

THE RUNAWAY RESET

The Release:

30 Days of Letting Go

Moving Forward & Trusting God's Promises

THREE PILLARS

LET GO · Days 1-10 · Release, Grieve, Forgive

MOVE FORWARD · Days 11-20 · Courage, Identity, New Beginnings

TRUST THE PROMISE · Days 21-30 · Faith, Faithfulness, Arriving

LET GO

Releasing What Was

The First Step Is Releasing Your Grip

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

Philippians 3:13-14

“But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal.”

PSALMS

Psalms 46:10

“Be still, and know that I am God.”

TODAY'S REFLECTION

“What are you still holding onto from a chapter that God has already closed — and what do you think it would feel like to finally set it down?”

TODAY'S DECLARATION

Speak this aloud

“I release what was. I open my hands to what is coming. God is doing a new thing in me and I have the eyes to see it.”

TODAY'S AFFIRMATION

“I am not defined by what I am leaving behind. I am defined by where I am going.”

CLOSING PRAYER

Lord, I confess that I have been gripping the past with both hands. Today I choose to loosen my hold. I don't fully understand what comes next, but I trust that You do. Help me to stop dwelling on what was and open my eyes to what You are already doing. Amen.

JOURNAL PROMPT

Write down one thing you've been holding onto that it's time to release. Then write what you imagine your hands would do if they were finally free.

Grief Is Not a Sign You Did Something Wrong

OLD TESTAMENT

Ecclesiastes 3:1, 4

“There is a time for everything, and a season for every activity under the heavens — a time to weep and a time to laugh, a time to mourn and a time to dance.”

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

“Have you been rushing yourself through grief because you felt like you should be further along by now — and what would it look like to give yourself permission to feel what you actually feel?”

TODAY'S DECLARATION

Speak this aloud

“My grief is valid. God is with me in it. I do not have to perform healing I haven't yet received.”

TODAY'S AFFIRMATION

“I am allowed to mourn what I've lost. Grief is not weakness — it is love with nowhere to go.”

CLOSING PRAYER

Father, thank You that even Jesus wept. Thank You that You don't ask me to skip the hard parts. Be close to me in this season of loss. Sit with me in the places that hurt. I don't need You to fix it right now — I just need to know You're here. Amen.

JOURNAL PROMPT

What have you been grieving that you haven't fully allowed yourself to name out loud? Write it down without editing yourself.

You Are Not What Happened to You

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

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 119:71

“It was good for me to be afflicted so that I might learn your decrees.”

TODAY'S REFLECTION

“What story about yourself — built from something that was done to you or happened to you — have you been carrying as if it were your identity?”

TODAY'S DECLARATION

Speak this aloud

“What happened to me is not who I am. God has been working in every chapter, including the painful ones, and I am not the sum of my wounds.”

TODAY'S AFFIRMATION

“I am more than my hardest season. My story is still being written by a God who wastes nothing.”

CLOSING PRAYER

Lord, I have let what happened to me become a label I wear. Today I ask You to begin separating what occurred from who I am. I believe You can work good from this. I choose to trust Your hand even in the chapters I didn't choose. Amen.

JOURNAL PROMPT

What is the story you've been telling yourself about who you are because of what you went through? Write it — then write the version God might tell about the same season.

Forgiveness Is Not Saying It Was Okay

OLD TESTAMENT

Isaiah 1:18

“Come now, let us settle the matter, says the Lord. Though your sins are like scarlet, they shall be as white as snow.”

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

“Is there someone — or something — you've been withholding forgiveness from, and what has holding that unforgiveness actually cost you?”

TODAY'S DECLARATION

Speak this aloud

“Forgiveness is not permission. It is freedom. I choose to release the debt so I can be released from the prison of carrying it.”

TODAY'S AFFIRMATION

“I forgive not because what happened was okay, but because I refuse to let it keep costing me my peace.”

CLOSING PRAYER

Lord, forgiveness feels impossible in my own strength. What was done was wrong, and I am still carrying the weight of it. Today I ask You to do what I cannot — begin softening this place in me. Take the bitterness. I don't want to carry it anymore. Help me to want to forgive even before I feel like I can. Amen.

