

THE RUNAWAY RESET

The Reset Journey

42 Days of Transformation

A Devotional for the Woman Ready to Go — and Grow

May 28 – July 8, 2026

FOUR PILLARS OF TRANSFORMATION

PEACE · Days 1-10 · Stillness Before the Step

ADVENTURE · Days 11-21 · Courage in the Crossing

HEALING · Days 22-32 · What the Journey Reveals

FREEDOM · Days 33-42 · Arriving as Who You Were Always Meant to Be

PEACE

Stillness Before the Step

Days 1-10 | May 28 - June 6

DAY 1 OF 42 · PEACE

TRAVEL DAY — IN THE AIR

She Went Anyway

Thursday, May 28

OLD TESTAMENT

Isaiah 43:2

“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”

NEW TESTAMENT

John 14:27

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

PSALMS

Psalms 121:1-2

“I lift up my eyes to the mountains — where does my help come from? My help comes from the Lord, the Maker of heaven and earth.”

TODAY'S REFLECTION

“What is the one thing you've been almost choosing — and what would it cost you to keep almost choosing it for another year?”

TODAY'S AFFIRMATION

“I go in peace. God's presence travels with me into everything unknown.”

CLOSING PRAYER

Lord, today I lift my eyes. Not because I have it all figured out, but because I know my help comes from you — not from the perfect plan, not from the perfect timing, not from having zero fear. From you. Travel with me. Be near to her, wherever she's reading this. Let us both feel you in the going. Amen.

JOURNAL PROMPT

What is the thing you've been almost choosing? What would it look like to go anyway — even scared, even unsure?

Between Here and There

Friday, May 29

OLD TESTAMENT

Deuteronomy 31:8

“The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

NEW TESTAMENT

Philippians 4:6-7

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

PSALMS

Psalms 46:1

“God is our refuge and strength, an ever-present help in trouble.”

TODAY'S REFLECTION

“Where in your life are you rushing through an in-between season instead of letting God meet you in the middle of it?”

TODAY'S AFFIRMATION

“The in-between is not wasted space. God is present in my transition.”

CLOSING PRAYER

God who goes before me, thank you that you are not waiting for me to arrive somewhere to meet me. You meet me in the middle — in the terminal, in the transition, in the not-yet. Be my refuge today, in every in-between. Amen.

JOURNAL PROMPT

Where are you currently in between? What would it mean to stop rushing through it and find God in it instead?

God in the Wild

Saturday, May 30

OLD TESTAMENT

Job 12:7-8

“But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you.”

NEW TESTAMENT

Romans 1:20

“For since the creation of the world God's invisible qualities — his eternal power and divine nature — have been clearly seen, being understood from what has been made, so that people are without excuse.”

PSALMS

Psalms 19:1-2

“The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge.”

TODAY'S REFLECTION

“When did you last let creation speak to you — and what do you think it's been trying to say about who God is?”

TODAY'S AFFIRMATION

“Creation is speaking. I slow down enough to listen.”

CLOSING PRAYER

Creator God, forgive me for the weeks I've gone without looking up. Today I look — at the elephants, the sky, the birds, the wild beauty of a world you made with intention and extravagance. You are so much bigger and so much more beautiful than I remember. Let creation recalibrate my soul. Amen.

JOURNAL PROMPT

When did you last feel genuinely awe-struck by nature? What does it stir in you about who God is?

Sabbath in the Bush

Sunday, May 31

OLD TESTAMENT

Genesis 2:2-3

“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”

NEW TESTAMENT

Mark 6:31

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’”

PSALMS

Psalms 23:2-3

“He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.”

TODAY’S REFLECTION

“What would your life look like if you treated rest as holy — not a reward, but a right God built into your design?”

TODAY’S AFFIRMATION

“Rest is holy. I lay down the need to produce and receive what only stillness can give.”

CLOSING PRAYER

Shepherd, lead me today to the quiet waters I’ve been sprinting past. Refresh what busyness has depleted. Help me receive rest not as a reward but as a right — something you built into the rhythm of life on purpose. I lie down in your green pastures. Restore my soul. Amen.

JOURNAL PROMPT

What does your soul actually need right now that you’ve been too busy to give it? What would one holy pause look like today?

DAY 5 OF 42 · PEACE

CAPE TOWN, SOUTH AFRICA — EMBARKATION DAY

Setting Sail from the Mountain

Monday, June 1

OLD TESTAMENT

Isaiah 55:12

“You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.”

NEW TESTAMENT

Acts 20:24

“However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me.”

PSALMS

Psalms 107:23-24

“Some went out on the sea in ships; they were merchants on the mighty waters. They saw the works of the Lord, his wonderful deeds in the deep.”

TODAY'S REFLECTION

“What ship have you been standing next to for months or years without boarding — and what is the real reason you haven't stepped on?”

TODAY'S AFFIRMATION

“I commit to the crossing. I get on the ship.”

CLOSING PRAYER

God of every departure, thank you for this moment of beginning. For Cape Town and Table Mountain and the ocean stretched impossibly wide ahead. Go with me on this water. Go with her wherever she is stepping out. Let us both leave the harbor in joy and be led forth in peace. Amen.

JOURNAL PROMPT

What ship have you been standing next to without boarding? What is one step you could take today toward actually getting on?

