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# 7 Days of Renewing Your Strength

A Journey from Weariness to Unshakable Faith

**Includes free 7 Morning Prayer Prompts**

Day 1

## The Foundation

Key Scripture: Matthew 7:24-25

### Reflection & Action:

Identify one "sandy" area of your life (worry, pride). Ask God to help you rebuild that area on His Word.

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Day 2

## Quiet the Noise

Key Scripture: Psalm 46:10

### Reflection & Action:

Spend 5 minutes in total silence before starting your day.  
Focus only on the phrase: "He is God."

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Day 3

## **The Source of Power**

Key Scripture: Isaiah 40:31

### **Reflection & Action:**

Where are you trying to work in your own strength? Write down 3 things you are handing over to God today.

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Day 4

## **Victory over Fear**

Key Scripture: 2 Timothy 1:7

### **Reflection & Action:**

Speak this verse out loud every time a fearful thought enters your mind today.

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Day 5

## The Mindset of Peace

Key Scripture: Philippians 4:6-7

### Reflection & Action:

Replace one "worry" with a "thank you." List 5 things you are grateful for right now.

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Day 6

## Guarding the Heart

Key Scripture: Proverbs 4:23

### Reflection & Action:

Audit your "intake" (Social media, news). If it doesn't bring peace, set it aside for 24 hours.

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Day 7

# The Unshakable Life

## Key Scripture: Hebrews 12:28

Reflect on the week. How has your perspective shifted? Write a prayer of commitment for the month ahead.

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# Bonus: 7 Morning Prayers for a Strengthened Soul

Use these prompts each morning to align your heart with God's Word before the world starts demanding your attention.

Day 1

## **For a Firm Foundation**

Lord, today I choose to build my life on Your truth. When the storms of life or the pressures of work hit, help me to stand firm. Let Your Word be the final authority in my decisions today.

Day 2

## **For Peace in the Chaos**

Heavenly Father, I quiet my soul before You. Even if today is busy, I carry Your stillness within me. Help me to hear Your 'still, small voice' above the noise of my to-do list.

Day 3

## **For Divine Strength**

God, I admit that I am tired of trying to do it all alone. I exchange my weakness for Your strength today. Renew my energy and help me to run my race without growing weary.

Day 4

## **For Boldness over Fear**

Holy Spirit, fill me with power, love, and a sound mind. I refuse to let fear dictate my day. Give me the courage to say 'yes' to what You want and 'no' to what drains my spirit.

Day 5

## **For a Heart of Gratitude**

Lord, thank You for Your new mercies this morning. Open my eyes to see the small blessings I usually overlook. I choose joy today, knowing that You are working all things for my good.

Day 6

## **For Spiritual Protection**

Father, guard my heart and my mind. Help me to filter what I see, hear, and think through the lens of Your Word. Let no weapon formed against my peace prosper today.

Day 7

## **For a Life of Impact**

Lord, thank You for the unshakable Kingdom I belong to. Use me today to be a light to someone else. Let my life reflect Your grace and Your strength to everyone I meet.