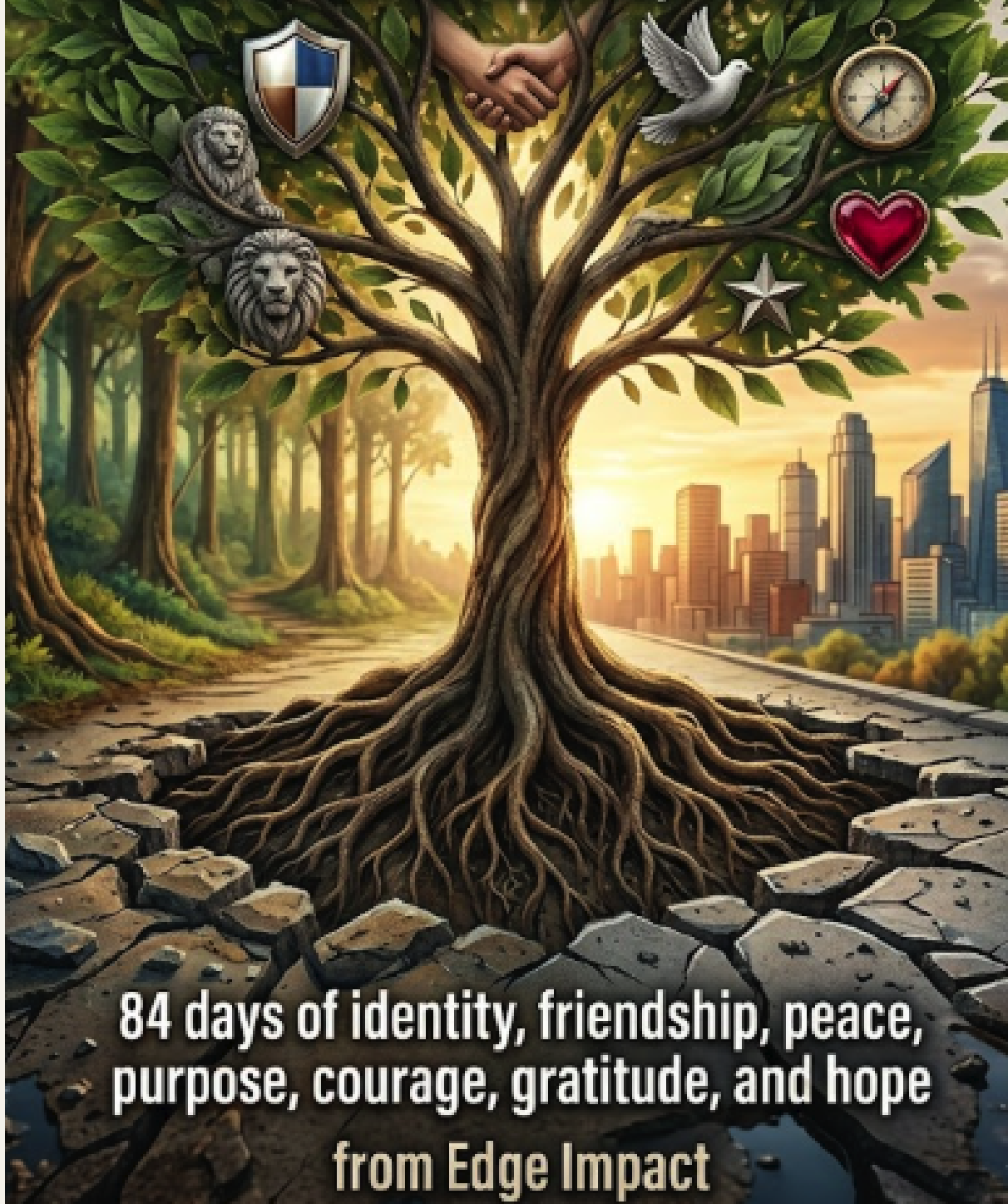


# ROOTED

A Teen Devotional Journey for Real Life



84 days of identity, friendship, peace,  
purpose, courage, gratitude, and hope  
from Edge Impact

# WELCOME TO ROOTED

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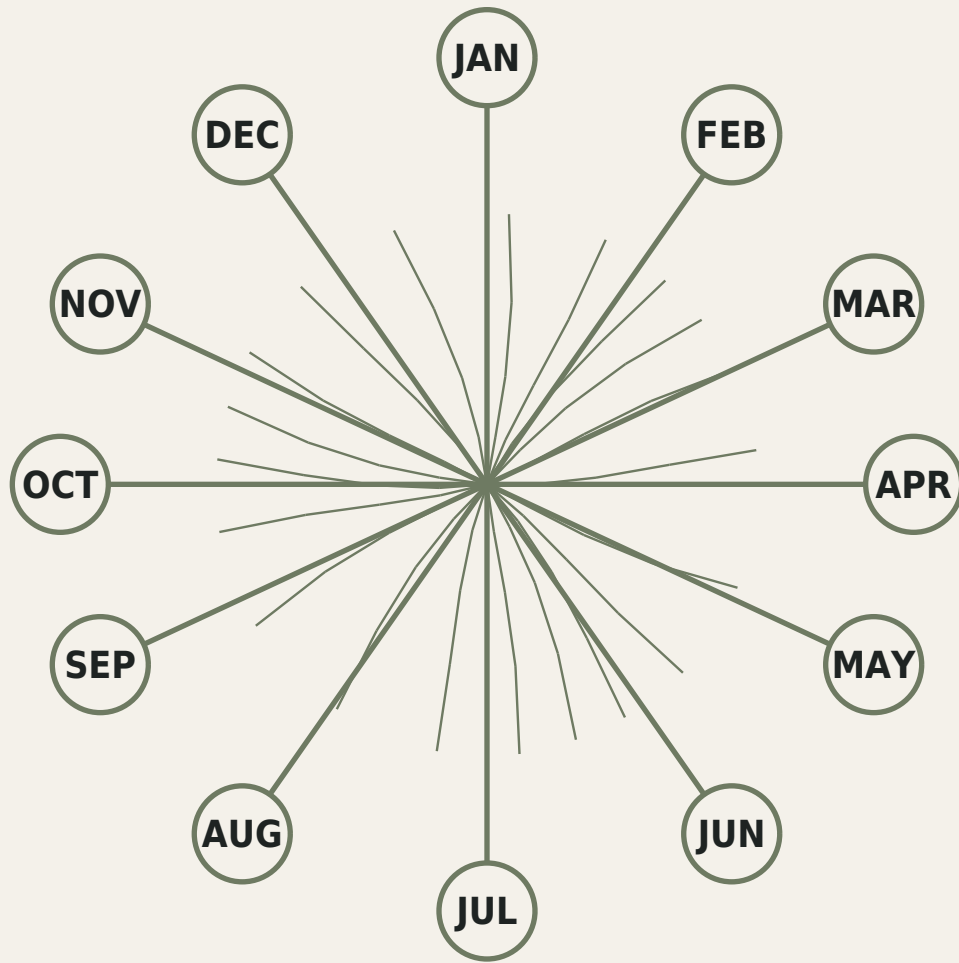
This devotional was created by Edge Impact for students who are trying to follow Jesus in real life, not in a polished version of it. You do not need perfect words, perfect focus, or a perfect week to meet with God here. Bring your questions, your pressure, your friendships, your doubts, and your ordinary days. Each entry gives you a Scripture reference, a short devotional, space to reflect, a prayer, and one practical step. Move slowly. Be honest. Let truth grow roots.

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## HOW TO USE IT

Read the Scripture reference. Read the devotional slowly. Answer the reflection questions honestly. Pray in your own words. Choose one quiet step or one action step. Write a few lines in the journal space.



## **JANUARY**

Identity and Belonging

## **MARCH**

Finding Peace in an Anxious World

## **MAY**

Growing in God-Given Confidence

## **JULY**

Living It Out

## **SEPTEMBER**

When Life Feels Like Too Much

## **NOVEMBER**

Shifting What You Focus On

## **FEBRUARY**

Friendships That Matter

## **APRIL**

Your Life Has Meaning

## **JUNE**

Choosing the Right Path

## **AUGUST**

Getting Back to Who You Really Are

## **OCTOBER**

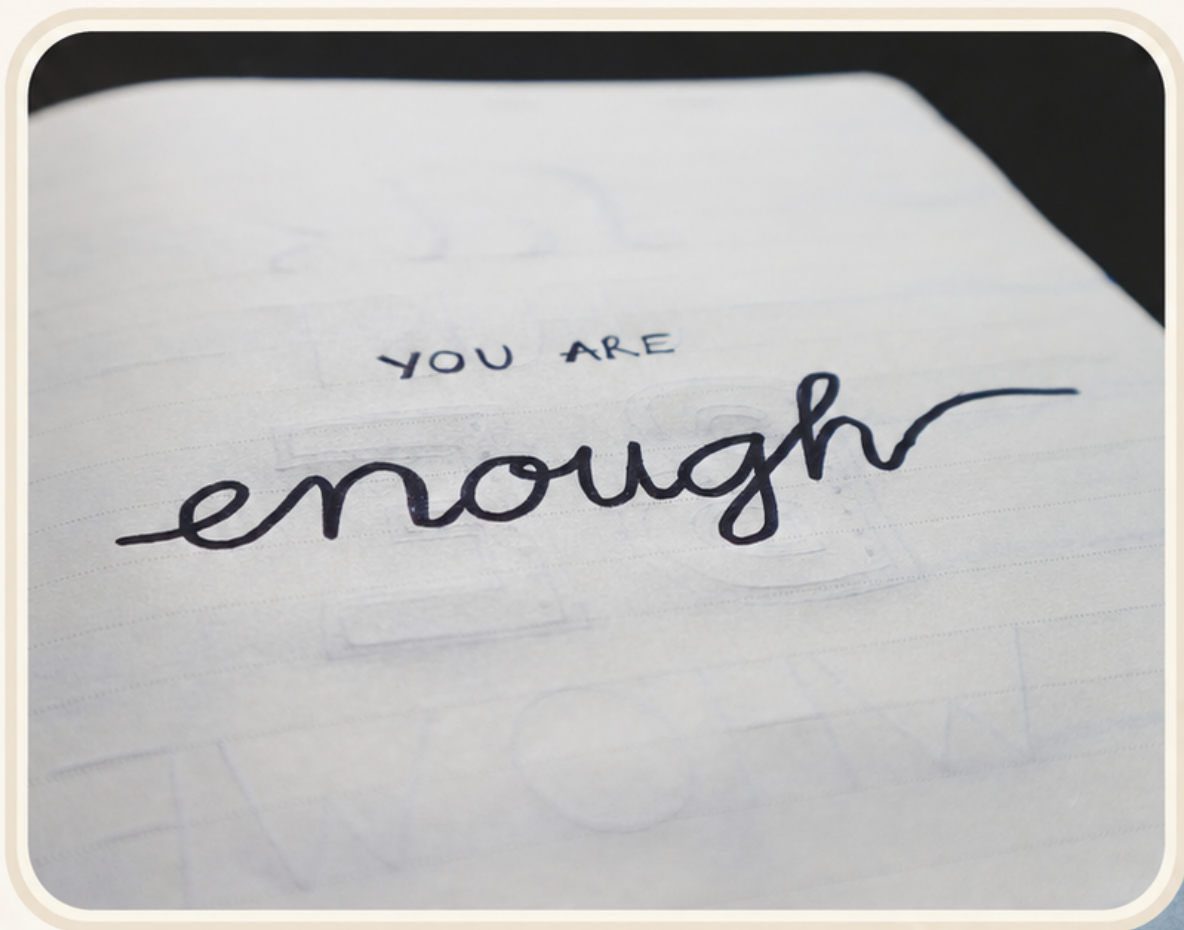
What To Do When You're Not Sure

## **DECEMBER**

Holding On When Life Feels Uncertain

# January: Identity

This month is about identity. Not the edited version, the performance version, or the version that tries to keep everyone happy. The goal is to learn how to receive what God says before you chase what people think.