DAY 6 OF 42 · PEACE

AT SEA — SOUTH ATLANTIC

The Vastness and the Peace

Tuesday, June 2

OLD TESTAMENT

Isaiah 26:3

“You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

NEW TESTAMENT

Colossians 3:15

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

PSALMS

Psalms 131:2

“But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.”

TODAY'S REFLECTION

“What are you still trying to control that the ocean of God's faithfulness was designed to carry?”

TODAY'S AFFIRMATION

“My mind is steadfast. I choose trust over anxiety, presence over performance.”

CLOSING PRAYER

God of the ocean and the stillness, today I let the vastness recalibrate me. I quiet my mind. I release what I've been gripping. Keep me in perfect peace — not because everything is perfect, but because you are trustworthy. Rule in my heart today. Amen.

JOURNAL PROMPT

What are you currently trying to manage or control that you could release to God today? What would your life feel like if you actually let it go?

DAY 7 OF 42 · PEACE

AT SEA — SOUTH ATLANTIC

Learning to Float

Wednesday, June 3

OLD TESTAMENT

Proverbs 3:5-6

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

NEW TESTAMENT

Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

PSALMS

Psalms 62:5-6

“Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken.”

TODAY'S REFLECTION

“Where have you been swimming — striving, white-knuckling, exhausting yourself — through a season that was designed to carry you?”

TODAY'S AFFIRMATION

“I lean not on my own understanding. I float in the current of God's faithfulness.”

CLOSING PRAYER

Jesus, I come to you today weary from carrying what was never mine to carry. I lay it down — the need to figure it out, to see the whole path, to manage what I cannot manage. Teach me to float. Your yoke is easy. Let me experience that today. Amen.

JOURNAL PROMPT

What burden have you been carrying that belongs to God? Write it down specifically, then write: 'I release this to you, Lord.'

Flamingos in the Desert

Thursday, June 4

OLD TESTAMENT

Isaiah 35:1

“The desert and the parched land will be glad; the wilderness will rejoice and blossom. Like the crocus, it will burst into bloom; it will rejoice greatly and shout for joy.”

NEW TESTAMENT

2 Corinthians 12:9

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

PSALMS

Psalms 84:6

“As they pass through the Valley of Baka, they make it a place of springs; the autumn rains also cover it with pools.”

TODAY’S REFLECTION

“Where in your life does it look like desert right now — and can you find even one small sign that something might be about to bloom?”

TODAY’S AFFIRMATION

“God makes deserts bloom. My dry places are not dead — they are waiting.”

CLOSING PRAYER

God of the desert and the lagoon, the dry season and the sudden spring — I bring you my wilderness places today. The dreams that look barren. The areas that feel lifeless. I trust that you are the God who makes things bloom in impossible places. Let my valley of weeping become a place of springs. Amen.

JOURNAL PROMPT

What feels like desert in your life right now? Can you find any evidence — however small — of something beginning to bloom there?

Horizon Theology

Friday, June 5

OLD TESTAMENT

Lamentations 3:22-23

“Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”

NEW TESTAMENT

Hebrews 12:2

“Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”

PSALMS

Psalms 30:5

“For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.”

TODAY'S REFLECTION

“What would change in your daily life if you genuinely believed that God's mercies were new for you this morning — including in the area that feels most stuck?”

TODAY'S AFFIRMATION

“His mercies are new this morning. I fix my eyes forward and trust what I cannot yet see.”

CLOSING PRAYER

Faithful God, you have never once failed to bring the morning. Not once in all of history has the sun refused to rise. Your faithfulness is that consistent. Help me to live from that certainty today — not from what I can see, but from what I know about you. New mercies. New day. Amen.

JOURNAL PROMPT

What would change in your daily life if you genuinely believed that God's mercies were new every single morning — including this one?

The Stillness That Speaks

Saturday, June 6

OLD TESTAMENT

1 Kings 19:11-12

“The Lord said, ‘Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.’ Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.”

NEW TESTAMENT

Matthew 14:23

“After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone.”

PSALMS

Psalms 46:10

“He says, ‘Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.’”

TODAY'S REFLECTION

“What is the whisper God has been trying to get through to you that the noise of your life keeps drowning out?”

TODAY'S AFFIRMATION

“I am still enough to hear the whisper. What God says in quiet carries me through the noise.”

CLOSING PRAYER

God of the gentle whisper, I confess I've been waiting for the earthquake. I've been expecting the dramatic, and I've missed you in the quiet. Today I get still. Not for performance, not to check a box — but because I genuinely want to hear what you've been trying to say. Speak, Lord. I'm listening. Amen.

JOURNAL PROMPT

Find five minutes of genuine silence today — phone down, eyes closed. Then write: what did I notice? What came up? What might God be whispering?

ADVENTURE

Courage in the Crossing

Days 11-21 | June 7 - June 17

The Courage to Cross

Sunday, June 7

OLD TESTAMENT

Joshua 1:9

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

NEW TESTAMENT

2 Timothy 1:7

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

PSALMS

Psalms 27:1

“The Lord is my light and my salvation — whom shall I fear? The Lord is the stronghold of my life — of whom shall I be afraid?”

TODAY'S REFLECTION

“What does your open ocean look like right now — and what would it mean to keep sailing even without land in sight?”

TODAY'S AFFIRMATION

“I was built to cross open water. Courage is not the absence of fear — it's sailing anyway.”