JOURNAL PROMPT

Who or what do you need to forgive — and what would your life look and feel like if that weight were no longer yours to carry?

Letting Go of Who You Were Supposed to Be

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

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 37:4

“Take delight in the Lord, and he will give you the desires of your heart.”

TODAY'S REFLECTION

“What version of yourself or your life did you grieve losing — the plan that didn't happen, the life you expected to have by now — and is it possible God has a different plan that is better, not lesser?”

TODAY'S DECLARATION

Speak this aloud

“I release the life I planned and open my hands to the life God designed. His plans for me are better than my own.”

TODAY'S AFFIRMATION

“The life I imagined was a rough draft. God is writing the final version — and it is more than I could have planned for myself.”

CLOSING PRAYER

Father, I have been mourning a version of my life that I believed was supposed to be mine. Help me to grieve it fully and then release it fully. I trust that what You have for me is not a consolation prize but a designed purpose. Align my desires with Yours. Amen.

JOURNAL PROMPT

Describe the version of your life you thought you'd have by now. Then write a prayer asking God to show you what He is building instead.

The Weight of Carrying What Isn't Yours

OLD TESTAMENT

Exodus 14:14

“The Lord will fight for you; you need only to be still.”

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.”

PSALMS

Psalms 55:22

“Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.”

TODAY'S REFLECTION

“What burdens are you carrying right now that were never yours to carry — other people's expectations, outcomes you cannot control, problems that belong to God?”

TODAY'S DECLARATION

Speak this aloud

***“I lay down what is not mine to carry. God fights battles I was never assigned to fight.
My job is to trust, not to fix everything.”***

TODAY'S AFFIRMATION

“I am not responsible for outcomes only God can produce. I do my part and I release the rest.”

CLOSING PRAYER

Lord, I have been exhausted by the weight of carrying things You never asked me to hold. Today I practice the discipline of release. I hand You what I've been white-knuckling — the outcomes, the people, the situations I cannot control. You are God and I am not. Thank You. Amen.

JOURNAL PROMPT

List every burden you are currently carrying. Next to each one, write either 'mine' or 'God's.' Then practice releasing the ones that belong to Him.

Rest Is Holy — Not Lazy

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.”

NEW TESTAMENT

Hebrews 4:9-10

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his.”

PSALMS

Psalms 127:2

“In vain you rise early and stay up late, toiling for food to eat — for he grants sleep to those he loves.”

TODAY'S REFLECTION

“Where have you confused exhaustion with faithfulness — and what would it look like to honor God by actually resting?”

TODAY'S DECLARATION

Speak this aloud

“Rest is not a reward for finishing. It is a gift from God and an act of trust. I choose to receive it.”

TODAY'S AFFIRMATION

“My worth is not measured by my productivity. I am allowed to stop. I am loved in my stillness.”

CLOSING PRAYER

Lord, I have treated rest as something to earn rather than a gift You designed. Forgive me for the places where I've confused busyness with purpose. Today I choose to stop. Help me to rest without guilt, to be still without anxiety, to trust that You sustain what I cannot. Amen.

JOURNAL PROMPT

When did you last truly rest — not just sleep, but genuinely be present in stillness without guilt? What would rest look like for you this week?

The Courage to Stop Explaining Yourself

OLD TESTAMENT

Isaiah 54:17

“No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord.”

NEW TESTAMENT

Galatians 1:10

“Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.”

PSALMS

Psalms 23:4

“Even though I walk through the darkest valley, I will fear no evil, for you are with me.”

TODAY'S REFLECTION

“Who are you still explaining yourself to — still trying to justify your choices, your healing, your boundaries — and what would it cost you to simply stop?”

TODAY'S DECLARATION

Speak this aloud

“I do not need permission from people to live the life God has called me to. His approval is the only one that changes everything.”

TODAY'S AFFIRMATION

“I owe no one an explanation for the life God is leading me into. I move forward without a defense.”

CLOSING PRAYER

Father, I have spent so much energy trying to make people understand my choices, my healing, my direction. Today I release the need to be understood by everyone. You understand me fully, and that is enough. Give me the peace that passes all understanding — especially the understanding of others. Amen.