JANUARY • DAY 1

# YOU WERE CREATED ON PURPOSE

## READ

**Psalm  
139:14  
(NIV)**

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

**i**

God didn't create you randomly or halfway. He was intentional with every part of you - your personality, your thoughts, your strengths, even the areas you're still

Ever feel like you're just... in the mix? Not the one people notice first, not the one everyone talks about - just there. You see people who seem confident in who they are, like they've got it figured out, and you're still trying to find your place in all of it. And even if you don't say it out loud, there are moments where you wonder, "Do I actually stand out... or am I just blending into everything?" It's not that you don't want to matter - you just don't always feel like you do.

God didn't create you randomly or halfway. He was intentional with every part of you - your personality, your thoughts, your strengths, even the areas you're still growing in. You're not an afterthought or a backup plan. Your value doesn't come from attention, validation, or how noticeable you are to other people. It starts with the fact that God made you on purpose. Before you prove anything, before anyone recognizes you - you already matter.

**||**

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you were created on purpose' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of January?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I'm being honest - I don't always see what's good about me. Sometimes I feel overlooked or unsure where I fit. But I know You don't create people randomly, so help me start believing that about myself. Show me what You already placed in me, and help me stop looking to other people to tell me if I matter. I want to see myself the way You see me.

## LIVE IT OUT

### QUIET

Write down 3 things about yourself you usually overlook or downplay - but are actually strengths. Take a minute and don't rush it.

### ACTION

Ask someone you trust, "What's something you think I'm naturally good at?" Don't deflect it or joke it off - just take it in.

## JOURNAL

What stands out to you most about 'You Were Created on Purpose' today?

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JANUARY • DAY 2

# YOU DON'T HAVE TO BE LIKE EVERYONE ELSE

## READ

### Romans 12:2 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

You weren't created to blend into whatever environment you're in - you were created with intention.

You ever catch yourself switching depending on who you're around? Like one version of you with one group, another version somewhere else. It's not always fake - it just feels easier than being the one who doesn't fit or stands out in a weird way. But after a while, it starts messing with you. Like... "If I'm always adjusting, who am I actually when I'm not trying to fit in?" And even if no one else notices, you feel it. You weren't created to blend into whatever environment you're in - you were created with intention. When you constantly shape yourself around other people, you slowly lose clarity on who you really are. God's design for you doesn't need to be filtered, edited, or toned down to be accepted. It's already enough. Real confidence starts when you stop performing and start being rooted in who He made you to be.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you don't have to be like everyone else' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of January?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want to keep changing who I am just to feel accepted. I know I do it without even thinking sometimes. Help me become more aware of it, and give me the courage to be real - even if it feels uncomfortable. Remind me that I don't have to earn a place by fitting in, because You already gave me one.

## LIVE IT OUT

### QUIET

Pay attention today to one moment where you feel pressure to change yourself - pause and choose to stay grounded internally instead of adjusting.

### ACTION

In one conversation today, say what you actually think or be real instead of just agreeing to keep things smooth.

## JOURNAL

What do you want to say to God about 'You Don't Have to Be Like Everyone Else' today?

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JANUARY • DAY 3

# COMPARISON STEALS YOUR CONFIDENCE

## READ

### Galatians 6:4 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Comparison distorts reality. It takes someone else's highlight moments and puts them up against your everyday life - and that's never a fair comparison.

You open your phone for a minute, and somehow your whole mindset shifts. You weren't even feeling bad about yourself... and now you are. Now you're comparing your life, your body, your friendships, your progress - things that weren't even on your mind five minutes ago. And even though you know it's not the full picture, it still hits. It's like you go from being okay to feeling like you're behind without even realizing how fast it happened.

Comparison distorts reality. It takes someone else's highlight moments and puts them up against your everyday life - and that's never a fair comparison. God didn't design your life to match someone else's timeline or look like their story. When you compare, you either feel like you're not enough or you start chasing something that was never meant for you. Your life has purpose exactly as it is right now.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'comparison steals your confidence' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of January?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I know comparison gets in my head, but I still fall into it. It shifts how I see myself way too fast. Help me catch it earlier and not let it take over my thinking. Remind me that You're writing my life with purpose, and I don't need to compare it to anyone else's to know it matters.

## LIVE IT OUT

### QUIET

Notice what specifically triggers comparison in you - what you see, who you follow, what you think - and write it down instead of ignoring it.

### ACTION

Take a full break from social media today or mute one account that consistently makes you feel "less than."

## JOURNAL

What do you want to say to God about 'Comparison Steals Your Confidence' today?

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JANUARY • DAY 4

# GOD KNOWS THE REAL YOU

## READ

Hebrews  
4:13 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

**i**

You don't have to hide from God - He already sees everything, and nothing about you makes Him pull away.

There are parts of your life you don't really show anyone. Stuff you don't talk about, things you try to keep under control, thoughts you'd rather not say out loud. You've learned how to manage what people see so everything looks fine on the outside. But deep down there's that question: "If people actually knew everything... would they still look at me the same?" So you stay guarded.

You don't have to hide from God - He already sees everything, and nothing about you makes Him pull away. His love isn't based on the version of you that looks put together; it's rooted in who you actually are. Being fully known and still fully loved is something you don't have to earn. It's something He already gives.

**||**

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'god knows the real you' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of january?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, You already know everything about me, and I still try to hide. I don't want to keep pretending. Help me be honest with You, even about the things I'd rather avoid. Thank You for not walking away from me, even when I don't feel like I deserve that kind of love.

## LIVE IT OUT

### QUIET

Be honest with God about one thing you've been holding in - even if you don't know how to say it perfectly.

### ACTION

Open up to one trusted person about something real instead of keeping everything surface-level.

## JOURNAL

What do you want to say to God about 'God Knows the Real You' today?

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JANUARY • DAY 5

# YOUR MISTAKES DON'T DEFINE YOU

## READ

### 2 Corinthians 5:17 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Your mistakes are something you've done - not who you are. God doesn't label you by your worst decision or your lowest moment.

You ever randomly think about something you did and just cringe? Like why did I say that or why did I do that? Even if nobody else remembers - you do. It shows up at random times, and it's hard to shake. And if you're not careful, you start seeing yourself through those moments instead of who you actually are now.

Your mistakes are something you've done - not who you are. God doesn't label you by your worst decision or your lowest moment. He calls you new. Growth means you're not the same person anymore, even if your thoughts try to take you back there.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'your mistakes don't define you' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of January?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I keep going back to things I wish I could change, and it's hard to let them go. But I don't want to stay stuck there. Help me believe that I'm not defined by those moments anymore. Teach me how to move forward and actually live like I'm new.

## LIVE IT OUT

### QUIET

Write down one mistake you keep replaying - and next to it, write what is actually true about you now.

### ACTION

Do one intentional action today that reflects who you're becoming, not who you used to be.

## JOURNAL

What do you want to say to God about 'Your Mistakes Don't Define You' today?

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# YOU BELONG

## READ

### Romans 8:16 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Belonging isn't something you earn from people - it's something you already have in God. Before you fit into any group or situation, you already have a place with

You can be surrounded by people all day - laughing, talking, being part of everything - and still feel like you don't fully belong. Like you're there physically, but not really known. That kind of feeling is hard to explain, but it's real. And it can make you start questioning where you actually fit.

Belonging isn't something you earn from people - it's something you already have in God. Before you fit into any group or situation, you already have a place with Him. That doesn't change based on how others respond to you or how included you feel in the moment.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you belong' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of January?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, sometimes I feel like I don't really fit anywhere, and it gets to me more than I want to admit. But You say I belong to You. Help that truth actually sink in, especially in the moments I feel disconnected or alone.

## LIVE IT OUT

### QUIET

Remind yourself throughout the day: "I already belong," especially in moments you feel out of place.

### ACTION

Look for someone else who might feel left out and intentionally include them.

## JOURNAL

What do you want to say to God about 'You Belong' today?

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JANUARY • DAY 7

# YOUR IDENTITY IS SECURE

## READ

### Colossians 3:3 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

If your identity is built on things that constantly change - people, opinions, emotions - it will always feel unstable.

Some days you feel confident, and other days you don't even recognize yourself. Your mindset shifts, your emotions change, and your confidence can rise or fall depending on what's happening around you. It can feel like your identity isn't stable - it's just reacting to everything else.

If your identity is built on things that constantly change - people, opinions, emotions - it will always feel unstable. But God's view of you doesn't shift with your circumstances. When your identity is rooted in Him, it becomes something steady - even when everything else feels uncertain.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'your identity is secure' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of january?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want my identity to keep shifting based on everything around me. Help me build my confidence on something solid - on You. Remind me who I am when I forget and when everything feels uncertain.

## LIVE IT OUT

### QUIET

Write "My identity comes from God" somewhere you'll see it daily.

### ACTION

Say that truth out loud the next time your confidence drops.

## JOURNAL

What do you want to say to God about 'Your Identity Is Secure' today?

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# February: Friendships



This month is about friendship. Real connection takes honesty, wisdom, and courage. God cares about who walks with you, how you treat people, and whether your relationships help you become more like Him.



# YOU WERE MADE FOR CONNECTION

## READ

### Genesis 2:18 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

You weren't created for surface-level connection - you were created to be known and to know others.

You've got people around you - friends, group chats, plans - but still feel like something's missing. You laugh, you hang out, you stay connected, but there's still stuff you don't say. It's like you're known, but not really understood. And if you're being honest, there are moments where you wonder if anyone actually sees the real version of you... or just the version you've learned to show.

You weren't created for surface-level connection - you were created to be known and to know others. Real connection requires honesty, vulnerability, and showing up as you actually are. That can feel risky, but it's also where real relationships are built. God designed connection to go deeper than appearances - because that's where growth, trust, and real belonging happen.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you were made for connection' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of february?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want to keep everything on the surface. I want real connection, but I also know that takes risk. Help me be brave enough to let people actually know me, little by little. Show me who is safe to open up to, and teach me how to build relationships that are real, not just easy.

## LIVE IT OUT

### QUIET

Think about one person you feel even slightly safe with - what's one small step you could take to be more open with them?

### ACTION

Start one real conversation today - ask something deeper than "what's up?" and actually listen.

## JOURNAL

What stands out to you most about 'You Were Made for Connection' today?

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# NOT EVERY FRIENDSHIP IS HEALTHY

## READ

### 1 Corinthians 15:33 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

The people around you are shaping you - your mindset, your habits, your direction. You don't just spend time with your friends, you slowly become more like them.

Some friendships leave you feeling off after you hang out. You replay conversations, overthink what you said, or feel like you have to be a certain way just to stay accepted. You don't always want to admit it, but deep down you know something isn't right. It's just hard to deal with because you don't want to lose the connection.

The people around you are shaping you - your mindset, your habits, your direction. You don't just spend time with your friends, you slowly become more like them. That's why who you keep close matters more than it feels in the moment. Healthy friendships don't drain you or confuse you - they strengthen you and help you grow.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'not every friendship is healthy' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of february?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, help me be honest about the relationships in my life. Give me clarity to see what's healthy and what's not, even when I don't want to admit it. And give me the courage to make changes that help me grow, not stay stuck.

## LIVE IT OUT

### QUIET

Pay attention to how you feel after being around certain people - who leaves you encouraged, and who leaves you drained?

### ACTION

Create some space this week from one unhealthy influence - less time, fewer conversations, clearer boundaries.

## JOURNAL

What do you want to say to God about 'Not Every Friendship Is Healthy' today?

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# BE THE FRIEND YOU WANT

## READ

Luke 6:31  
(NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

The kind of friendship you want doesn't start with someone else - it starts with you. You can't control how people treat you, but you can control how you show up.

It's easy to notice when people don't show up for you - when they don't text back, don't include you, or don't check in. But if you're being real, there are times you hold back too. You wait for people to go first, or you keep things surface-level so you don't get hurt.

The kind of friendship you want doesn't start with someone else - it starts with you. You can't control how people treat you, but you can control how you show up. Being intentional, consistent, and real builds the kind of relationships you're actually looking for.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'be the friend you want' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of february?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, help me stop waiting for people to go first. Teach me how to show up well in my friendships - with honesty, consistency, and care. Help me be the kind of friend I want to have.

## LIVE IT OUT

### QUIET

Think about where you've been holding back in a friendship - what's one small way you could show up more?

### ACTION

Reach out to someone today just to check in - no reason, just be intentional.