CLOSING PRAYER

God of every crossing, I am in the middle of the ocean and you are my only landmark. Strengthen me. Not just for the physical journey but for every wide-open place in my life where there's no land in sight. I am not timid. I am powered by your Spirit. Amen.

JOURNAL PROMPT

What crossing are you in the middle of right now — a season, a transition, a relationship, a calling? What do you need to believe about God to keep sailing?

She Did Not Know Where She Was Going

Monday, June 8

OLD TESTAMENT

Genesis 12:1-2

“The Lord had said to Abram, ‘Go from your country, your people and your father’s household to the land I will show you. I will make you into a great nation, and I will bless you.’”

NEW TESTAMENT

Hebrews 11:8

“By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going.”

PROVERBS

Proverbs 3:5-6

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

TODAY’S REFLECTION

“What is the ‘go’ God has spoken over your life that you’ve been waiting to fully understand before you obey?”

TODAY’S AFFIRMATION

“I go by faith, not by sight. The blessing is on the other side of the yes.”

CLOSING PRAYER

God of Abraham, give me his particular kind of courage — the kind that obeys before it understands, that goes before it sees the destination. I trust your voice more than my need to know every detail. Lead me to the land you will show me. Amen.

JOURNAL PROMPT

Is there a ‘go’ that God has spoken over your life that you’ve been waiting to fully understand before you obey?
What would it look like to take the first step today?

Wander Is Not Lost

Tuesday, June 9

OLD TESTAMENT

Numbers 9:22-23

“Whether the cloud stayed over the tabernacle for two days or a month or a year, the Israelites would remain in camp and not set out; but when it lifted, they would set out. At the Lord's command they encamped, and at the Lord's command they set out.”

NEW TESTAMENT

Acts 16:6-7

“Paul and his companions traveled throughout the region of Phrygia and Galatia, having been kept by the Holy Spirit from preaching the word in the province of Asia. When they came to the border of Mysia, they tried to enter Bithynia, but the Spirit of Jesus would not allow them to.”

PSALMS

Psalms 37:23

“The Lord makes firm the steps of the one who delights in him.”

TODAY'S REFLECTION

“What detour or closed door in your past are you still calling a mistake — that God might have been calling a redirect?”

TODAY'S AFFIRMATION

“I am not lost. I am being led. My steps are made firm by the One who goes before me.”

CLOSING PRAYER

Spirit of Jesus, who redirected Paul and led Israel through the wilderness — lead me. When I can't see the clear path, make my steps firm anyway. Help me trust that divine detours are not mistakes. I am not wandering. I am following. Amen.

JOURNAL PROMPT

Think of a detour or closed door in your past. Looking back, can you see how God was redirecting you toward something better? How does that change how you view your current uncertainty?

Fear Is Not the Boss

Wednesday, June 10

OLD TESTAMENT

Judges 6:14-16

"The Lord turned to him and said, 'Go in the strength you have and save Israel out of Midian's hand. Am I not sending you?' 'Pardon me, my lord,' Gideon replied, 'but how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family.' The Lord answered, 'I will be with you.'"

NEW TESTAMENT

1 John 4:18

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."

PSALMS

Psalms 56:3-4

"When I am afraid, I put my trust in you. In God, whose word I praise — in God I trust and am not afraid. What can mere mortals do to me?"

TODAY'S REFLECTION

"What has fear been telling you that you can't do — and what changes when you put God back in that equation?"

TODAY'S AFFIRMATION

"Fear is not the boss. Perfect love drives it out, and I am fully loved."

CLOSING PRAYER

God who called Gideon from the winepress, call me out of wherever I've been hiding. I am afraid. I know I am. But I trust that your presence changes the equation. With you, I am not the least — I am the called. Drive out my fear with your love. Amen.

JOURNAL PROMPT

What is fear currently telling you that you can't do? Write it down. Then write the truth: 'God is with me, therefore...' and complete the sentence.

The Horizon Is Not the End

Thursday, June 11

OLD TESTAMENT

Jeremiah 29:11

“For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.”

NEW TESTAMENT

Ephesians 3:20

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.”

PSALMS

Psalms 16:11

“You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.”

TODAY’S REFLECTION

“What is the thing you’ve been hoping for that feels too far away to still believe in — and what does Ephesians 3:20 say about the size of what’s possible?”

TODAY’S AFFIRMATION

“The horizon is not the end. Something is coming that I cannot yet see.”

CLOSING PRAYER

God of futures and hopes, remind me today that your plans have not been cancelled. That the horizon I can’t see past is simply where my vision ends — not where your faithfulness ends. Fill me with hope. Do immeasurably more than I have dared to imagine. Amen.

JOURNAL PROMPT

Write down one thing you’re hoping for that feels far away or unlikely. Then write Ephesians 3:20 next to it. What shifts when you hold that hope next to that promise?

Islands That Chose to Dream

Friday, June 12

OLD TESTAMENT

Isaiah 43:19

“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”

NEW TESTAMENT

2 Corinthians 5:17

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

PSALMS

Psalms 40:3

“He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him.”

TODAY'S REFLECTION

“Where have you been living as if the drought is permanent — and what might 'new thing springing up' actually look like in that specific area?”

TODAY'S AFFIRMATION

“New things are springing up in my wilderness. I perceive what God is doing.”

