhaps it's simply about taking your next faithful step.*

The Joi Breakforth Podcast

Deeper conversations about faith, healing, relationships, grief, life transitions, hope, and purpose.

Join us wherever you listen to podcasts.

[Listen Now](#)



UNTIL NEXT MONTH

With JOI,

This month, give yourself permission to remain open. You don't have to have it all figured out. You just have to take the next faithful step.

Sanita Mitchell

Founder, Joi Breakforth®

Helping women of faith navigate life, strengthen relationships, and move forward with purpose.

There is still more in you. There is still more ahead of you.

Follow Joi Breakforth® with Sanita Mitchell on Instagram: @joi_breakforth

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