JOURNAL PROMPT

Who are you still seeking approval from or trying to justify yourself to? Write a letter to that person that you will never send — saying everything you've been trying to explain.

What Control Has Cost You

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

John 15:5

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

PSALMS

Psalms 31:14-15

“But I trust in you, Lord; I say, ‘You are my God.’ My times are in your hands.”

TODAY’S REFLECTION

“What have you been trying to control that is clearly in God’s hands — and what has the effort of that control actually cost you in peace, rest, and presence?”

TODAY’S DECLARATION

Speak this aloud

“My times are in God’s hands, not mine. I trust His timing, His methods, and His outcomes even when I cannot see the plan.”

TODAY’S AFFIRMATION

“Releasing control is not giving up. It is trusting the One who holds what I cannot manage.”

CLOSING PRAYER

Lord, I am a chronic controller. I have believed that if I just managed enough variables, I could prevent pain and produce the outcomes I need. I repent of this. I cannot do what only You can do. My times are in Your hands — and those are the safest hands I know. Amen.

JOURNAL PROMPT

What is the thing you are most tightly controlling right now? Write what your life might look like — feel like — if you genuinely surrendered it.

You've Survived Everything That Tried to Stop You

OLD TESTAMENT

Deuteronomy 8:2

“Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart.”

NEW TESTAMENT

Romans 5:3-4

“We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.”

PSALMS

Psalms 66:12

“We went through fire and water, but you brought us to a place of abundance.”

TODAY'S REFLECTION

“When you look back at everything you've survived — every hard season, every loss, every chapter you weren't sure you'd make it through — what does that actually say about who you are and who God is?”

TODAY'S DECLARATION

Speak this aloud

“I have survived everything that tried to break me. That is not luck. That is God. And I carry that testimony forward.”

TODAY'S AFFIRMATION

“My survival is evidence of God's faithfulness. I am still here — and that is the proof I need.”

CLOSING PRAYER

God, as I close this first pillar of releasing, I want to acknowledge what You have brought me through. I have survived what should have broken me. I have stood when I had no strength to stand. That was You. Thank You. I carry that testimony into what comes next. Amen.

JOURNAL PROMPT

Write a list of everything you have survived. Then write: What does this list tell me about who God has been to me?

MOVE FORWARD

Stepping Into What Is

The Step Is Small. Take It Anyway.

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

James 2:17

“In the same way, faith by itself, if it is not accompanied by action, is dead.”

PSALMS

Psalms 37:23

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

TODAY'S REFLECTION

“What is the one small step you've been avoiding — telling yourself you'll take it when you feel more ready — and what if ready never fully comes?”

TODAY'S DECLARATION

Speak this aloud

“I take the step before I feel fully ready. Courage is not the absence of fear. It is the decision to move in spite of it.”

TODAY'S AFFIRMATION

“I don't need to see the whole staircase. I just need to take the next step.”

CLOSING PRAYER

Lord, I have been waiting to feel ready. I've been waiting for certainty before I move. But You said to be strong and courageous — not certain. Today I take one step. Walk with me. Make my steps firm as I delight in You. Amen.

JOURNAL PROMPT

What is the one step you know you need to take that you've been postponing? What is the first, smallest version of that step you could take today or this week?

Your New Season Doesn't Look Like Your Last One

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

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.”

PSALMS

Psalms 40:3

“He put a new song in my mouth, a hymn of praise to our God.”

TODAY'S REFLECTION

“Are you unconsciously trying to recreate what you had before instead of receiving what God is building now — and what might you be missing because you're looking for the old thing?”

TODAY'S DECLARATION

Speak this aloud

“I release the template of my last season. God is building something new and I choose to receive it on its own terms.”

TODAY'S AFFIRMATION

“My new chapter doesn't need to look like my last one to be good. New is not lesser. It is just different.”

CLOSING PRAYER

Father, I keep trying to find the new version of what I lost instead of receiving what You are actually doing. Open my eyes to perceive the new thing springing up. Help me to stop measuring my future by my past. I want to sing the new song You are putting in my mouth. Amen.