## JOURNAL

What do you want to say to God about 'Be the Friend You Want' today?

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# YOU DON'T HAVE TO FIT IN

## READ

### Romans 12:2 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Fitting in and belonging are not the same thing. You can blend into a group and still lose yourself in the process.

You ever laugh at something that's not even funny just so it's not awkward? Or go along with something just so you don't stand out? It's subtle, but it happens. And after a while, it can leave you feeling like you're not even being real anymore. Fitting in and belonging are not the same thing. You can blend into a group and still lose yourself in the process. God didn't create you to shrink to be accepted - He created you to stand firm in who you are, even when that looks different.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you don't have to fit in' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of february?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, help me stop blending in just to feel accepted. Give me the confidence to be real, even when it feels uncomfortable. Remind me that being different doesn't mean something is wrong - it means I'm being true to who You made me to be.

## LIVE IT OUT

### QUIET

Notice one moment today where you feel pressure to go along - pause and check in with what you actually think.

### ACTION

Speak up or choose differently in one situation instead of just following the group.

## JOURNAL

What do you want to say to God about 'You Don't Have to Fit In' today?

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# REAL FRIENDS BUILD YOU UP

## READ

**Proverbs  
27:17  
(NIV)**

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Real friendships don't just make you feel good in the moment - they help you grow over time.

Not everyone in your life is helping you grow. Some people are just there for the moment - the laughs, the convenience, the routine. Others actually push you, support you, and make you better. And if you're honest, you can tell the difference.

Real friendships don't just make you feel good in the moment - they help you grow over time. The right people challenge you in a healthy way, encourage you when you need it, and call out the best in you. That kind of friendship is worth choosing, even if it's not the easiest.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'real friends build you up' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of february?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, help me recognize the people who are actually good for me. Give me the wisdom to invest in those relationships and not just go with what's easy. Surround me with people who help me grow.

## LIVE IT OUT

### QUIET

Think about who in your life actually helps you grow - what makes those friendships different?

### ACTION

Make intentional plans with someone who brings out your best.

## JOURNAL

What do you want to say to God about 'Real Friends Build You Up' today?

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# IT'S OKAY TO WALK AWAY

## READ

Proverbs  
13:20  
(NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Growth sometimes requires distance. Holding onto the wrong relationships can keep you stuck, even when you're trying to move forward.

Letting go of a friendship - even when you know it's not good for you - is hard. It's not just the person, it's the history, the memories, the comfort. And even when you know creating distance is the right move, it still feels lonely.

Growth sometimes requires distance. Holding onto the wrong relationships can keep you stuck, even when you're trying to move forward. Letting go isn't about being cold - it's about being wise with your direction and protecting your growth.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'it's okay to walk away' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of february?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, this part is hard. I don't want to lose people or feel alone. But I also don't want to stay stuck. Give me wisdom to know what's right, and the courage to follow through - even when it's uncomfortable.

## LIVE IT OUT

### QUIET

Be honest with yourself - what relationship feels draining or unhealthy right now?

### ACTION

Take one step to create space - less time, less communication, clearer boundaries.

## JOURNAL

What do you want to say to God about 'It's Okay to Walk Away' today?

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# YOU BELONG FIRST TO GOD

## READ

### Romans 8:16 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

Your identity isn't based on where you fit socially - it's based on who you belong to spiritually.

Not fitting in somewhere can mess with you more than you realize. It makes you question yourself - like maybe you're the problem, maybe you're not enough, maybe you just don't belong.

Your identity isn't based on where you fit socially - it's based on who you belong to spiritually. Before any group accepts you, God already has. That's your foundation, not other people's opinions.

**||**

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you belong first to god' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of february?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want my confidence to come from where I fit in. Help me remember that I already belong to You. Let that truth be stronger than my doubts and insecurities.

## LIVE IT OUT

### QUIET

Remind yourself throughout the day: "I already belong, even if it doesn't feel like it right now."

### ACTION

Walk into your day with confidence - not based on others, but based on who you belong to.

## JOURNAL

What do you want to say to God about 'You Belong First to God' today?

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# MARCH

FINDING PEACE IN AN ANXIOUS WORLD



Peace

**Peace begins when you stop  
carrying everything alone.**

Seven days. Read slowly. Answer honestly. Live one step differently.

MARCH • DAY 1

# WHEN YOUR MIND WON'T SLOW DOWN

## READ

### Philippians 4:6 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Peace doesn't come from having nothing to think about - it comes from knowing where to take your thoughts.

You finally get a quiet moment... and your brain decides it's the perfect time to think about everything. What you said earlier, what you should've said, what's coming tomorrow, what could go wrong. It just keeps going. Even when nothing major is happening, your thoughts don't really turn off - they just keep stacking. And it's exhausting trying to keep up with your own mind.

Peace doesn't come from having nothing to think about - it comes from knowing where to take your thoughts. God isn't asking you to shut your mind off or pretend everything's fine. He's inviting you to bring what's actually on your mind to Him. When you keep everything inside, it builds pressure. When you bring it to Him, it starts to release it.

||

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'when your mind won't slow down' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of march?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, my mind feels full more than I want to admit. I try to manage it, but it just keeps going. Help me stop holding everything in and actually bring it to You. Teach me what it looks like to trust You with my thoughts instead of letting them run everything.

## LIVE IT OUT

### QUIET

Write down everything that's been running through your mind lately - don't filter it, just get it out.

### ACTION

Pause at some point today and say out loud what's stressing you instead of pushing through it.

## JOURNAL

What stands out to you most about 'When Your Mind Won't Slow Down' today?

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# YOU DON'T HAVE TO CARRY IT ALONE

## READ

**Matthew  
11:28  
(NIV)**

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

You were never meant to carry everything by yourself. God doesn't expect you to figure it all out first and then come to Him.

You act like you've got it together, but there's a lot you're carrying that no one really sees. Pressure from school, expectations, your future, relationships - stuff that just sits in the background. And when someone asks how you're doing, it's easier to just say "I'm good" than explain everything. You were never meant to carry everything by yourself. God doesn't expect you to figure it all out first and then come to Him. He invites you to come as you are - overwhelmed, tired, unsure - and let Him meet you there. You don't have to hold it all together to be supported.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you don't have to carry it alone' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of march?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I'm used to acting like I'm fine even when I'm not. There's a lot I carry that I don't talk about. Help me stop keeping everything inside. Show me how to bring it to You and trust that I don't have to handle it all alone.

## LIVE IT OUT

### QUIET

Be honest with God about one thing you've been carrying but haven't talked about.

### ACTION

Tell one trusted person how you're actually doing - not the surface answer.

## JOURNAL

What do you want to say to God about 'You Don't Have to Carry It Alone' today?

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# COMPARISON FUELS STRESS

## READ

### Galatians 6:4 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Comparison creates pressure that was never meant to be there. It pulls your focus away from your life and puts it on someone else's.

You weren't even stressed... until you saw what everyone else was doing. Now it feels like you're behind, not doing enough, or missing something. It's like your life suddenly doesn't measure up, even though nothing actually changed.

Comparison creates pressure that was never meant to be there. It pulls your focus away from your life and puts it on someone else's. God didn't design your path to match theirs. What looks like "behind" is often just different - and different doesn't mean wrong.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'comparison fuels stress' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of march?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I let comparison get to me more than I want to admit. It shifts how I see myself way too fast. Help me stay focused on my life and trust that You're working in it, even if it doesn't look like everyone else's.

## LIVE IT OUT

### QUIET

Notice what specifically triggers that "I'm behind" feeling - call it out instead of accepting it.

### ACTION

Take a break from whatever fuels comparison - apps, accounts, or situations.

## JOURNAL

What do you want to say to God about 'Comparison Fuels Stress' today?

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# GOD IS WITH YOU

## READ

### Joshua 1:9 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

You're not walking through anything alone - even if it feels like it. God's presence isn't based on your emotions.

Stress can make you feel like you're on your own. Like no one really understands what's going on in your head, and you just have to figure it out yourself. Even when people are around, it can still feel like it's all on you.

You're not walking through anything alone - even if it feels like it. God's presence isn't based on your emotions. He doesn't step in only when things get easier - He's with you in the middle of it. You may not always feel it, but that doesn't make it less true.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'god is with you' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of march?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't always feel like You're there when things get stressful. It can feel like I'm just figuring everything out on my own. Help me trust that You're with me, even when I don't feel it. Remind me I'm not doing this alone.

## LIVE IT OUT

### QUIET

Remind yourself throughout the day: "I'm not alone in this," especially when stress rises.

### ACTION

Say that truth out loud when you start to feel overwhelmed.

## JOURNAL

What do you want to say to God about 'God Is With You' today?

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# SLOW DOWN

## READ

### Psalm 46:10 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

You don't have to stay busy to feel okay. Slowing down isn't wasting time - it's making space to breathe, think clearly, and reconnect with God.

You're always doing something - scrolling, texting, thinking, moving. And when things finally get quiet, it almost feels uncomfortable. Like you need to fill the space again. You don't have to stay busy to feel okay. Slowing down isn't wasting time - it's making space to breathe, think clearly, and reconnect with God. If you never pause, you never process.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'slow down' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of march?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I'm so used to always being on the go that slowing down feels uncomfortable. But I know I need it. Help me create space to be still and not feel like I have to fill every moment.

## LIVE IT OUT

### QUIET

Take 5 minutes today with no distractions - just sit, breathe, and be still.

### ACTION

Put your phone down for a set amount of time and step away from constant input.

## JOURNAL

What do you want to say to God about 'Slow Down' today?

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# YOU'RE NOT FALLING BEHIND

## READ

### Ecclesiastes 3:11 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

You're not behind - you're on your own timeline. God isn't comparing your life to someone else's or rushing your growth.

It feels like everyone else is ahead - figuring things out, making progress, moving forward. And you're still trying to figure out what you're even doing. That "behind" feeling sticks more than you want it to.

You're not behind - you're on your own timeline. God isn't comparing your life to someone else's or rushing your growth. What feels slow to you is often part of something deeper being built.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you're not falling behind' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of march?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I feel behind sometimes, even when I don't know what I'm comparing myself to. Help me trust Your timing and not rush what You're doing in my life.

## LIVE IT OUT

### QUIET

Look back at how you've grown over the past year - don't ignore it.

### ACTION

Focus on one step forward today instead of comparing progress.

## JOURNAL

What do you want to say to God about 'You're Not Falling Behind' today?

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# PEACE IS POSSIBLE

## READ

### Philippians 4:7 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Peace isn't the absence of stress - it's something deeper than that. God offers a kind of peace that doesn't depend on everything going right.

Stress can feel constant - like even when things are okay, there's still something sitting in the background. It's not always loud, but it's always there.

Peace isn't the absence of stress - it's something deeper than that. God offers a kind of peace that doesn't depend on everything going right. It's something you can experience even when life feels uncertain.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'peace is possible' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of march?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want to live constantly stressed or on edge. I know You offer peace, but I don't always know how to receive it. Help me trust You more and let go of what I keep trying to control.

## LIVE IT OUT

### QUIET

Identify one thing you're holding onto too tightly and mentally release it.

### ACTION

Say out loud, "I'm giving this to God," about something stressing you.

## JOURNAL

What do you want to say to God about 'Peace Is Possible' today?

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# April: Purpose



This month is about purpose. You do not need a perfect ten-year plan to live with meaning today. Purpose often begins with small obedience, faithfulness, and a willingness to serve.



APRIL • DAY 1

# YOU WERE MADE FOR A REASON

## READ

### Ephesians 2:10 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Your life isn't random, even when it feels unclear. God created you with intention, not just for existence, but for purpose.

Some days feel like you're just going through the motions - wake up, do what you have to do, get through the day, repeat. And if you're being honest, there are moments where you wonder, "Is this really it?" Like you're doing life, but not sure what it's actually building toward. You see other people who seem driven or clear on their direction, and you feel like you're still trying to figure out where you even fit.

Your life isn't random, even when it feels unclear. God created you with intention, not just for existence, but for purpose. You don't need the full picture to know your life matters - you just need to trust that there is meaning being built, even in the ordinary. Purpose isn't always obvious, but it's always there.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you were made for a reason' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of april?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't always understand what You're doing in my life. Sometimes it feels random or unclear. But I don't want to live like it doesn't matter. Help me trust that You're building something, even when I can't fully see it yet.