CLOSING PRAYER

God of Cape Verde and every impossible place, put a new song in my mouth today. I have been singing the old songs — the songs of lack, limitation, and drought. Replace them with new creation music. Let me be evidence that your streams appear in wastelands. Amen.

JOURNAL PROMPT

Where in your life have you been living as if the drought is permanent? What might 'new thing springing up' look like in that specific area?

Your Brave Looks Different

Saturday, June 13

OLD TESTAMENT

Ruth 1:16-17

“But Ruth replied, ‘Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. Where you die I will die, and there I will be buried.’”

NEW TESTAMENT

Acts 4:13

“When they saw the courage of Peter and John and realized that they were unlearned, ordinary men, they were astonished and they took note that these men had been with Jesus.”

PSALMS

Psalms 31:24

“Be strong and take heart, all you who hope in the Lord.”

TODAY’S REFLECTION

“What quiet act of courage are you engaged in right now that no one is applauding — and why does it matter more than you’re letting yourself believe?”

TODAY’S AFFIRMATION

“My brave is real, even when it’s quiet. Faithful courage changes history.”

CLOSING PRAYER

God who honored Ruth’s quiet refusal, honor mine. The small brave things I do that nobody applauds — the choice to keep going, to stay faithful, to not give up — I offer them to you today. Let my ordinary courage carry extraordinary weight. Amen.

JOURNAL PROMPT

What quiet act of courage are you engaged in right now that isn’t being applauded or noticed? Write it down and acknowledge it. It matters more than you know.

Enlarging Your Territory

Sunday, June 14

OLD TESTAMENT

1 Chronicles 4:10

“Jabez cried out to the God of Israel, ‘Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.’ And God granted his request.”

NEW TESTAMENT

John 10:10

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

PSALMS

Psalms 18:19

“He brought me out into a spacious place; he rescued me because he delighted in me.”

TODAY'S REFLECTION

“In what area of your life have you been playing small — and what would it look like to pray Jabez's prayer and actually mean it?”

TODAY'S AFFIRMATION

“My territory is enlarging. God is bringing me out into spacious places.”

CLOSING PRAYER

God, I pray Jabez's prayer today and I mean it: bless me and enlarge my territory. Not for my ego — for your glory. Make me more. Give me more capacity, more faith, more vision, more reach. Let your hand be with me in the expansion. Amen.

JOURNAL PROMPT

In what area of your life do you most need your 'territory' to enlarge? Write a Jabez prayer specifically for that area.

Volcanic and Beautiful

Monday, June 15

OLD TESTAMENT

Isaiah 64:8

“Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand.”

NEW TESTAMENT

Romans 9:21

“Does not the potter have the right to make out of the same lump of clay some pottery for special purposes and some for common use?”

PSALMS

Psalms 139:13-14

“For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

TODAY'S REFLECTION

“What volcanic season of your life has shaped you in ways you're only now beginning to appreciate — and what did the fire make in you?”

TODAY'S AFFIRMATION

“I am the work of God's hands — all of me, including what the fire made.”

CLOSING PRAYER

Potter God, I offer you the clay of who I am — including the parts shaped by fire. I trust your hands. I trust the process. Make me into what you intend — not what my comfort prefers, but what your purpose requires. Fearfully and wonderfully made. I believe it. Amen.

JOURNAL PROMPT

What 'volcanic' season of your life has shaped you in ways you're only now beginning to appreciate? What did the fire make in you?

More Than You Asked or Imagined

Tuesday, June 16

OLD TESTAMENT

Numbers 13:30

“Then Caleb silenced the people before Moses and said, ‘We should go up and take possession of the land, for we can certainly do it.’”

NEW TESTAMENT

Ephesians 3:20-21

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

PSALMS

Psalms 78:19

“They spoke against God; they said, ‘Can God really spread a table in the wilderness?’”

TODAY’S REFLECTION

“Where are you currently doing the math like the ten spies — leaving God out of the equation — instead of saying ‘we can certainly do it’?”

TODAY’S AFFIRMATION

“The giants are real, and God is bigger. We can certainly do this.”

CLOSING PRAYER

God of Caleb's courage, give me his particular kind of sight — the kind that looks at the same obstacles everyone else sees and arrives at a completely different conclusion because of who I know you to be. You are immeasurably able. Let me live from that truth. Amen.

JOURNAL PROMPT

Where are you currently thinking like the ten spies instead of Caleb? What would it look like to say ‘we can certainly do it’ in that area of your life?

Leave It in Casablanca

Wednesday, June 17

OLD TESTAMENT

Isaiah 43:18-19

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?”

NEW TESTAMENT

Revelation 21:5

“He who was seated on the throne said, ‘I am making everything new!’”

PSALMS

Psalms 126:5-6

“Those who sow with tears will reap with songs of joy. Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.”

TODAY’S REFLECTION

“What old story, old wound, or former version of yourself have you been carrying across every new season that God is asking you to leave behind right now?”

TODAY’S AFFIRMATION

“I forget the former things. I perceive the new thing God is doing.”

CLOSING PRAYER

God who makes all things new, I leave in Casablanca what I no longer need to carry. The old story about who I am. The former version of myself that suffering shaped. I am ready for what comes next. You are doing a new thing. I perceive it. Amen.

JOURNAL PROMPT

What 'former thing' have you been dwelling on that God is asking you to release? Write it down, then write: 'God is doing a new thing. I perceive it.' Then close the journal and leave it there.