JOURNAL PROMPT

Describe what you've been hoping your new season would look like. Then ask: Am I hoping for restoration of the old, or am I open to something entirely new?

Who Are You Without the Role You Lost?

OLD TESTAMENT

Genesis 1:27

“So God created mankind in his own image, in the image of God he created them; male and female he created them.”

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 139:14

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

TODAY'S REFLECTION

“If you stripped away every role you've ever held — wife, mother, employee, caregiver, the strong one — who are you, and is that person someone you know?”

TODAY'S DECLARATION

Speak this aloud

“My identity is not in what I do or what I've lost. I am God's chosen, His royal possession, fearfully and wonderfully made — and that doesn't change with my circumstances.”

TODAY'S AFFIRMATION

“I am not a role. I am not a relationship. I am not a title. I am a beloved daughter of God and that is the truest thing about me.”

CLOSING PRAYER

Lord, I have worn so many labels that I'm not sure who I am without them. Strip away everything except what is true. Remind me who You say I am. I want to know myself the way You know me — not by my function but by my worth. Amen.

JOURNAL PROMPT

Complete this sentence without using any role or relationship: 'I am ____.' Write as many completions as you can.
Then ask God to add to the list.

Permission to Want Things Again

OLD TESTAMENT

Habakkuk 2:2-3

“Write down the revelation and make it plain on tablets so that a herald may run with it. For the revelation awaits an appointed time; it speaks of the end and will not prove false.”

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 20:4

“May he give you the desire of your heart and make all your plans succeed.”

TODAY'S REFLECTION

“What do you actually want — not what you think you should want, not what would be acceptable to want, but what do you genuinely desire for your life from here?”

TODAY'S DECLARATION

Speak this aloud

“I give myself permission to want things again. My desires are not selfish — they are clues God placed in me about the life He designed for me.”

TODAY'S AFFIRMATION

“My dreams are not too big for God. He is able to do immeasurably more than I can ask or imagine.”

CLOSING PRAYER

Father, somewhere along the way I stopped allowing myself to want things. I called it surrender but it might have been resignation. Today I ask You — what did You put in me? What do You want me to want? Align my desires with Yours and give me the courage to write them down. Amen.

JOURNAL PROMPT

Write your actual desires — not the sanitized, humble version. What do you want your life to look and feel like? Write it freely, then offer it to God.

The People Who Walk With You Into the New

OLD TESTAMENT

Ruth 1:16

“Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.”

NEW TESTAMENT

Hebrews 10:24-25

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another.”

PSALMS

Psalms 133:1

“How good and pleasant it is when God's people live together in unity!”

TODAY'S REFLECTION

“Who in your life is walking with you into the new season — and are there relationships you've been holding onto that actually belong to the season you're leaving?”

TODAY'S DECLARATION

Speak this aloud

“I release relationships that belong to my past season with gratitude. I open my heart to the community God is building around my future.”

TODAY'S AFFIRMATION

“Not everyone is meant to come with me into the next chapter — and that is okay. God is aligning me with people who belong to where I'm going.”

CLOSING PRAYER

Lord, help me to see clearly who You have placed in my life for this new season. Give me the wisdom to release what no longer fits with love and without bitterness. And bring me into community with people who will spur me toward where You are taking me. Amen.

JOURNAL PROMPT

Draw two circles. In one, write the names of people who belong to where you're going. In the other, write the names of relationships you may need to grieve or release. Ask God what to do with each.

Rebuilding After the Rubble

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.' They replied, 'Let us start rebuilding.'"

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 in your life is currently in rubble — and instead of looking at the destruction, what if you looked for where God is already calling you to begin rebuilding?"

TODAY'S DECLARATION

Speak this aloud

"I am not destroyed. I am rebuilding. And what God builds from the ruins is stronger than what stood before."

TODAY'S AFFIRMATION

"I am not in the rubble. I am at the beginning of the rebuild. There is a difference — and I choose to see it."

CLOSING PRAYER

Father, it is hard to see past the destruction right now. Help me to see with Nehemiah's eyes — not mourning the ruins forever but asking: where do we start rebuilding? Give me the strength to say 'let us start' and the faith to believe that what rises will be better. Amen.