## LIVE IT OUT

### QUIET

Ask yourself honestly, "Where do I feel the most unsure right now?" and sit with it instead of avoiding it.

### ACTION

Take one small step toward something that matters to you - even if you're not 100% sure where it leads.

## JOURNAL

What stands out to you most about 'You Were Made for a Reason' today?

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# PURPOSE STARTS SMALL

## READ

**Luke**  
**16:10**  
**(NIV)**

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Purpose rarely starts big - it starts small and consistent. It's built in the everyday choices, not just the big moments.

You hear people talk about "purpose" like it's this big, clear thing - but your life right now just feels normal. School, routines, responsibilities... nothing that feels like some big calling. And it's easy to think, "If I don't feel it now, maybe it's not there."

Purpose rarely starts big - it starts small and consistent. It's built in the everyday choices, not just the big moments. The way you show up now is shaping who you're becoming, even if it doesn't feel significant yet.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'purpose starts small' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of april?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I think I overlook small things more than I realize. Help me understand that what I do now actually matters. Teach me to be consistent, even when it doesn't feel big or important.

## LIVE IT OUT

### QUIET

Think about one small responsibility or habit you've been overlooking - what would it look like to take it seriously?

### ACTION

Do one small thing today with full effort - even if it feels basic or unnoticed.

## JOURNAL

What do you want to say to God about 'Purpose Starts Small' today?

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# YOUR GIFTS MATTER

## READ

### 1 Peter 4:10 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

God didn't give you the same gifts as everyone else - He gave you yours on purpose. Just because something comes naturally to you doesn't mean it's not valuable.

You look at other people's strengths and think, "Yeah, but I'm not like that." And suddenly whatever you're good at feels smaller, less important, or just not enough. It's easy to downplay yourself when someone else seems more talented or more confident.

God didn't give you the same gifts as everyone else - He gave you yours on purpose. Just because something comes naturally to you doesn't mean it's not valuable. The things you overlook in yourself are often the very things you're meant to use.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'your gifts matter' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of april?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I compare myself more than I should, and it makes me overlook what You've given me. Help me recognize my strengths and actually use them instead of dismissing them.

## LIVE IT OUT

### QUIET

Write down one strength you tend to ignore or minimize.

### ACTION

Use one of your strengths today to help or encourage someone else.

## JOURNAL

What do you want to say to God about 'Your Gifts Matter' today?

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# YOU DON'T NEED ALL THE ANSWERS

## READ

### Proverbs

3:5 - 6

(NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

You don't need the full plan to take the next step. God doesn't expect you to have everything figured out - He leads you one step at a time.

Thinking about your future can feel overwhelming. What you're going to do, where you're going, how everything is going to work out - it's a lot. And not having clear answers can make you feel like you're already behind.

You don't need the full plan to take the next step. God doesn't expect you to have everything figured out - He leads you one step at a time. Clarity often comes after movement, not before it.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'you don't need all the answers' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of april?
- 3 What is one honest next step God may be inviting you to take today?



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## PRAYER

God, I want answers, and I want them now. But I know that's not always how this works. Help me trust You with the unknown and move forward without needing everything figured out.

## LIVE IT OUT

### QUIET

What's one thing you're overthinking right now? Write it down and release the pressure to figure it all out.

### ACTION

Take one simple step forward instead of waiting for perfect clarity.

## JOURNAL

What do you want to say to God about 'You Don't Need All the Answers' today?

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## READ

Matthew  
5:16 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

APRIL • DAY 5

# YOUR LIFE CAN HELP OTHERS

**BIG IDEA**

i

Your life influences more people than you realize. The way you treat others, the way you respond, the way you show up - it all matters.

It's easy to feel like your life doesn't really impact anyone. Like you're just doing your thing and it doesn't go beyond that. But you don't always see the effect you actually have.

Your life influences more people than you realize. The way you treat others, the way you respond, the way you show up - it all matters. You don't have to do something huge to make a difference.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'your life can help others' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of april?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't always see how my life matters to others. Help me recognize that even small actions can make a difference. Use me in ways I might not even notice.

## LIVE IT OUT

### QUIET

Think about one person who might need encouragement right now.

### ACTION

Actually reach out and encourage them today.

## JOURNAL

What do you want to say to God about 'Your Life Can Help Others' today?

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# GOD USES YOUR STORY

## READ

### Romans 8:28 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

God doesn't waste anything - not even the parts you wish didn't exist. He can take what was difficult, messy, or painful and still use it for something meaningful.

There are parts of your story you don't like. Things that happened, choices you made, moments you wish you could erase. And it's hard to see how anything good could come from those things.

God doesn't waste anything - not even the parts you wish didn't exist. He can take what was difficult, messy, or painful and still use it for something meaningful. Your story isn't over, and it's not pointless.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'god uses your story' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of april?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, there are parts of my story I don't understand. But I trust that You can still use them. Help me stop seeing them as wasted and start believing they have purpose.

## LIVE IT OUT

### QUIET

Reflect on one hard moment - how has it changed you?

### ACTION

Encourage someone else who might be going through something similar.

## JOURNAL

What do you want to say to God about 'God Uses Your Story' today?

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# PURPOSE IS A JOURNEY

## READ

### Psalm 32:8 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

Purpose isn't something you arrive at - it's something you grow into. God leads you step by step, not all at once.

You want clarity. You want direction. You want to know where your life is going. But instead, it feels like you're just figuring it out as you go - and that can feel frustrating.

Purpose isn't something you arrive at - it's something you grow into. God leads you step by step, not all at once. The process isn't a delay - it's part of the purpose.

**||**

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'purpose is a journey' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of april?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I want to know where I'm going, but I don't always. Help me trust the process and not rush what You're building in my life.

## LIVE IT OUT

### QUIET

Ask yourself, "What's one step I can take today?"

### ACTION

Take that step - even if it feels small.

## JOURNAL

What do you want to say to God about 'Purpose Is a Journey' today?

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# May: Confidence



This month is about confidence. Godly confidence is not arrogance. It is the quiet strength that comes from knowing your value is not up for a vote.



MAY • DAY 1

# YOU ARE DEEPLY VALUED

## READ

### Psalm 139:14 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

If your confidence is tied to what people say, how they respond, or how things are going, it will always feel unstable.

Some days you feel good about yourself... and then something small shifts it. Someone says something, or doesn't say something. You see a post, a picture, a comment - and suddenly your mindset changes. Now you're second-guessing how you look, how you come across, what people think about you. It's wild how fast your confidence can go from solid to shaky over something that didn't even matter five minutes ago. If your confidence is tied to what people say, how they respond, or how things are going, it will always feel unstable. That's because those things change constantly. But your value doesn't come from any of that - it comes from God. He doesn't base your worth on your performance, your image, or other people's opinions. You don't have to earn value - you already have it.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you are deeply valued' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of may?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't like how easily my confidence shifts. Something small can throw me off more than it should. Help me stop letting outside things control how I see myself. Remind me that my value doesn't come from what people think or how things go - it comes from You.

## LIVE IT OUT

### QUIET

Think about the last time your confidence dropped - what actually triggered it, and why did it hit you like that?

### ACTION

The next time something hits your confidence today, pause and don't react to it - choose not to let it control your mindset.

## JOURNAL

What stands out to you most about 'You Are Deeply Valued' today?

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# STOP COMPARING

## READ

### Galatians 6:4 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

Comparison creates problems that weren't even there to begin with. It pulls your focus off your life and puts it on someone else's version of theirs.

You weren't even thinking about yourself like that... until you saw someone else. Now suddenly you're comparing everything - how you look, what you're doing, where you're at. And it's not even intentional - it just happens. One scroll turns into ten, and now you feel like you're behind or not enough, even though nothing in your life actually changed.

Comparison creates problems that weren't even there to begin with. It pulls your focus off your life and puts it on someone else's version of theirs. And you're not even comparing the full picture - you're comparing your everyday life to their best moments. God didn't design your life to match theirs. Your path isn't behind - it's just different.

**||**

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'stop comparing' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of may?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, comparison gets in my head fast, and it changes how I see myself. I don't want to keep living like that. Help me stay focused on my life and trust that what You're doing in me doesn't have to look like anyone else.

## LIVE IT OUT

### QUIET

Pay attention today to when comparison starts - what you saw, what you thought, and how it shifted you.

### ACTION

Take control of your feed - mute, unfollow, or step away from anything that consistently messes with your mindset.

## JOURNAL

What do you want to say to God about 'Stop Comparing' today?

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# YOUR IDENTITY IS SECURE

## READ

### Colossians 3:3 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

If your identity is built on things that change - people, emotions, situations - it will always feel unstable.

Some days you feel like you know who you are. Other days, you don't even feel like yourself. Your confidence can shift depending on who you're around, what kind of day you're having, or even just your mood. And it can make you feel like nothing about you is really steady - like everything just reacts to everything else.

If your identity is built on things that change - people, emotions, situations - it will always feel unstable. But God's view of you doesn't shift with any of that. He's not adjusting how He sees you based on your performance or your bad days. That's what makes your identity in Him secure - it's not constantly changing.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'your identity is secure' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of may?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want my identity to keep shifting depending on everything around me. It's exhausting. Help me build my confidence on something steady - on You. Remind me who I am when I forget.

## LIVE IT OUT

### QUIET

What are you basing your identity on right now - what actually determines how you see yourself?

### ACTION

The next time your confidence drops, stop and speak truth over yourself instead of going with the feeling.

## JOURNAL

What do you want to say to God about 'Your Identity Is Secure' today?

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# CONFIDENCE ISN'T PERFECTION

## READ

### 2 Corinthians 12:9 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

Confidence isn't about being perfect - it's about being secure in who you are, even with your flaws.

You think confidence means having it all together - but deep down, you know that's not real. Everyone has stuff they're insecure about, they just don't show it. And sometimes you feel like if people saw your flaws or your struggles, they'd see you differently. So you try to cover it, manage it, or hide it. Confidence isn't about being perfect - it's about being secure in who you are, even with your flaws. God doesn't expect perfection from you. He doesn't work around your weaknesses - He works through them. You don't have to hide the imperfect parts of your life to be accepted.

**||**

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'confidence isn't perfection' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of may?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I try to hide the parts of me I don't like, but I don't want to keep living like that. Help me accept who I am and trust that You're still working in me. Teach me that I don't have to be perfect to be confident.

## LIVE IT OUT

### QUIET

Think about one insecurity - why does it have so much power over how you see yourself?

### ACTION

Be real about something today instead of trying to keep everything looking perfect.

## JOURNAL

What do you want to say to God about 'Confidence Isn't Perfection' today?

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# YOUR VOICE MATTERS

## READ

### 1 Timothy 4:12 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Your voice matters more than you think. You don't have to wait until you feel completely confident to use it.

There are times you want to say something - but you don't. You second-guess it. What if it sounds dumb? What if no one agrees? What if it's awkward? So you stay quiet. And the more you do that, the easier it becomes to just not say anything at all.

Your voice matters more than you think. You don't have to wait until you feel completely confident to use it. God can use your words right now - even if they're not perfect, even if you're unsure. Silence doesn't protect your confidence - it slowly weakens it.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'your voice matters' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of may?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I hold back more than I should. Sometimes it's easier to stay quiet than risk being wrong or judged. Help me use my voice with confidence and not let fear control me.

## LIVE IT OUT

### QUIET

What usually stops you from speaking up? Be honest about it.

### ACTION

Speak up once today - share your opinion, encourage someone, or say what you normally wouldn't.

## JOURNAL

What do you want to say to God about 'Your Voice Matters' today?

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# CONFIDENCE GROWS WITH PURPOSE

## READ

### Ephesians 2:10 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

Real confidence grows when your life has direction. When you know you're doing something meaningful, it changes how you see yourself.

Confidence that's based on attention or appearance doesn't last. It might feel good for a moment, but it fades fast. And sometimes you can look confident on the outside but still feel unsure on the inside.