HEALING

What the Journey Reveals

Days 22-32 | June 18 - June 28

Permission to Feel It All

Thursday, June 18

OLD TESTAMENT

Lamentations 3:19-21

“I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope.”

NEW TESTAMENT

John 11:35

“Jesus wept.”

PSALMS

Psalms 34:18

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

TODAY'S REFLECTION

“What grief or pain have you been skipping over in the name of staying positive — and what would it look like to let yourself actually feel it today in the presence of God?”

TODAY'S AFFIRMATION

“I give myself permission to feel what is real. God is closest to me in the broken places.”

CLOSING PRAYER

God who wept at the tomb, sit with me in my grief today. I don't need you to fix it right now. I need you to be near it. Be near to her too — whoever is reading this in the middle of her own rough water. You are close to the brokenhearted. I receive your nearness. Amen.

JOURNAL PROMPT

What grief, loss, or pain have you been skipping over in the name of staying positive? What would it look like to actually let yourself feel it today, in the presence of God?

Ancient Walls, New Mercies

Friday, June 19

OLD TESTAMENT

Joel 2:25

“I will repay you for the years the locusts have eaten — the great locust and the locust swarm — the years of my great army that I sent among you.”

NEW TESTAMENT

Romans 8:28

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

PSALMS

Psalms 71:20-21

“Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up. You will increase my honor and comfort me once more.”

TODAY'S REFLECTION

“What 'locust years' are you still grieving — and what would 'restoration with interest' look like in that specific area of your life?”

TODAY'S AFFIRMATION

“God is repaying the years that were stolen. I am not behind — I am being restored.”

CLOSING PRAYER

Restorer God, I bring you the years the locusts ate. The seasons of my life that felt stolen. I trust you to work all of it — even the terrible parts — for good. Repay what was taken. Restore my honor. Bring me up from the depths again. I am not done. Amen.

JOURNAL PROMPT

What 'locust years' do you need to bring to God in prayer today? What would 'restoration with interest' look like in your specific situation?

Forgiveness Is the Unlock

Saturday, June 20

OLD TESTAMENT

Micah 7:18-19

“Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.”

NEW TESTAMENT

Ephesians 4:31-32

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

PSALMS

Psalms 103:12

“As far as the east is from the west, so far has he removed our transgressions from us.”

TODAY'S REFLECTION

“Who or what are you still holding onto that is keeping you in a cage of bitterness — and what would it feel like to actually release your claim?”

TODAY'S AFFIRMATION

“I release what I've been carrying. Forgiveness is the key to my own freedom.”

CLOSING PRAYER

God who hurls sin into the depths of the sea, help me do the same today. I release — by name, specifically — the people and the hurts I've been holding onto. Not because they deserve it. Because I deserve freedom. Unlock the cage of bitterness in me. Amen.

JOURNAL PROMPT

Who or what do you need to forgive today? Write a prayer of release — not reconciliation, just release. 'God, I give you [name/situation]. I release my claim to what I'm owed.'

Rebuilt from the Ruins

Sunday, June 21

OLD TESTAMENT

Isaiah 61:4

“They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations.”

NEW TESTAMENT

2 Corinthians 4:8-9

“We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.”

PSALMS

Psalms 147:3

“He heals the brokenhearted and binds up their wounds.”

TODAY'S REFLECTION

“What has been leveled in your life that you're still living in the rubble of — and what do you notice God building in its place?”

TODAY'S AFFIRMATION

“I am not destroyed. I am being rebuilt. What God reconstructs is more beautiful for the story.”

CLOSING PRAYER

God who rebuilds ruined cities, rebuild what has been leveled in me. Don't just patch the old structure — build something new in its place that tells the story of what survived and what you restored. Heal my broken heart. Bind up my wounds. I am under construction. Amen.

JOURNAL PROMPT

What 'Le Havre' of your life — something destroyed — is God currently rebuilding? What do you notice about the new construction that is different from what stood before?

DAY 26 OF 42 · HEALING

ZEEBRUGGE (BRUSSELS/BRUGES), BELGIUM

Beauty in the Ordinary

Monday, June 22

OLD TESTAMENT

Ecclesiastes 3:1

“There is a time for everything, and a season for every activity under the heavens.”

NEW TESTAMENT

Philippians 4:11

“I have learned, in whatsoever state I am, therewith to be content.”

PSALMS

Psalms 16:6

“The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.”

TODAY'S REFLECTION

“What is genuinely beautiful about your actual life right now that you've been too busy, too discontent, or too distracted to properly see?”

TODAY'S AFFIRMATION

“There is beauty in my ordinary life. I slow down enough to receive it.”

CLOSING PRAYER

God of pleasant boundary lines, teach me the contentment Paul learned. Help me find the delightful inheritance within the life I actually have — not the life I planned, but this one. This ordinary, complicated, beautiful one. Amen.

JOURNAL PROMPT

What is beautiful about your current life that you've been too busy or too discontent to properly notice? Write five specific things.

What the Body Carries

Tuesday, June 23

OLD TESTAMENT

Job 33:25

“Let their flesh be renewed like a child's; let them be restored as in the days of their youth.”

NEW TESTAMENT

1 Corinthians 6:19-20

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

PSALMS

Psalms 139:14

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

TODAY'S REFLECTION

“What is your body currently asking for that you've been ignoring — and what would it look like to honor it as sacred today?”