JOURNAL PROMPT

What is the rubble in your life right now? Where do you see the first place to begin rebuilding? What would the first brick be?

You Are Allowed to Enjoy the Journey

OLD TESTAMENT

Ecclesiastes 5:18-19

“This is what I have observed to be good: that it is appropriate for a person to eat, to drink and to find satisfaction in their toilsome labor under the sun during the few days of life God has given them.”

NEW TESTAMENT

John 10:10

“I have come that they may have life, and have it to the full.”

PSALMS

Psalms 118:24

“This is the day the Lord has made; let us rejoice and be glad in it.”

TODAY'S REFLECTION

“Where have you been postponing joy — telling yourself you'll enjoy your life once things are more settled, more certain, more healed — and what are you missing in the meantime?”

TODAY'S DECLARATION

Speak this aloud

“I choose joy today, not someday. God gave me this day and I will not waste it waiting for a future that may always feel just out of reach.”

TODAY'S AFFIRMATION

“I do not have to earn the right to enjoy my life. Joy is available to me right now, exactly as things are.”

CLOSING PRAYER

Lord, I have been living in a perpetual 'when.' When things settle. When I heal more. When I figure it out. But You said You came so I could have life fully. Today. Not someday. Help me to receive the joy that is available to me right now in this imperfect season. Amen.

JOURNAL PROMPT

What small thing could you do today — just today — that would bring you genuine joy? Write it down. Then do it.

The Comparison That Is Stealing Your Momentum

OLD TESTAMENT

Galatians 6:4-5

“Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.”

NEW TESTAMENT

John 21:22

“Jesus answered, ‘If I want him to remain alive until I return, what is that to you? You must follow me.’”

PSALMS

Psalms 16:6

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

TODAY'S REFLECTION

“Whose timeline, whose life, whose version of healed or forward are you measuring yourself against — and how is that comparison actively slowing you down?”

TODAY'S DECLARATION

Speak this aloud

“My boundary lines are mine. My timeline is mine. God's plan for me is not a lesser version of anyone else's story.”

TODAY'S AFFIRMATION

“I am not behind. I am exactly where my story requires me to be at this moment.”

CLOSING PRAYER

Lord, I confess that I have been looking at other people's journeys and using them as evidence that I am failing mine. Forgive me. Remind me of what Jesus said to Peter: what is that to you? Help me to follow You on my own path without measuring it against anyone else's. Amen.

JOURNAL PROMPT

Who are you comparing your healing, your progress, or your life to right now? What would change about how you see your own journey if you stopped measuring it against theirs?

When Moving Forward Feels Like Betrayal

OLD TESTAMENT

Ruth 4:13-15

“So Boaz took Ruth and she became his wife... The women said to Naomi: 'He will renew your life and sustain you in your old age.' They said she is better to you than seven sons.”

NEW TESTAMENT

Revelation 21:4-5

“He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain... He who was seated on the throne said, 'I am making everything new!'”

PSALMS

Psalms 30:5

“Weeping may stay for the night, but rejoicing comes in the morning.”

TODAY'S REFLECTION

“Does moving forward feel like you're leaving something or someone behind — like healing means forgetting, or joy means it didn't matter — and what would it mean to carry what you've loved into your future instead of abandoning it?”

TODAY'S DECLARATION

Speak this aloud

“Moving forward is not a betrayal of what I loved or lost. I carry it with me. Joy in the new season is not disloyalty to the old one.”

TODAY'S AFFIRMATION

“I can grieve and still grow. I can honor what was and still move toward what is. These are not contradictions.”

CLOSING PRAYER

Father, I have confused healing with forgetting. I have been afraid that if I feel joy again, it means the pain didn't matter. Help me to understand that You make all things new — not by erasing the old but by redeeming it. Let me move forward with what I carry, not in spite of it. Amen.

JOURNAL PROMPT

What or who are you afraid of 'leaving behind' if you move forward? Write a letter to that person, place, or season — telling them you are not abandoning them, just growing.