Real confidence grows when your life has direction. When you know you're doing something meaningful, it changes how you see yourself. Confidence isn't built on how you look - it's built on how you live and what you're building toward.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'confidence grows with purpose' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of may?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want confidence that comes and goes. I want something real. Help me focus on purpose and not just appearance or attention.

## LIVE IT OUT

### QUIET

Ask yourself honestly, "What actually matters to me right now?"

### ACTION

Do something today that helps someone else or adds value to someone else's life.

## JOURNAL

What do you want to say to God about 'Confidence Grows With Purpose' today?

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# YOU ARE NOT ALONE

## READ

### Joshua 1:9 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

Confidence doesn't mean you're not afraid - it means you don't let fear make the decisions. And you're not facing anything alone.

Fear stops you more than you realize. There are things you don't try, don't say, don't go after - not because you can't, but because you're not sure how it'll go. And it feels easier to stay where you are than risk getting it wrong.

Confidence doesn't mean you're not afraid - it means you don't let fear make the decisions. And you're not facing anything alone. God is with you in the middle of it - not just after it works out.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'you are not alone' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of may?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, fear holds me back more than I want to admit. Help me stop letting it control my decisions. Remind me that I'm not doing this alone, and give me the courage to move forward anyway.

## LIVE IT OUT

### QUIET

What's one thing fear has been holding you back from?

### ACTION

Take one step toward it today - even if it's small.

## JOURNAL

What do you want to say to God about 'You Are Not Alone' today?

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# June: Decisions

This month is about decisions. Small choices shape your heart and your direction. God gives wisdom, but He also invites you to actually use it.



JUNE • DAY 1

# EVERY CHOICE MATTERS

## READ

### Proverbs 3:5 - 6 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Your life is built one decision at a time. You don't suddenly become someone different overnight - you become someone different through repeated choices.

Most of your day is made up of small choices you don't even think about. What you say, what you go along with, what you ignore, what you give your attention to. None of it feels like a big deal in the moment. But over time, those small decisions start to stack - and suddenly they're shaping who you're becoming. The hard part is you don't always notice it until you're already deep into a pattern.

Your life is built one decision at a time. You don't suddenly become someone different overnight - you become someone different through repeated choices. God cares about your direction, not just your big moments. When you invite Him into your decisions, even the small ones start to move you toward something better.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'every choice matters' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of june?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't always think about my choices the way I should. A lot of the time I just go with what's easy or automatic. Help me slow down and be more intentional. Show me how to make decisions that actually move me in the right direction.

## LIVE IT OUT

### QUIET

Pay attention today to the small decisions you usually make on autopilot - what do they say about your direction?

### ACTION

Pause before one decision today and ask, "Is this actually moving me forward or not?"

## JOURNAL

What stands out to you most about 'Every Choice Matters' today?

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# PEER PRESSURE IS REAL

## READ

### 1 Corinthians 10:13 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Pressure doesn't just come from people - it comes from the fear of being different. But you're not as stuck as it feels in that moment.

It's not always someone directly telling you what to do. Sometimes it's just the feeling of not wanting to be the only one who says no. The only one who doesn't go along with it. The only one who might get looked at differently. And in that moment, it feels easier to just go with it than stand out. Pressure doesn't just come from people - it comes from the fear of being different. But you're not as stuck as it feels in that moment. God gives you the strength to choose differently, even when it's uncomfortable. You're never without a way out - you just have to take it.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'peer pressure is real' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of june?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't like feeling like the only one doing something different. It's uncomfortable, and I don't always handle it well. Help me stand firm in those moments and not let pressure make my decisions for me.

## LIVE IT OUT

### QUIET

Think about a situation where you felt pressure - what made it hard to stand your ground?

### ACTION

The next time you feel pressure today, choose differently - even if it's awkward.

## JOURNAL

What do you want to say to God about 'Peer Pressure Is Real' today?

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JUNE • DAY 3

# RIGHT ISN'T ALWAYS EASY

## READ

Matthew  
7:13 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

**i**

Easy doesn't always mean right - and right doesn't always feel easy. The decisions that shape you the most are usually the ones that require something from you.

The right choice isn't always the easiest one. Sometimes it's slower, harder, or less popular. And when you're in the moment, it can feel like, "Does it really matter?" Especially when everyone else seems to be taking the easier route. Easy doesn't always mean right - and right doesn't always feel easy. The decisions that shape you the most are usually the ones that require something from you. God isn't leading you toward what's easiest - He's leading you toward what's best.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'right isn't always easy' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of june?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I tend to choose what's easy without thinking about it. Help me stop doing that. Give me the strength to choose what's right, even when it costs me something.

## LIVE IT OUT

### QUIET

Where in your life are you choosing easy over right? Be honest about it.

### ACTION

Make one decision today that you know is right - even if it's harder.

## JOURNAL

What do you want to say to God about 'Right Isn't Always Easy' today?

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JUNE • DAY 4

# GOD GIVES WISDOM

## READ

### James 1:5 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

You don't have to figure everything out on your own. God offers wisdom - but you have to actually ask and be open to it.

There are times you genuinely don't know what to do. Not obvious right or wrong - just confusion. You go back and forth in your head, trying to figure it out, but nothing feels clear. And sometimes you just wish someone would tell you what the right move is.

You don't have to figure everything out on your own. God offers wisdom - but you have to actually ask and be open to it. He doesn't always give instant clarity, but He does guide you when you're willing to listen.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'god gives wisdom' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of june?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't always know what the right decision is, and I try to figure it out on my own. Help me slow down and actually ask You for wisdom. Teach me how to listen and not just react.

## LIVE IT OUT

### QUIET

Bring one decision to God honestly - don't overthink it, just ask for wisdom.

### ACTION

Pause before making a decision today and take a moment to pray first.

## JOURNAL

What do you want to say to God about 'God Gives Wisdom' today?

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# THINK BEFORE YOU ACT

## READ

### Proverbs 4:26 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

Quick decisions can lead to long consequences. Taking a moment to pause doesn't make you weak - it makes you wise.

A lot of decisions happen fast. You react, you respond, you go with what feels right in the moment. And sometimes it works out - but other times you look back and think, "Why did I do that?" because you didn't stop to think first.

Quick decisions can lead to long consequences. Taking a moment to pause doesn't make you weak - it makes you wise. God's direction often shows up in the pause, not the reaction.

**||**

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'think before you act' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of june?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I move fast sometimes without thinking. Help me slow down and not just react to everything. Give me the wisdom to pause and choose my actions carefully.

## LIVE IT OUT

### QUIET

Notice when you feel the urge to react quickly - what's driving that?

### ACTION

Pause before responding in one situation today - don't react immediately.

## JOURNAL

What do you want to say to God about 'Think Before You Act' today?

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JUNE • DAY 6

# YOUR CHOICES SHAPE YOUR FUTURE

## READ

### Galatians 6:7 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

What you do consistently matters more than what you do occasionally. Your habits are shaping your future, whether you realize it or not.

It's easy to think, "This isn't a big deal." One choice, one habit, one decision - it doesn't feel like it matters that much. But those small things start adding up. And before you realize it, they've turned into patterns that are harder to break.

What you do consistently matters more than what you do occasionally. Your habits are shaping your future, whether you realize it or not. God cares about your direction because your direction determines where you end up.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'your choices shape your future' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of june?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want to ignore the small things that are shaping my life. Help me recognize the patterns I'm building and choose better ones moving forward.

## LIVE IT OUT

### QUIET

What pattern is forming in your life right now - good or bad?

### ACTION

Make one decision today that your future self will be glad you made.

## JOURNAL

What do you want to say to God about 'Your Choices Shape Your Future' today?

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JUNE • DAY 7

# TRUST GOD WITH THE OUTCOME

## READ

### Psalm 37:5 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

You're not in control of every outcome - and you don't have to be. Your responsibility is to make the right decision.

Sometimes the hardest part isn't making the decision - it's not knowing how it's going to turn out. You want control over the outcome. You want to know it's going to work. And when you don't have that, it's hard to fully commit.

You're not in control of every outcome - and you don't have to be. Your responsibility is to make the right decision. God's responsibility is what happens next. Trust doesn't mean you know how it ends - it means you move forward anyway.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'trust god with the outcome' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of june?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I want control over how things turn out, and it's hard to let that go. Help me trust You with the outcome and focus on making the right decisions instead of trying to control everything.

## LIVE IT OUT

### QUIET

What outcome are you trying to control right now? Be honest about it.

### ACTION

Make the right decision today without overthinking the result.

## JOURNAL

What do you want to say to God about 'Trust God With the Outcome' today?

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# YOU DON'T HAVE TO WAIT TO MATTER



**Big Idea:** God can use your life right now, not just someday.

It is easy to think impact is for later—when you are older, more experienced, or finally ready. But God does not put purpose on hold.

The way you live, the words you speak, and the way you show up right now already matters more than you may realize.

You do not need to have it all figured out. You just need to be available. God uses the willing, not the perfect.

Purpose is not something you get someday. It is something you live today. You do not have to wait to matter.



**SLOW DOWN**

BREATHE. BE STILL. LET TRUTH SETTLE IN.

*How would my life change if I believed that my life matters right now?*

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## Prayer

God, I keep thinking I need to wait until I am more ready, more confident, or more something. Help me stop putting off what You have already called me to do. Show me that my life matters right now, and give me courage to live like it. Amen.



## Live It Out

CHOICE CARD



### QUIET

What area of life have you been holding back in? Be honest.



### ACTION

Encourage or help one person today. Do not overthink it. Just act.

JULY • DAY 1

# YOU DON'T HAVE TO WAIT TO MATTER

## READ

### 1 Timothy 4:12 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

You don't have to wait to make a difference. God doesn't put your purpose on hold until you reach a certain age or stage.

It's easy to feel like your life doesn't really "count" yet. Like real impact is something for later - when you're older, more confident, more established. Right now it can feel like you're just in-between stages, trying to figure things out. And when you compare yourself to people who seem further along, it's easy to think, "I'll matter more someday... just not right now." You don't have to wait to make a difference. God doesn't put your purpose on hold until you reach a certain age or stage. The way you live, speak, and show up right now already impacts people more than you realize. Purpose isn't something you step into later - it's something you live out now.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you don't have to wait to matter' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of July?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I keep thinking I need to wait until I'm more ready, more confident, or more something. But I don't want to keep putting off what You've already called me to do. Help me see that my life matters right now and give me the courage to live like it.

## LIVE IT OUT

### QUIET

Think about one area of your life where you've been holding back - why do you feel like you have to wait?

### ACTION

Encourage or help one person today - don't overthink it, just act on it.

## JOURNAL

What stands out to you most about 'You Don't Have to Wait to Matter' today?

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JULY • DAY 2

# SMALL ACTIONS MATTER MORE THAN YOU THINK

## READ

Luke  
16:10  
(NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

The small things you do consistently are what build real impact. God pays attention to what you do when it feels unnoticed.

You might feel like what you do isn't a big deal. It's just normal stuff - being kind, showing up, helping out. Nothing that feels huge or noticeable. And because it doesn't feel big, it's easy to think it doesn't really matter.

The small things you do consistently are what build real impact. God pays attention to what you do when it feels unnoticed. What seems small to you can be meaningful to someone else - and it all adds up over time.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'small actions matter more than you think' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of july?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I overlook small things more than I should. Help me understand that what I do - even when it feels unnoticed - actually matters. Teach me to be consistent and intentional.

## LIVE IT OUT

### QUIET

Think about something small you've been overlooking - why have you been minimizing it?

### ACTION

Do one small act of kindness today without expecting anything back.

## JOURNAL

What do you want to say to God about 'Small Actions Matter More Than You Think' today?

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JULY • DAY 3

# PEOPLE ARE WATCHING MORE THAN YOU THINK

## READ

### Matthew 5:16 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Your life is influencing others whether you realize it or not. You don't have to be perfect - you just have to be real.

You don't always realize it, but people notice how you act, how you respond, and how you treat others. Even when you're not trying to stand out, people are paying attention. And sometimes the way you live speaks louder than anything you say.

Your life is influencing others whether you realize it or not. You don't have to be perfect - you just have to be real. God can use your example to impact people in ways you may never fully see.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'people are watching more than you think' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of July?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't always think about how my life impacts others. Help me be aware of how I show up and use my actions to reflect something positive and real.