TODAY'S AFFIRMATION

“My body is a temple. I honor it with the gentleness it deserves.”

CLOSING PRAYER

God, forgive me for treating my body like a machine to be pushed rather than a sanctuary to be tended. Renew me from the inside out — body, soul, and spirit together. Let healing be whole. I am fearfully and wonderfully made. I receive that today. Amen.

JOURNAL PROMPT

What is your body currently asking for that you've been ignoring? What would it look like to honor your body as a temple today — one specific, gentle act?

The Scar Is Part of the Story

Wednesday, June 24

OLD TESTAMENT

Genesis 50:20

“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”

NEW TESTAMENT

John 20:27

“Then he said to Thomas, ‘Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.’”

PSALMS

Psalms 126:5

“Those who sow with tears will reap with songs of joy.”

TODAY’S REFLECTION

“What scar have you been hiding that God might want to use — and who could be set free by your willingness to show it?”

TODAY’S AFFIRMATION

“My scars are proof of my story. They are sacred, not shameful.”

CLOSING PRAYER

God who redeemed Joseph’s betrayal and validated Thomas’s doubt with visible wounds — redeem mine. Use the thing that was meant to harm me for the saving of someone else. Let my scars become the evidence of your faithfulness that sets another woman free. Amen.

JOURNAL PROMPT

What wound or scar have you been hiding? What might ‘God intended it for good’ look like in that specific story? Who might be helped by your willingness to show it?

Rebuilt and Unbreakable

Thursday, June 25

OLD TESTAMENT

Nehemiah 2:17-18

“Then I said to them, ‘You see the trouble we are in: Jerusalem lies in ruins, and its gates have been burned with fire. Come, let us rebuild the wall of Jerusalem, and we will no longer be in disgrace.’ I also told them about the gracious hand of my God on me... They replied, ‘Let us start rebuilding.’ So they began this good work.”

NEW TESTAMENT

Romans 5:3-4

“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.”

PSALMS

Psalms 30:11-12

“You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent. Lord my God, I will praise you forever.”

TODAY'S REFLECTION

“What has your suffering produced in you — specifically, what qualities of character exist in you now that only hardship could have built?”

TODAY'S AFFIRMATION

“I glory in what I've endured. Suffering has been building something unbreakable in me.”

CLOSING PRAYER

God of Nehemiah and Solidarity and every impossible rebuilding — I begin the good work today. I take my brick and I place it. I don't need conditions to be perfect. Your gracious hand is on me. Turn my mourning into dancing. Clothe me with joy. Let me sing. Amen.

JOURNAL PROMPT

What has your suffering produced in you? List the specific qualities — perseverance, empathy, faith, resilience — that hardship has built. Then praise God for them.

Medieval and Whole

Friday, June 26

OLD TESTAMENT

Ezekiel 36:26

“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.”

NEW TESTAMENT

Luke 8:48

“Then he said to her, ‘Daughter, your faith has healed you. Go in peace.’”

PSALMS

Psalms 147:3

“He heals the brokenhearted and binds up their wounds.”

TODAY’S REFLECTION

“What would you reach for if you genuinely believed that healing was available to you right now — and what has been keeping you from pressing through to receive it?”

TODAY’S AFFIRMATION

“I reach for healing with whatever faith I have. He turns toward me every time.”

CLOSING PRAYER

Healer, I press through the crowd of my excuses and my shame today and I reach for you. Not because I deserve it. Because I need it. Call me Daughter. Heal what is broken. Give me a heart of flesh where stone has formed. Let me go in peace. Amen.

JOURNAL PROMPT

What would you reach for if you believed healing was actually available to you? What has kept you from pressing through to receive it?

Sisu — The Strength That Keeps Going

Saturday, June 27

OLD TESTAMENT

Psalm 27:14

“Wait for the Lord; be strong and take heart and wait for the Lord.”

NEW TESTAMENT

Galatians 6:9

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

PSALMS

Psalm 40:1-2

“I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.”

TODAY'S REFLECTION

“Where do you most need sisu right now — the deep reserve that keeps going — and what would 'not giving up' look like in that specific area this week?”

TODAY'S AFFIRMATION

“I have sisu — the deep reserve that keeps going. God is building something in my endurance.”

CLOSING PRAYER

Lord, I am tired of the long healing. Tired of the slow work. But I will not give up. Hear my cry. Lift me from the mud. Set my feet on something firm. Give me sisu for today — not for the whole journey, just for today. Amen.

JOURNAL PROMPT

Where do you most need sisu right now — the deep reserves of perseverance? What would 'not giving up' look like in that specific area this week?

Old Town, New Story

Sunday, June 28

OLD TESTAMENT

Isaiah 43:1

“But now, this is what the Lord says — he who created you, Jacob, he who formed you, Israel: ‘Do not fear, for I have redeemed you; I have summoned you by name; you are mine.’”

NEW TESTAMENT

2 Corinthians 3:18

“And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.”

PSALMS

Psalms 3:3

“But you, Lord, are a shield around me, my glory, the One who lifts my head high.”

TODAY’S REFLECTION

“What old story have you been living inside that it’s time to stop letting define you — and who does God say you are when He calls you by name?”

TODAY’S AFFIRMATION

“I am being transformed into ever-increasing glory. My story is not over — it is becoming.”