You Are Braver Than You Are Giving Yourself Credit For

OLD TESTAMENT

Judges 6:12

“When the angel of the Lord appeared to Gideon, he said, ‘The Lord is with you, mighty warrior.’”

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 138:3

“When I called, you answered me; you greatly emboldened me.”

TODAY'S REFLECTION

“What brave thing have you done in the last season that you have not yet acknowledged or celebrated — and what might change if you started seeing yourself the way God sees you?”

TODAY'S DECLARATION

Speak this aloud

“I am braver than I believe. God called Gideon a mighty warrior while he was hiding. He sees what I have not yet seen in myself.”

TODAY'S AFFIRMATION

“Courage was present in me in my hardest moments. I am carrying it into the next chapter.”

CLOSING PRAYER

Lord, You called Gideon a mighty warrior while he was hiding in a winepress from the enemy. You see something in me that I don't fully see yet. Speak that over me today. Call out the brave parts that fear has been hiding. I receive what You say about me. Amen.

JOURNAL PROMPT

Write the bravest thing you've done in the past year that you haven't given yourself credit for. Then write what God might say about you in this season.

TRUST THE PROMISE

Believing What Will Be

God's Track Record Is the Evidence You Need

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 11:1

“Now faith is confidence in what we hope for and assurance about what we do not see.”

PSALMS

Psalms 77:11-12

“I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds.”

TODAY'S REFLECTION

“When you look at the full arc of your life and what God has brought you through, what does His track record tell you about what He will do in what you are currently facing?”

TODAY'S DECLARATION

Speak this aloud

“God has been faithful in every chapter before this one. That faithfulness does not expire. I trust the One whose record I have seen.”

TODAY'S AFFIRMATION

“I have evidence of God's faithfulness. My history with Him is the foundation for my hope about what comes next.”

CLOSING PRAYER

Father, when I am afraid of the future, bring me back to what You have already done. Let me not forget Your former works. Your compassions are new every morning — even this morning, even in this season. Great is Your faithfulness. I choose to trust it. Amen.

JOURNAL PROMPT

Write a list of moments when God came through for you — times when you didn't know how it would work out and He made a way. Let this list become your faith foundation for what you're trusting Him with now.

The Promise Is Still True Even When It's Late

OLD TESTAMENT

Genesis 21:1-2

“Now the Lord was gracious to Sarah as he had said, and the Lord did for Sarah what he had promised. Sarah became pregnant and bore a son to Abraham in his old age, at the very time God had promised.”

NEW TESTAMENT

2 Peter 3:9

“The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.”

PSALMS

Psalms 27:14

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

TODAY'S REFLECTION

“What promise from God are you beginning to doubt because it feels like it has taken too long — and what would it mean to believe it is not late, just not yet?”

TODAY'S DECLARATION

Speak this aloud

“God's promises are not subject to my timeline. What He has spoken will come to pass at the very time He promised — not a day late.”

TODAY'S AFFIRMATION

“I am not forgotten. The promise is not cancelled. It is simply not yet — and not yet is not never.”

CLOSING PRAYER

Lord, the waiting is hard. What You promised feels further away, not closer. But Sarah's story reminds me that You are faithful at the very time You promised — even when that time doesn't look like I expected. Help me to hold on. Not yet is not never. Amen.

JOURNAL PROMPT

What promise are you still waiting on? Write it down. Then write what Sarah's story tells you about the nature of God's timing.

When the Valley Is Part of the Promise

OLD TESTAMENT

Psalm 23:4

“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

NEW TESTAMENT

James 1:2-4

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

PSALMS

Psalm 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

“What if the valley you are walking through right now is not a detour from the promise but a necessary passage through it — and what would change about how you're walking if you believed that?”

TODAY'S DECLARATION

Speak this aloud

“The valley is not the end. It is the path through. God is with me in it and will bring water from it.”

TODAY'S AFFIRMATION

“I am not stuck in this valley. I am walking through it. There is a difference — and God is beside me the entire way.”

CLOSING PRAYER

Lord, the valley is dark and I would have chosen a different path. But Your Word says You are with me through the darkest valley — not around it. Help me to trust that what I am passing through is shaping something in me that only the valley can produce. Keep walking with me. Amen.