## LIVE IT OUT

### QUIET

Think about how your actions might affect others - what are they seeing?

### ACTION

Be intentional about your attitude and actions today - choose to lead by example.

## JOURNAL

What do you want to say to God about 'People Are Watching More Than You Think' today?

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JULY • DAY 4

# YOU DON'T NEED RECOGNITION

## READ

### Colossians 3:23 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Your value isn't determined by recognition. God sees what others don't, and that matters more than public attention.

It's frustrating when you put effort into something and no one notices. No recognition, no credit, no acknowledgment. And it can make you wonder, "What's the point?" It's hard to stay motivated when it feels like what you do goes unseen. Your value isn't determined by recognition. God sees what others don't, and that matters more than public attention. When you do things with the right heart, even without recognition, it builds something deeper in you.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you don't need recognition' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of July?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I like being recognized more than I want to admit. Help me shift my focus from being noticed to doing what's right. Remind me that You see everything, even when others don't.

## LIVE IT OUT

### QUIET

Think about something you do that goes unnoticed - why does that bother you?

### ACTION

Do something good today without telling anyone about it.

## JOURNAL

What do you want to say to God about 'You Don't Need Recognition' today?

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JULY • DAY 5

# YOU CAN MAKE SOMEONE'S DAY BETTER

## READ

Proverbs  
11:25  
(NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

**i**

You have the ability to impact someone's day in a positive way - right now. God can use simple actions to make a difference in someone else's life.

You don't always realize how much your words or actions can affect someone else. A small comment, a kind gesture, even just noticing someone - it can mean more than you think. But it's easy to stay focused on your own world and miss those moments.

You have the ability to impact someone's day in a positive way - right now. God can use simple actions to make a difference in someone else's life. You don't need a big platform to make a real impact.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'you can make someone's day better' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of july?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, help me not get so focused on myself that I miss opportunities to help others. Show me who needs encouragement and give me the courage to actually do something about it.

## LIVE IT OUT

### QUIET

Think about someone who might need encouragement - what would you say to them?

### ACTION

Actually go and encourage them today - text, call, or say it in person.

## JOURNAL

What do you want to say to God about 'You Can Make Someone's Day Better' today?

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JULY • DAY 6

# DON'T WAIT UNTIL YOU FEEL READY

## READ

### Ecclesiastes 11:4 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

If you wait until you feel completely ready, you might never start. Growth happens when you move forward even when you feel unsure.

You tell yourself you'll start when you feel more ready, more confident, more prepared. But that moment never fully comes. There's always something that makes you hesitate, something that makes you think, "Maybe later."

If you wait until you feel completely ready, you might never start. Growth happens when you move forward even when you feel unsure. God works through your willingness, not your perfection.

**||**

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'don't wait until you feel ready' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of July?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I keep waiting until I feel ready, but that moment never seems to come. Help me stop hesitating and start moving forward. Give me the courage to act, even when I don't feel fully prepared.

## LIVE IT OUT

### QUIET

What have you been putting off because you don't feel ready?

### ACTION

Take one step toward it today - even if it feels uncomfortable.

## JOURNAL

What do you want to say to God about 'Don't Wait Until You Feel Ready' today?

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# PURPOSE IS LIVED DAILY

## READ

### Psalm 90:12 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

Purpose isn't just found in big moments - it's lived out daily. The way you show up, the choices you make, the way you treat people - that's where purpose is actually

It's easy to think purpose is something big and far off. But most of life is made up of normal days, regular moments, and simple choices. And if you're not careful, you can miss the meaning in the everyday because you're looking for something bigger.

Purpose isn't just found in big moments - it's lived out daily. The way you show up, the choices you make, the way you treat people - that's where purpose is actually lived. God works through your everyday life, not just the big highlights.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'purpose is lived daily' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of july?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want to miss purpose because I'm waiting for something bigger. Help me see that what I do every day matters. Teach me how to live with intention, even in the normal moments.

## LIVE IT OUT

### QUIET

Ask yourself, "How can I live with purpose today, right where I am?"

### ACTION

Be intentional about how you live today - don't just go through it.

## JOURNAL

What do you want to say to God about 'Purpose Is Lived Daily' today?

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# August: Identity Reset

This month is about reset. You are not stuck with every pattern, mood, habit, or mistake that has followed you. With God, change is possible and growth can begin again.



# YOU CAN RESET

## READ

### Lamentations

3:22 - 23

(NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

You're not stuck. You're not locked into the version of yourself you've been lately.

You ever feel off and can't fully explain why? Like nothing huge happened, but something just feels out of place. Maybe it's how you've been acting, what you've been focused on, or how you've been thinking. You start to notice you're not really showing up as yourself - you're just going through it. And it's frustrating because you know you're capable of more, but you don't always know how to get back there.

You're not stuck. You're not locked into the version of yourself you've been lately. God allows resets - not just once, but over and over again. You don't have to wait for some big moment to change direction. You can start fresh right where you are.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you can reset' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of august?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't always like how I've been showing up lately. I feel off, and I don't want to stay there. Thank You that I'm not stuck. Help me reset and start moving back toward who You created me to be.

## LIVE IT OUT

### QUIET

What feels "off" in your life right now?  
Be honest about it instead of ignoring it.

### ACTION

Make one intentional change today that moves you back toward who you want to be.

## JOURNAL

What stands out to you most about 'You Can Reset' today?

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# YOU ARE NOT YOUR BAD DAYS

## READ

### 2 Corinthians 5:17 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Your bad days don't define you. Your mistakes don't lock in your identity.

You have a bad day - or a few - and suddenly it feels like that's just who you are. You mess up, you react wrong, you fall into something again, and it's easy to think, "This is just me." And that mindset can keep you stuck longer than the mistake ever should have.

Your bad days don't define you. Your mistakes don't lock in your identity. God sees you beyond your worst moments and calls you new - even when you don't feel like it. One moment doesn't decide who you are.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'you are not your bad days' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of august?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I let my bad moments define me more than I should. Help me separate what I've done from who I am. Remind me that I'm not stuck in those moments and that I can move forward.

## LIVE IT OUT

### QUIET

Think about a recent mistake - what are you telling yourself because of it?

### ACTION

Make one different choice today that reflects who you want to be, not what you did before.

## JOURNAL

What do you want to say to God about 'You Are Not Your Bad Days' today?

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# CUT THE NOISE

## READ

### Romans 12:2 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Not every voice deserves your attention. If you constantly fill your mind with outside noise, it becomes harder to hear truth.

There's always something in your ear - social media, opinions, trends, expectations. Everyone has a take on who you should be, what matters, what success looks like. And if you're not careful, you start absorbing it without even realizing it. Before long, your mindset feels crowded, and it's hard to tell what you actually think anymore.

Not every voice deserves your attention. If you constantly fill your mind with outside noise, it becomes harder to hear truth. God's voice brings clarity - but you have to create space to hear it.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'cut the noise' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of august?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, there's a lot of noise around me, and sometimes I don't even notice how much it affects me. Help me be more aware of what I'm letting in and give me the discipline to create space for what actually matters.

## LIVE IT OUT

### QUIET

What voices are influencing you the most right now? Are they helping or hurting you?

### ACTION

Take a break today from something that adds noise - social, media, constant input.

## JOURNAL

What do you want to say to God about 'Cut the Noise' today?

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AUGUST • DAY 4

# GET HONEST WITH YOURSELF

## READ

### Psalm 51:6 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Growth starts with honesty. You can't change what you won't admit.

It's easy to avoid being fully honest with yourself. You downplay things, justify choices, or tell yourself it's not a big deal. Not because you're trying to lie - but because facing it head-on feels uncomfortable. But deep down, you usually know what's really going on.

Growth starts with honesty. You can't change what you won't admit. God already knows the truth - He's not waiting for you to be perfect, He's inviting you to be real. That's where change actually begins.

||

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'get honest with yourself' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of august?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I avoid being honest sometimes because it's uncomfortable. But I know that's what keeps me stuck. Help me be real about where I am so I can actually grow.

## LIVE IT OUT

### QUIET

What's something you've been avoiding being honest about?

### ACTION

Say it out loud - to God or to yourself - without softening it.

## JOURNAL

What do you want to say to God about 'Get Honest With Yourself' today?

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# REAL CHANGE TAKES CONSISTENCY

## READ

### Galatians 6:9 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Real change isn't instant - it's built through consistency. Small, repeated choices matter more than big, one-time efforts.

You want change - but you also want it to happen fast. You start strong, then lose momentum. And when you don't see results right away, it's easy to slip back into old patterns. Then it feels like nothing really changed.

Real change isn't instant - it's built through consistency. Small, repeated choices matter more than big, one-time efforts. God works through steady growth, not just quick moments.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'real change takes consistency' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of august?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I want change, but I get impatient when it doesn't happen fast. Help me stay consistent and not give up when I don't see results right away.

## LIVE IT OUT

### QUIET

Where have you been inconsistent? Be honest about it.

### ACTION

Choose one small habit today and commit to it again.

## JOURNAL

What do you want to say to God about 'Real Change Takes Consistency' today?

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# LET GO OF WHAT'S HOLDING YOU BACK

## READ

### Hebrews 12:1 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

You can't move forward while holding onto what's holding you back. Letting go doesn't mean it's easy - it just means it's necessary.

There are things you hold onto that you know aren't helping you - habits, mindsets, situations. You don't always let them go because they're familiar, or because changing feels harder than staying the same.

You can't move forward while holding onto what's holding you back. Letting go doesn't mean it's easy - it just means it's necessary. God wants to help you move forward, but you have to be willing to release what's keeping you stuck.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'let go of what's holding you back' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of august?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I hold onto things longer than I should. Help me let go of what's keeping me stuck and give me the strength to move forward.

## LIVE IT OUT

### QUIET

What's one thing you know is holding you back right now?

### ACTION

Take one step to create distance from it today.

## JOURNAL

What do you want to say to God about 'Let Go of What's Holding You Back' today?

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# MOVE FORWARD, NOT BACK

## READ

### Philippians 3:13 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

Growth requires forward movement. You don't have to go back just because it's familiar.

It's easy to go back to what's familiar - even when it's not good for you. Old habits, old mindsets, old patterns. Not because you want to stay there, but because it's comfortable.

Growth requires forward movement. You don't have to go back just because it's familiar. God is calling you forward, not backward.

**||**

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'move forward, not back' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of august?
- 3 What is one honest next step God may be inviting you to take today?



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## PRAYER

God, I don't want to keep going back to what's familiar if it's not good for me. Help me move forward with confidence and trust where You're leading me.

## LIVE IT OUT

### QUIET

Where are you tempted to go backward right now?

### ACTION

Make a decision today that moves you forward instead.

## JOURNAL

What do you want to say to God about 'Move Forward, Not Back' today?

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# September: Stress

This month is about stress. Pressure may be real, but it does not get the final word. God meets you in the middle of the mess, not only after you clean it up.



# WHEN EVERYTHING HITS AT ONCE

## READ

Psalm  
55:22  
(NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

You weren't meant to carry everything at once. Just because you can push through doesn't mean you're supposed to.

Some days it's not just one thing - it's everything. School, expectations, relationships, your future... it all stacks at the same time. And even if nothing is completely out of control, it still feels heavy. Like your mind doesn't get a break, and you're constantly trying to stay on top of it. And if you're honest, part of you feels like you're barely keeping up.

You weren't meant to carry everything at once. Just because you can push through doesn't mean you're supposed to. God doesn't expect you to hold it all together - He invites you to bring the weight to Him instead of trying to manage it alone.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'when everything hits at once' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of september?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, everything feels like a lot right now. Even if I can't explain it perfectly, I feel the weight of it. Help me stop trying to carry everything on my own. Show me how to give it to You instead of holding onto it.

## LIVE IT OUT

### QUIET

List out everything that's been weighing on you - don't filter it, just get it out.

### ACTION

Talk through what's stressing you with someone instead of keeping it in your head.

## JOURNAL

What stands out to you most about 'When Everything Hits at Once' today?

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# YOU DON'T HAVE TO FIGURE IT ALL OUT

## READ

### Proverbs 3:5 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

You don't need to have everything figured out to move forward. God isn't asking you for a full plan - He's asking you to trust Him with the next step.