CLOSING PRAYER

God who summons me by name — not by my wounds, not by my failures, not by what I’ve survived but by what you made me to be — lift my head today. I receive the transformation. I let the healing do what healing does. I am yours. Amen.

JOURNAL PROMPT

Write a letter to the version of yourself who was most broken. What does the you who has come through it want her to know?

FREEDOM

Arriving as Who You Were Always Meant to Be

Days 33-42 | June 29 - July 8

Spread Out to the Left and Right

Monday, June 29

OLD TESTAMENT

Isaiah 54:2-3

“Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes. For you will spread out to the right and to the left.”

NEW TESTAMENT

Galatians 5:1

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

PSALMS

Psalms 119:45

“I will walk about in freedom, for I have sought out your precepts.”

TODAY'S REFLECTION

“Where have you been keeping yourself small — and what would 'stretching your tent' actually look like in the area of your life that most needs expansion?”

TODAY'S AFFIRMATION

“I take up the space I was created for. I stretch my tent and walk in freedom.”

CLOSING PRAYER

God of wide spaces, remind me today that you designed me for expansion, not contraction. Help me identify where I've been keeping myself small — and stretch. Strengthen my stakes so the enlargement is sustainable. I walk in freedom because you set me free. Amen.

JOURNAL PROMPT

Where have you been keeping yourself small? What would 'stretching your tent' look like in that specific area?
What is one cord you could lengthen this week?

No Condemnation

Tuesday, June 30

OLD TESTAMENT

Isaiah 54:4

“Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood.”

NEW TESTAMENT

Romans 8:1-2

“Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.”

PSALMS

Psalms 34:5

“Those who look to him are radiant; their faces are never covered with shame.”

TODAY'S REFLECTION

“Where are you living under self-condemnation that God has already acquitted — and what would it look like to walk through today as someone who is fully free?”

TODAY'S AFFIRMATION

“There is no condemnation for me. I am free, radiant, and fully acquitted.”

CLOSING PRAYER

God, I receive the full weight of 'no condemnation' today. I release the shame I've been carrying — the self-accusation, the low-grade guilt, the constant sense of not enough. I am acquitted. Radiant. Set free. Let my face show it. Amen.

JOURNAL PROMPT

Where are you living under self-condemnation? Write 'There is now no condemnation for [your name]' and sit with it. What resistance comes up? Bring that resistance to God.

The Happiest People

Wednesday, July 1

OLD TESTAMENT

Ecclesiastes 3:12-13

“I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil — this is the gift of God.”

NEW TESTAMENT

Philippians 4:4

“Rejoice in the Lord always. I will say it again: Rejoice!”

PSALMS

Psalms 118:24

“The Lord has done it this very day; let us rejoice today and be glad.”

TODAY'S REFLECTION

“What would change in your life if you gave yourself genuine permission to enjoy it — not as a reward for suffering enough, but simply because today is the day the Lord has made?”

TODAY'S AFFIRMATION

“I choose joy today. Not because everything is perfect — because God is faithful.”

CLOSING PRAYER

Lord, today I choose to rejoice. Not from pretending, not from performing — from the genuine recognition that you made this day and I am in it and that is more than enough reason to be glad. Teach me the Copenhagen way: permission to simply enjoy the life you've given me. Amen.

JOURNAL PROMPT

What is one thing in your life right now that you could choose to genuinely rejoice in? Write a prayer of thanksgiving — specific and unhurried.

Unbothered and Rooted

Thursday, July 2

OLD TESTAMENT

Proverbs 31:25

“She is clothed with strength and dignity; she can laugh at the days to come.”

NEW TESTAMENT

1 Peter 2:9

“But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.”

PSALMS

Psalms 1:3

“That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither — whatever they do prospers.”

TODAY'S REFLECTION

“What threatens to uproot you most — whose opinion, what fear, what circumstance — and what would it look like to let your roots go deeper than that wind can reach?”

TODAY'S AFFIRMATION

“I am deeply rooted and unbothered. Strength and dignity are my clothing.”

CLOSING PRAYER

God, plant me deeper today. Let my roots reach so far into your truth that the winds of opinion and the storms of circumstance cannot move what you've established. I am chosen. Royal. Yours. Let me live from that — fully, freely, unafraid. Amen.

JOURNAL PROMPT

What threatens to uproot you most often — whose opinion, what fear, what circumstance? What would it look like to let your roots go deeper in that specific area?

The City of Free Thinkers

Friday, July 3

OLD TESTAMENT

Romans 12:2

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will.”

NEW TESTAMENT

John 8:36

“So if the Son sets you free, you will be free indeed.”

PSALMS

Psalms 119:32

“I run in the path of your commands, for you have broadened my understanding.”

TODAY'S REFLECTION

“What recurring thought pattern has been keeping you small — and what specific truth replaces it when you choose to let your mind be renewed?”

TODAY'S AFFIRMATION

“My mind is being renewed. I think differently now — about God, myself, and what is possible.”

CLOSING PRAYER

God of the renewed mind, I bring you today the thought patterns that have kept me small. The old programming. The voices that are not yours. Replace them. Transform me from the inside out. Broaden my understanding. Set me free indeed — from the inside. Amen.

JOURNAL PROMPT

What is one recurring thought pattern that limits your freedom? Write it down, then write the truth that replaces it — not positive thinking, but actual scripture-grounded truth.