JOURNAL PROMPT

Describe the valley you are in. Then write: What might God be producing in me here that could only come from this experience?

Your Obedience Is Not Wasted

OLD 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.”

NEW TESTAMENT

1 Corinthians 15:58

“Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.”

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

“Where have you been doing the right things in the dark without seeing any results — and what would it take for you to believe that your faithfulness in the unseen is still producing something?”

TODAY'S DECLARATION

Speak this aloud

“My obedience in the hidden season is not wasted. I am sowing seeds I have not yet seen become a harvest. The harvest is coming.”

TODAY'S AFFIRMATION

“I will not grow weary. What I am doing in faithfulness — even when no one sees it and no results are visible — is producing something eternal.”

CLOSING PRAYER

Father, I am tired of doing the right things without seeing results. I am sowing in tears and I need to believe the promise that joy is coming with the harvest. Strengthen me to not give up. My labor is not in vain. I hold onto that even when I cannot see it. Amen.

JOURNAL PROMPT

Where are you sowing in tears right now — doing the right things without seeing fruit? Write a prayer of commitment to continue, and ask God to show you the seeds already germinating.

He Is Able to Do More Than You Can Imagine

OLD TESTAMENT

Numbers 11:23

“The Lord answered Moses, ‘Is the Lord’s arm too short? Now you will see whether or not what I say will come true for you.’”

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!”

PSALMS

Psalms 78:19

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

TODAY’S REFLECTION

“Where have you been limiting God to what you can currently see or imagine — and what would it mean to actually believe He is capable of doing more than your most hopeful vision?”

TODAY’S DECLARATION

Speak this aloud

“God’s arm is not too short. He is able to do immeasurably more than I can ask or imagine — and that includes my situation, my future, and my wildest hope.”

TODAY’S AFFIRMATION

“I do not have to shrink my faith to the size of what I can currently see. God operates beyond my imagination.”

CLOSING PRAYER

Lord, I confess that I have been limiting You to what I can see and what makes sense to me. Forgive me. Your arm is not too short. You can spread a table in the wilderness. You can do more than I can dream. I open my hands to a future that is bigger than my best idea. Amen.

JOURNAL PROMPT

Write your biggest, most 'too much to ask for' hope for your life. Then write Ephesians 3:20 next to it. What shifts in you when you hold those two things together?

The Peace That Doesn't Make Sense

OLD TESTAMENT

Isaiah 26:3

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

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 4:8

“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.”

TODAY'S REFLECTION

“When have you experienced a peace that didn't make logical sense given your circumstances — and what does that supernatural peace tell you about the nature of the God you are trusting?”

TODAY'S DECLARATION

Speak this aloud

“I receive the peace that passes understanding. I do not have to resolve everything before I can rest. God guards my heart and mind in Christ Jesus.”

TODAY'S AFFIRMATION

“My peace is not dependent on my circumstances being resolved. It is dependent on the God who holds my circumstances in His hands.”

CLOSING PRAYER

Father, the circumstances haven't changed but I need peace that transcends my understanding of them. I bring my anxiety to You. I petition You with thanksgiving even for what I don't yet have. Guard my heart. Guard my mind. Let me sleep tonight in the safety of Your care. Amen.

JOURNAL PROMPT

What is stealing your peace right now? Write it all out. Then write Philippians 4:6-7 as a direct response to each anxiety on your list and give it to God in prayer.

Trusting God With the People You Love

OLD TESTAMENT

Genesis 22:14

“So Abraham called that place The Lord Will Provide. And to this day it is said, ‘On the mountain of the Lord it will be provided.’”

NEW TESTAMENT

1 Peter 5:7

“Cast all your anxiety on him because he cares for you.”

PSALMS

Psalms 37:5

“Commit your way to the Lord; trust in him and he will do this.”

TODAY'S REFLECTION

“Who in your life are you carrying instead of trusting to God — whose future, whose healing, whose choices are you trying to manage because you don't trust God to handle them?”

TODAY'S DECLARATION

Speak this aloud

***“I release the people I love into the hands of the God who loves them more than I do.
He is able to care for what I cannot control.”***

TODAY'S AFFIRMATION

“God loves the people I love more than I am capable of loving them. They are safer in His hands than in mine.”

