



A Gentle Reset

For the woman who needs to catch her breath in a demanding season

Pause for a moment of prayer

Philippians 4:13 *I can do all things through him who strengthens me.*

Name what feels heavy today

Matthew 11:28 | *Come to me, all who labor and are heavy laden, and I will give you rest.*

List a few things you can celebrate

Zephaniah 3:17 | *The Lord your God is in your midst ... ; he will rejoice over you with gladness.*



Choose one small step to restore your soul

Isaiah 40:31 | *But they who wait for the Lord shall renew strength.*

Remember: You are seen and sustained.