You feel pressure to have answers - to know what you're doing, where you're going, how everything is going to work out. And when you don't, it makes you feel behind or uncertain. Like everyone else has a plan and you're still trying to figure yours out.

You don't need to have everything figured out to move forward. God isn't asking you for a full plan - He's asking you to trust Him with the next step. Clarity comes over time, not all at once.

**||**

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you don't have to figure it all out' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of september?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I feel pressure to have everything figured out, and it stresses me out more than I want to admit. Help me let go of that pressure and trust You with what I don't know yet.

## LIVE IT OUT

### QUIET

What are you trying to have all figured out right now? Be honest about it.

### ACTION

Focus on one next step today instead of trying to solve everything.

## JOURNAL

What do you want to say to God about 'You Don't Have to Figure It All Out' today?

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# REST ISN'T LAZY

## READ

**Matthew  
11:28  
(NIV)**

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Rest isn't weakness - it's necessary. You're not meant to run nonstop.

You feel like you always need to be doing something - working, thinking, scrolling, staying busy. And when you stop, it almost feels wrong. Like you're falling behind or wasting time. So you keep going, even when you're drained.

Rest isn't weakness - it's necessary. You're not meant to run nonstop. God created space for rest because He knows you need it. Slowing down doesn't set you back - it helps you reset.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'rest isn't lazy' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of september?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't slow down enough. I keep pushing even when I'm tired. Help me understand that rest is part of how I stay healthy, not something I should feel guilty about.

## LIVE IT OUT

### QUIET

Take a few minutes today to just sit and be still - no distractions.

### ACTION

Set a boundary today - step away from something that's draining you.

## JOURNAL

What do you want to say to God about 'Rest Isn't Lazy' today?

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# YOU'RE ALLOWED TO FEEL IT

## READ

**Psalm  
34:18  
(NIV)**

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Your feelings aren't something you have to ignore. God doesn't expect you to pretend you're okay.

Sometimes you try to ignore how you're feeling. Push it down, distract yourself, move past it. Not because you don't feel it - but because you don't want to deal with it. But it doesn't actually go away - it just stays there.

Your feelings aren't something you have to ignore. God doesn't expect you to pretend you're okay. He meets you where you actually are - not where you act like you are.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you're allowed to feel it' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of september?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't always deal with my feelings well. Sometimes I just try to ignore them. Help me be honest about what I'm feeling and trust that You meet me there.

## LIVE IT OUT

### QUIET

Name what you're actually feeling today  
- don't avoid it.

### ACTION

Talk it out with someone instead of  
bottling it up.

## JOURNAL

What do you want to say to God about 'You're Allowed to Feel It' today?

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# YOU'RE NOT BEHIND

## READ

### Ecclesiastes 3:11 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

You're not behind - you're on your own timeline. God isn't comparing your life to anyone else's.

It feels like everyone else is moving forward faster. Figuring things out, making progress, getting somewhere. And you're still trying to figure things out. That "behind" feeling sticks with you.

You're not behind - you're on your own timeline. God isn't comparing your life to anyone else's. What feels slow to you is often necessary growth.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you're not behind' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of september?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I feel behind sometimes, even when I don't know why. Help me trust Your timing and stop comparing my life to everyone else's.

## LIVE IT OUT

### QUIET

Look at how you've grown in the last year - don't ignore it.

### ACTION

Focus on one step forward today instead of comparing progress.

## JOURNAL

What do you want to say to God about 'You're Not Behind' today?

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# CONTROL ISN'T PEACE

## READ

### Philippians 4:6 - 7 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

Control doesn't create peace - trust does. You can't control everything, and trying to will only wear you out.

You try to control things - plans, outcomes, how things go - because it makes you feel better. But the more you try to control everything, the more stressed you feel when it doesn't go your way.

Control doesn't create peace - trust does. You can't control everything, and trying to will only wear you out. Peace comes when you release what you can't control and trust God with it.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'control isn't peace' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of september?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I try to control more than I should because it makes me feel secure. But it also stresses me out. Help me let go and trust You instead.

## LIVE IT OUT

### QUIET

What are you trying to control right now? Be honest about it.

### ACTION

Let go of one thing today you've been trying to control.

## JOURNAL

What do you want to say to God about 'Control Isn't Peace' today?

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# PEACE IS STILL POSSIBLE

## READ

**John 14:27**  
**(NIV)**

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Peace isn't based on everything being perfect. It's something deeper than your situation.

Even when things calm down, there can still be stress in the background. Like it never fully goes away - it just gets quieter sometimes.

Peace isn't based on everything being perfect. It's something deeper than your situation. God offers peace that stays, even when things feel uncertain.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'peace is still possible' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of september?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want to live constantly stressed. I want real peace. Help me trust You more and let go of what's weighing on me.

## LIVE IT OUT

### QUIET

What's one thing you're holding onto that's disrupting your peace?

### ACTION

Say out loud, "I'm giving this to God," and mean it.

## JOURNAL

What do you want to say to God about 'Peace Is Still Possible' today?

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# October: Doubt

This month is about doubt. Questions do not scare God. Honest seeking can become part of a stronger, deeper faith.



# WHEN YOU START QUESTIONING

## READ

James 1:6  
(NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Doubt doesn't mean something is wrong with you - it means you're thinking. But doubt becomes a problem when it leaves you stuck instead of searching.

You ever hit a moment where you start questioning everything? Not just one thing - but a lot. What you believe, what you're doing, where you're going. It's not always loud - it can be quiet, sitting in the back of your mind. And the more you think about it, the more unsure you feel. Like you don't know what's solid anymore.

Doubt doesn't mean something is wrong with you - it means you're thinking. But doubt becomes a problem when it leaves you stuck instead of searching. God isn't threatened by your questions. He meets you in them and brings clarity over time - not always instantly, but steadily.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'when you start questioning everything' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of october?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't always feel as sure as I want to. There are things I question, and sometimes I don't know what to do with that. Help me not to ignore it or get stuck in it. Meet me in my questions and guide me toward truth.

## LIVE IT OUT

### QUIET

What's one question or doubt you've been holding in? Write it down honestly.

### ACTION

Talk through one of your doubts with someone you trust instead of keeping it to yourself.

## JOURNAL

What stands out to you most about 'When You Start Questioning Everything' today?

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# IT'S OKAY TO ASK QUESTIONS

## READ

### Matthew 7:7 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Asking questions isn't weakness - it's how you grow. God invites you to ask, to seek, to figure things out.

Sometimes you hesitate to ask questions because you feel like you should already know. Or you don't want to sound unsure, weak, or confused. So instead of asking, you just sit with it - and it doesn't get clearer.

Asking questions isn't weakness - it's how you grow. God invites you to ask, to seek, to figure things out. You don't get stronger in your faith by pretending you don't have questions - you get stronger by bringing them into the light.

||

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'it's okay to ask questions' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of october?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I hold back my questions sometimes because I don't want to seem unsure. But I don't want to stay stuck either. Help me be honest and open, and give me the courage to ask what I need to ask.

## LIVE IT OUT

### QUIET

What have you been afraid to ask? Be honest about why.

### ACTION

Actually ask that question today - don't keep avoiding it.

## JOURNAL

What do you want to say to God about 'It's Okay to Ask Questions' today?

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# FEELINGS AREN'T ALWAYS FACTS

## READ

Jeremiah  
17:9 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Your feelings are real, but they're not always reliable. They shift based on everything - your mood, your circumstances, your mindset.

Some days you feel close to God. Other days, not at all. And when you don't feel it, it's easy to start thinking something's off - like maybe you're doing something wrong, or maybe He's not really there the way you thought.

Your feelings are real, but they're not always reliable. They shift based on everything - your mood, your circumstances, your mindset. God's presence doesn't come and go based on how you feel. Just because you don't feel it doesn't mean it's not true.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'feelings aren't always facts' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of october?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I rely on my feelings more than I realize. When they change, everything feels uncertain. Help me stay grounded in truth, even when my emotions are all over the place.

## LIVE IT OUT

### QUIET

Pay attention to how your feelings shift - what's influencing them?

### ACTION

The next time your feelings tell you something negative, pause and challenge it with truth.

## JOURNAL

What do you want to say to God about 'Feelings Aren't Always Facts' today?

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# DOUBT DOESN'T DISQUALIFY YOU

## READ

Mark 9:24  
(NIV)

### BIG IDEA

i

Doubt doesn't disqualify you - it's part of growth. Even people in the Bible wrestled with belief and uncertainty.

Read the verse slowly. Listen for one phrase that stands out.

You think if you doubt, it means your faith isn't strong enough. Like you should have it all figured out by now. And when you don't, it makes you feel like you're falling short.

Doubt doesn't disqualify you - it's part of growth. Even people in the Bible wrestled with belief and uncertainty. God doesn't expect perfect faith - He meets you in the middle of your struggle.

||

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'doubt doesn't disqualify you' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of october?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I feel like I should have stronger faith than I do sometimes. But I don't always. Help me not feel like I'm failing when I struggle. Meet me where I am and help me grow from there.

## LIVE IT OUT

### QUIET

Be honest with God about where you struggle to believe.

### ACTION

Say it out loud: "God, I believe - help my unbelief."

## JOURNAL

What do you want to say to God about 'Doubt Doesn't Disqualify You' today?

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# TRUTH DOESN'T CHANGE

## READ

### Hebrews 13:8 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

God doesn't change. His truth isn't based on trends, opinions, or circumstances.

Everything around you changes - people, situations, opinions. And it can make it hard to know what's actually stable or real. It feels like everything shifts depending on what's happening. God doesn't change. His truth isn't based on trends, opinions, or circumstances. When everything else feels uncertain, that's what stays steady.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'truth doesn't change' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of october?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, everything around me feels like it changes. Help me stay grounded in what doesn't - You. Remind me that Your truth stays steady, even when everything else shifts.

## LIVE IT OUT

### QUIET

What feels unstable in your life right now?

### ACTION

Anchor yourself in one truth today and hold onto it.

## JOURNAL

What do you want to say to God about 'Truth Doesn't Change' today?

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# KEEP SEEKING

## READ

**Jeremiah  
29:13  
(NIV)**

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Growth takes time. Clarity takes time.

Sometimes you want answers right away - and when you don't get them, it's frustrating. You can start to lose motivation to keep looking or trying.

Growth takes time. Clarity takes time. God responds to those who keep seeking - not perfectly, but consistently. You don't have to have all the answers - you just have to keep moving toward them.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'keep seeking' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of october?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I get frustrated when I don't have answers right away. Help me stay consistent and keep seeking instead of giving up.

## LIVE IT OUT

### QUIET

Where have you stopped seeking because you got discouraged?

### ACTION

Take one step today - read, ask, learn, or pray.

## JOURNAL

What do you want to say to God about 'Keep Seeking' today?

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# FAITH MOVES YOU FORWARD

## READ

### 2 Corinthians 5:7 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Faith isn't about having everything figured out - it's about moving forward even when you don't.

You want certainty before you move. You want to know how things will turn out before you commit. But most of the time, you don't get that.

Faith isn't about having everything figured out - it's about moving forward even when you don't. You don't need full clarity to take the next step.

||

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'faith moves you forward' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of october?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I want to be sure before I move - but I know that's not always how this works. Help me trust You enough to move forward even when I don't have all the answers.

## LIVE IT OUT

### QUIET

What are you waiting to feel certain about?

### ACTION

Take one step forward anyway.

## JOURNAL

What do you want to say to God about 'Faith Moves You Forward' today?

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# November: Gratitude

This month is about gratitude. Gratitude does not deny hard things. It trains your eyes to notice God, receive what is good, and stay grounded when life feels loud.



# YOU SEE WHAT YOU FOCUS ON

## READ

### 1

## Thessalonians 5:18 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

What you focus on shapes how you see everything. Gratitude doesn't ignore what's hard - it just refuses to let it be the only thing you see.

It's easy to notice what's wrong. What didn't go your way, what you don't have, what could be better. Your mind goes there fast without even trying. And the more you focus on it, the more it feels like that's all there is. Even when good things are there too, they get overlooked because your attention is locked on what's missing.