The White Cliffs Say Welcome

Saturday, July 4

OLD TESTAMENT

Deuteronomy 26:8-9

“So the Lord brought us out of Egypt with a mighty hand and an outstretched arm, with great terror and with signs and wonders. He brought us to this place and gave us this land, a land flowing with milk and honey.”

NEW TESTAMENT

Hebrews 11:13-14

“All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth. People who say such things show that they are looking for a country of their own.”

PSALMS

Psalms 107:1-3

“Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord tell their story — those he gathered from the lands, from east and west, from north and south.”

TODAY'S REFLECTION

“What has this journey given you that you didn't have when it started — and whose life might change because you were willing to tell that story?”

TODAY'S AFFIRMATION

“I have made it. I carry what only the crossing could give me. I tell my story.”

CLOSING PRAYER

God who brought us out with a mighty hand — thank you. For every sea day and every port, every hard crossing and every unexpected beauty. I tell my story, all of it, as evidence of your faithfulness. The redeemed of the Lord shall say so. I say so. Amen.

JOURNAL PROMPT

Write a letter from the woman who disembarked in Dover to the woman who boarded in Cape Town. What does she know now that she didn't know then? What has she gathered?

A City That Refused to Be Broken

Sunday, July 5

OLD TESTAMENT

Nehemiah 4:14

“After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, ‘Don’t be afraid of them. Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters, your wives and your homes.’”

NEW TESTAMENT

Romans 8:37

“No, in all these things we are more than conquerors through him who loved us.”

PSALMS

Psalms 46:1-2

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.”

TODAY’S REFLECTION

“What has tried to destroy you that has not succeeded — and what does that survival say about who God is and who you are?”

TODAY’S AFFIRMATION

“I am more than a conqueror. I refuse to be defined by what tried to destroy me.”

CLOSING PRAYER

God who is our refuge and strength, I stand in London today — in spirit or in body — and I declare: we do not fear. We have been through the fire and the flood and the hard seasons, and we are standing. More than conquerors. Through you who loved us. Amen.

JOURNAL PROMPT

What has tried to destroy you that has not succeeded? Write a declaration: ‘I survived [name it]. And I am still here. I am more than a conqueror because God loved me through it.’

She Is Clothed in What She Carried

Monday, July 6

OLD TESTAMENT

Esther 4:14

“And who knows but that you have come to your royal position for such a time as this?”

NEW TESTAMENT

2 Corinthians 3:18

“And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.”

PSALMS

Psalms 45:13-14

“All glorious is the princess within her chamber; her gown is interwoven with gold. In embroidered garments she is led to the king.”

TODAY'S REFLECTION

“What unique position have you been given — in your family, your work, your community — for such a time as this, and what would walking in it fully actually look like?”

TODAY'S AFFIRMATION

“I am positioned for such a time as this. My story is my assignment.”

CLOSING PRAYER

God who positioned Esther, you have positioned me too. I stop apologizing for the path that got me here. I stop minimizing the gifts and the story and the unique reach that is mine alone. Use me for such a time as this. I am all glorious within — because of you. Amen.

JOURNAL PROMPT

What unique position — in your family, work, community, or sphere — have you been given for 'such a time as this'? What would it look like to walk in it fully?

You Were Right to Go

Tuesday, July 7

OLD TESTAMENT

Psalm 126:5-6

“Those who sow with tears will reap with songs of joy. Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.”

NEW TESTAMENT

Luke 15:20

“But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.”

PSALMS

Psalm 30:11

“You turned my wailing into dancing; you removed my sackcloth and clothed me with joy.”

TODAY'S REFLECTION

“What version of 'going' have you been afraid to commit to — and what do you know now that you wish you could tell the version of yourself who was still deciding?”

TODAY'S AFFIRMATION

“I was right to go. I return home carrying more than I left with.”

CLOSING PRAYER

Father, thank you for running toward me. For the open arms at the end of the journey that make the whole journey worth it. I went out carrying seeds. I come home carrying the harvest. Turn my wailing into dancing. Clothe me with joy. I was right to go. Amen.

JOURNAL PROMPT

Write a letter to someone in your life who needs to hear 'you were right to go.' Then consider: is that letter actually for you?

The Reset Is Real — Take It Home

Wednesday, July 8

OLD TESTAMENT

Isaiah 60:1

“Arise, shine, for your light has come, and the glory of the Lord rises upon you.”

NEW TESTAMENT

Revelation 21:5

“He who was seated on the throne said, 'I am making everything new!' Then he said, 'Write this down, for these words are trustworthy and true.'”

PSALMS

Psalms 103:2-5

“Praise the Lord, my soul, and forget not all his benefits — who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.”

TODAY'S REFLECTION

“Who are you now that you weren't on May 28 — and what do you carry home from The Reset Journey that you will absolutely refuse to put down?”

TODAY'S AFFIRMATION

“The reset is real and it lives in me. I take it home. I arise and I shine.”

CLOSING PRAYER

God of 42 days and every mile between them — thank you. For the peace that prepared me. For the adventure that stretched me. For the healing that restored me. For the freedom that is now mine to walk in. I go home transformed. Make everything new. I will not forget your benefits. Crown me with love and compassion and send me out. The light has come. Amen.

JOURNAL PROMPT

Write your answer to this: Who am I now that I wasn't on May 28? What do I carry home from The Reset Journey that I will refuse to put down?