CLOSING PRAYER

Lord, this is perhaps the hardest release of all — trusting You with the people I love. I have believed that my worry, my effort, my management is what keeps them safe. But You are their God too. Today I open my hands and release them into Yours. You will provide. Amen.

JOURNAL PROMPT

Who are you most afraid to release to God? Write their name. Write what you are afraid will happen if you stop managing the situation. Then write what you believe God says about them.

He Is Making Something Beautiful From This

OLD TESTAMENT

Ecclesiastes 3:11

“He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.”

NEW TESTAMENT

Romans 8:18

“I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.”

PSALMS

Psalms 126:3

“The Lord has done great things for us, and we are filled with joy.”

TODAY'S REFLECTION

“Do you believe — even as a small seed of belief — that God is making something beautiful from the hardest parts of your story? What would it take for that belief to grow?”

TODAY'S DECLARATION

Speak this aloud

“God makes everything beautiful in its time. The hard chapters of my story are raw material in His hands — and what He builds from them will be more beautiful than what stood before.”

TODAY'S AFFIRMATION

“My suffering is not the final word. God is writing a story that ends in beauty and I am still in the middle of it.”

CLOSING PRAYER

Father, it is hard to see beauty right now. But Your Word says You make everything beautiful in its time. I trust that I am in the middle of the story, not at the end. Keep writing. I believe the glory that will be revealed will make the present suffering feel like a small thing. Amen.

JOURNAL PROMPT

Look back at a hard season in your past. Describe what God made beautiful from it. Now ask: Could He be doing the same thing with what you are currently in?

The New Name God Has for You

OLD TESTAMENT

Isaiah 62:2-3

“The nations will see your vindication, and all kings your glory; you will be called by a new name that the mouth of the Lord will bestow. You will be a crown of splendor in the Lord's hand, a royal diadem in the hand of your God.”

NEW TESTAMENT

Revelation 2:17

“Whoever has ears, let them hear what the Spirit says to the churches. To the one who is victorious, I will give some of the hidden manna. I will also give that person a white stone with a new name written on it, known only to the one who receives it.”

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 names have you been carrying — the names given by your pain, your failures, your losses — and what if God has a new name waiting for you that replaces all of them?”

TODAY'S DECLARATION

Speak this aloud

“I release the names my pain gave me. I receive the name God has written for me — the one that tells the truth about who I am becoming.”

TODAY'S AFFIRMATION

“God is the one who lifts my head. He sees me as a crown of splendor, not as the names I've been called or the labels I've accepted.”

CLOSING PRAYER

Lord, I have been living under names that were given to me by hard seasons — failure, broken, too much, not enough, abandoned, forgotten. Today I ask You to speak my true name over me. The one that lifts my head. The one only You can give. I want to live from that name. Amen.

JOURNAL PROMPT

What names — given by pain, failure, other people, or your own inner voice — have you been living under? Write them down. Then write: What name do I believe God has for me? Ask Him to speak it.

You Are Already in the New Thing

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 40:1-3

“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. He put a new song in my mouth, a hymn of praise to our God.”

TODAY'S REFLECTION

“When you look at where you started this 30-day journey and where you are right now, what is the evidence — even small — that the new thing is already springing up in you?”

TODAY'S DECLARATION

Speak this aloud

“The new thing is already here. I have released what was. I am moving forward. I trust the promise. And I walk into what comes next with open hands and a new song.”

TODAY'S AFFIRMATION

“I am not the same woman who opened to Day 1. I have released, I have moved, I have trusted — and God has been at work in every page.”

CLOSING PRAYER

Father, 30 days ago I began with something to release. Today I stand at the threshold of what comes next. You have been faithful through every reflection, every hard question, every tear and declaration. The new thing is springing up. I perceive it. Thank You for lifting me out of the pit and setting my feet on a rock. I have a new song — and I choose to sing it. Amen.

JOURNAL PROMPT

Write your own testimony of these 30 days. What did you release? What did you move toward? What promise are you now holding? Who are you now that you weren't on Day 1?