What you focus on shapes how you see everything. Gratitude doesn't ignore what's hard - it just refuses to let it be the only thing you see. God is still working, still providing, still present - even when life isn't perfect. You just have to choose to notice it.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you see what you focus on' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of november?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I focus on what's wrong more than I realize. It's easy for me to miss what's good. Help me slow down and actually notice what You're doing in my life, even in the small things.

## LIVE IT OUT

### QUIET

Write down 3 things today that are good - even if they seem small.

### ACTION

Say something you're thankful for out loud to someone today.

## JOURNAL

What stands out to you most about 'You See What You Focus On' today?

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# GRATITUDE CHANGES YOUR MINDSET

## READ

### Philippians 4:8 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Your mindset isn't fixed - it's shaped by what you choose to focus on. Gratitude helps reset your thinking.

You can wake up in a bad mood and carry it all day. One thought leads to another, and before you know it, everything feels off. It's not always about what's happening - it's about what you're thinking about.

Your mindset isn't fixed - it's shaped by what you choose to focus on. Gratitude helps reset your thinking. When you intentionally look for what's good, it starts to shift how you see everything else.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'gratitude changes your mindset' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of november?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, my mindset can go negative fast. Help me catch it sooner and shift it. Teach me how to focus on what's good instead of getting stuck in what's not.

## LIVE IT OUT

### QUIET

Pay attention to your thoughts today - where do they go naturally?

### ACTION

Interrupt one negative thought today and replace it with something true and good.

## JOURNAL

What do you want to say to God about 'Gratitude Changes Your Mindset' today?

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# DON'T TAKE IT FOR GRANTED

## READ

James  
1:17 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

What feels normal is often something you once hoped for or needed.

There are things in your life you don't even think about anymore - people, opportunities, everyday things. Not because they don't matter, but because you've gotten used to them. And it's easy to forget how much they actually mean until something changes.

What feels normal is often something you once hoped for or needed. Gratitude helps you recognize the value of what's already in your life instead of constantly looking for something more.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'don't take it for granted' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of november?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I take things for granted more than I realize. Help me slow down and appreciate what's already in my life instead of always looking for something else.

## LIVE IT OUT

### QUIET

Think about something in your life you've been overlooking - why does it matter?

### ACTION

Thank someone today for something you usually take for granted.

## JOURNAL

What do you want to say to God about 'Don't Take It for Granted' today?

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# GRATITUDE IN HARD MOMENTS

## READ

**Romans**  
**8:28 (NIV)**

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Gratitude doesn't mean everything is good - it means God can still bring something good out of it.

It's easy to be thankful when things are going well. It's a lot harder when they're not. When something is frustrating, disappointing, or just not what you wanted, gratitude feels out of place.

Gratitude doesn't mean everything is good - it means God can still bring something good out of it. Even in hard moments, He's still working. You may not see it right away, but that doesn't mean it's not happening.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'gratitude in hard moments' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of november?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, it's hard to be thankful when things aren't going well. But I don't want to only see the negative. Help me trust that You're still working, even when I don't understand it.

## LIVE IT OUT

### QUIET

What's something hard right now - can you find anything good in it?

### ACTION

Choose to thank God for something even in the middle of a frustrating situation.

## JOURNAL

What do you want to say to God about 'Gratitude in Hard Moments' today?

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# GRATITUDE IMPACTS OTHERS

## READ

Hebrews  
10:24  
(NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Gratitude isn't just for you - it impacts the people around you. When you express appreciation, it encourages others and strengthens your relationships.

You don't always realize how your words affect people. A simple "thank you" or acknowledgment can mean more than you think. But it's easy to keep moving and not say anything. Gratitude isn't just for you - it impacts the people around you. When you express appreciation, it encourages others and strengthens your relationships.

||

SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'gratitude impacts others' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of november?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, help me not keep appreciation to myself. Show me how to express gratitude in a way that builds others up.

## LIVE IT OUT

### QUIET

Think about someone who's impacted your life - what would you say to them?

### ACTION

Actually tell them today.

## JOURNAL

What do you want to say to God about 'Gratitude Impacts Others' today?

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# CONTENTMENT IS STRENGTH

## READ

### Philippians 4:11 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Contentment doesn't mean you stop growing - it means you stop living like what you have isn't enough.

You always feel like something is missing. Something more you need, something better you want. And it's hard to feel satisfied because there's always another level.

Contentment doesn't mean you stop growing - it means you stop living like what you have isn't enough. Gratitude helps you find peace where you are while still moving forward.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'contentment is strength' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of november?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I always feel like I need more. Help me find peace in what I already have while still trusting You for what's ahead.

## LIVE IT OUT

### QUIET

Where do you feel like you always need more?

### ACTION

Choose to be content today instead of chasing something else.

## JOURNAL

What do you want to say to God about 'Contentment Is Strength' today?

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# GRATITUDE KEEPS YOU GROUNDED

## READ

### Colossians 3:15 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

i

Gratitude keeps you grounded. It reminds you what's real, what matters, and what's already been given to you.

Life moves fast, and it's easy to lose perspective. You get caught up in everything going on and forget to step back and recognize what's actually good.

Gratitude keeps you grounded. It reminds you what's real, what matters, and what's already been given to you.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'gratitude keeps you grounded' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of november?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want to move through life without recognizing what You've already done. Help me stay grounded and aware, not just caught up in everything else.

## LIVE IT OUT

### QUIET

Take a moment today to reflect on your life - what's actually good right now?

### ACTION

Start or end your day by saying 3 things you're thankful for out loud.

## JOURNAL

What do you want to say to God about 'Gratitude Keeps You Grounded' today?

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# December: Hope

This month is about hope. Hope is not wishful thinking. It is confidence that God is still present, still faithful, and still writing the story.



# WHEN LIFE DOESN'T GO AS PLANNED

## READ

**Jeremiah  
29:11  
(NIV)**

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Just because things didn't go how you planned doesn't mean they're off track. God's plan isn't limited to your expectations.

You had an idea of how things would go... and it didn't. Plans changed, things didn't work out, or something just went differently than you expected. And even if it's not a huge situation, it still messes with you. Because now you're sitting there thinking, "What now?" and not having a clear answer feels unsettling.

Just because things didn't go how you planned doesn't mean they're off track. God's plan isn't limited to your expectations. He's still working, even when the direction looks different than what you thought it would be.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'when life doesn't go as planned' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of december?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't always understand why things go differently than I planned. It throws me off more than I want to admit. Help me trust that You're still working, even when things don't make sense to me.

## LIVE IT OUT

### QUIET

What didn't go the way you expected this year? Be honest about how it affected you.

### ACTION

Choose to trust God with one situation that didn't go your way.

## JOURNAL

What stands out to you most about 'When Life Doesn't Go As Planned' today?

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# HOPE ISN'T BASED ON FEELINGS

## READ

**Romans**  
**15:13**  
**(NIV)**

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Hope isn't a feeling - it's something deeper than that. It doesn't disappear just because your emotions change.

Some days you feel hopeful. Other days, not at all. And when you don't feel it, it's easy to think hope isn't really there. Like it comes and goes depending on how things are going. Hope isn't a feeling - it's something deeper than that. It doesn't disappear just because your emotions change. God is steady, even when your feelings aren't, and that's what hope is built on.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'hope isn't based on feelings' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of december?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, my feelings shift a lot, and sometimes hope feels distant. Help me remember that hope doesn't come from how I feel - it comes from who You are.

## LIVE IT OUT

### QUIET

What's affecting your mood right now?  
How is it shaping your perspective?

### ACTION

Speak one truth today even if you don't feel it.

## JOURNAL

What do you want to say to God about 'Hope Isn't Based on Feelings' today?

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# GOD IS STILL WORKING

## READ

### Romans 8:28 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

God doesn't waste anything - not even the parts you don't understand. Just because you can't see it yet doesn't mean He's not working behind the scenes.

There are situations where you just don't see anything good coming from it. It feels stuck, confusing, or disappointing. And it's hard to believe anything positive could come out of it. God doesn't waste anything - not even the parts you don't understand. Just because you can't see it yet doesn't mean He's not working behind the scenes.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'god is still working' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of december?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't always see what You're doing, and that makes it hard to trust sometimes. But I don't want to assume nothing is happening. Help me believe You're still working, even when I can't see it.

## LIVE IT OUT

### QUIET

Think about a hard situation - what might God be doing that you don't see yet?

### ACTION

Choose to trust God in that situation today - even without answers.

## JOURNAL

What do you want to say to God about 'God Is Still Working' today?

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# YOU'RE NOT ALONE IN THIS

## READ

Isaiah  
41:10  
(NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

You're not alone, even when it feels like it. God is present in your life - not distant, not disconnected.

You can feel alone even when you're not. Surrounded by people, still dealing with things in your own head. And it can feel like no one fully understands what you're carrying. You're not alone, even when it feels like it. God is present in your life - not distant, not disconnected. He's with you in what you're going through.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'you're not alone in this' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of december?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I feel alone sometimes, even when I'm not. Help me remember that You're with me and that I don't have to go through everything by myself.

## LIVE IT OUT

### QUIET

Remind yourself today: "I'm not alone in this."

### ACTION

Reach out to someone instead of isolating.

## JOURNAL

What do you want to say to God about 'You're Not Alone in This' today?

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# YOUR STORY ISN'T OVER

## READ

### Philippians 1:6 (NIV)

Read the verse slowly. Listen for one phrase that stands out.

#### BIG IDEA

**i**

Your story isn't finished. God is still working in your life, still shaping things, still building something.

You can look at your life and feel like certain things define it - mistakes, missed opportunities, things you wish were different. And it can feel like those things limit what your future looks like.

Your story isn't finished. God is still working in your life, still shaping things, still building something. Where you are now isn't where it ends.



SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'your story isn't over' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of december?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, sometimes I feel like parts of my story define me. But I know You're not done. Help me trust that there's more ahead and not stay stuck in where I've been.

## LIVE IT OUT

### QUIET

What part of your story feels stuck right now?

### ACTION

Take one step forward today instead of staying where you are.

## JOURNAL

What do you want to say to God about 'Your Story Isn't Over' today?

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# LOOK BACK AND SEE GROWTH

## READ

Psalm  
77:11  
(NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Growth doesn't always look dramatic - but it's still happening. When you take time to look back, you'll see ways you've changed, learned, and grown that you didn't

It's easy to focus on what didn't happen this year. What didn't work, what didn't change, what didn't go your way. And when you do that, it can feel like nothing really happened. Growth doesn't always look dramatic - but it's still happening. When you take time to look back, you'll see ways you've changed, learned, and grown that you didn't notice in the moment.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

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## REFLECTION WELL

- 1 Where do you see 'look back and see growth' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of december?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I overlook my growth more than I should. Help me see what You've done in my life this year and not just focus on what didn't happen.

## LIVE IT OUT

### QUIET

Look back over the year - where have you grown, even a little?

### ACTION

Write down or say out loud one area you've improved in.

## JOURNAL

What do you want to say to God about 'Look Back and See Growth' today?

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# HOPE MOVES YOU FORWARD

## READ

Hebrews  
10:23  
(NIV)

Read the verse slowly. Listen for one phrase that stands out.

### BIG IDEA

i

Hope isn't just something you feel - it's something that moves you. It helps you step forward even when things aren't perfect or fully clear.

It's easy to get stuck in what's behind you - what happened, what didn't, what you wish was different. But staying there keeps you from moving forward.

Hope isn't just something you feel - it's something that moves you. It helps you step forward even when things aren't perfect or fully clear. God is leading you forward, not backward.

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SLOW DOWN • BREATHE • LET TRUTH SINK IN

# REFLECT + RESPOND

## REFLECTION WELL

- 1 Where do you see 'hope moves you forward' touching your real life right now?
- 2 What truth from today's reading do you most need to remember in this season of december?
- 3 What is one honest next step God may be inviting you to take today?



## PRAYER

God, I don't want to stay stuck in what's behind me. Help me move forward with hope and trust that You're leading me into something new.

## LIVE IT OUT

### QUIET

What are you holding onto from the past that's keeping you stuck?

### ACTION

Make one decision today that moves you forward into what's next.

## JOURNAL

What do you want to say to God about 'Hope Moves You Forward' today?

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# KEEP GROWING ROOTS



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