

7-DAY FAITH & HEALING JOURNAL

Starting Over

A gentle week to rest, pray, and take one small step at a time.



by Christiana Acha

Hi, friend. Let's begin.

Starting over can feel brave and shaky at the same time, and that is okay. You are not behind and you are not late. Take about 10 minutes a day, no pressure.

How to use this journal

- ☐ 1. **Read** the verse slowly, once or twice.
- ☐ 2. **Check in** by coloring how you feel.
- ☐ 3. **Write** honest answers. Nobody else needs to read them.
- ☐ 4. **Do the tiny step** and tick the box.
- ☐ 5. **Missed a day?** Just pick up where you left off.

Before you begin

1 My start date:

2 My quiet spot and time of day:

3 Why I want a fresh start:

Naming Where I Am

"The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit."

Psalm 34:18 (KJV)

You cannot move forward from a place you have not named. Today you do not have to fix anything. Just be honest about where you are. God is close to you right now, exactly as you are.

How am I feeling? Color one.

Heavy

Tired

Okay

Hopeful

Joyful

1 Right now, I am feeling...

2 The hardest part of this season is...

3 One thing I am hoping for this week is...

I am allowed to start where I am.



Tiny step for today: Tell one safe person how you're really doing.

Prayer: Lord, here is my heart, just as it is. Stay close to me today.

Letting Go of What Hurt

“Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it?”

Isaiah 43:18-19 (KJV)

Letting go does not mean pretending it did not hurt. It means setting down what was never yours to carry. You can keep the lesson and release the pain.

How am I feeling? Color one.

Heavy

Tired

Okay

Hopeful

Joyful

1 Something I am ready to release is...

2 I have been holding on because...

3 If I let go, I could make room for...

I can let go and still be whole.



Tiny step for today: Mute, delete or put away one reminder of what hurt.

Prayer: Father, help me set down what is heavy. Make room in my heart for something new.

Resting in God's Timing

"Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD."

Psalm 27:14 (KJV)

Waiting is hard when you want answers now. But waiting is not wasted time. Seeds grow quietly underground long before anything shows above the soil.

How am I feeling? Color one.

Heavy

Tired

Okay

Hopeful

Joyful

1 The thing I am waiting for is...

2 Waiting feels hard because...

3 One way I can care for myself while I wait is...

I am not behind. My season is still unfolding.



Tiny step for today: Write what you are waiting for on a note and hand it over in prayer.

Prayer: Lord, teach me to rest while I wait. Give me courage for today and trust for tomorrow.

Speaking Kindly to Myself

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

Psalm 139:14 (KJV)

Many of us are gentler with friends than with ourselves. Today, speak to yourself the way you would to someone you love. You were made with care, even in a hard season.

How am I feeling? Color one.

Heavy

Tired

Okay

Hopeful

Joyful

1 The unkind thing I often tell myself is...

2 What I would say to a friend in my place is...

3 Three things I like about who I am becoming:

I deserve the same kindness I give to others.



Tiny step for today: Say one kind sentence to yourself in the mirror.

Prayer: God, help me see myself the way You see me. Let Your truth be louder than the harsh voices.

Small Steps Forward

“Thy word is a lamp unto my feet, and a light unto my path.”

Psalm 119:105 (KJV)

A lamp does not light the whole road. It lights the next step. You do not need the whole plan today, only the next small thing.

How am I feeling? Color one.

Heavy

Tired

Okay

Hopeful

Joyful

1 One small step I can take today is...

2 Something that would make tomorrow easier is...

3 A habit I would like to begin gently is...

Small steps still move me forward.



Tiny step for today: Do one 10-minute task you have been putting off.

Prayer: Lord, light my next step. Help me take it with peace, even when I cannot see the whole path.

Healing and Being Seen

“He healeth the broken in heart, and bindeth up their wounds.”

Psalm 147:3 (KJV)

Healing is rarely quick or neat, and it does not have to be. Some days you will feel stronger, and some days the hurt will return. Both are part of healing, and you are seen through all of it.

How am I feeling? Color one.

Heavy

Tired

Okay

Hopeful

Joyful

1 A place in my heart that needs tenderness is...

2 A safe person I can lean on is...

3 One sign that I am healing, even a small one:

I am healing at the pace I need.



Tiny step for today: Drink water, stretch, and rest 10 minutes without your phone.

Prayer: Father, thank You for seeing me. Heal what hurts and bind up what is broken.

Beginning Again

"It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

Lamentations 3:22-23 (KJV)

You made it through seven days. Look how far you have come, even if it felt small. Every morning is a fresh start, and you do not have to earn it.

How am I feeling? Color one.

Heavy

Tired

Okay

Hopeful

Joyful

1 This week, I noticed that I...

2 The thing I am proudest of is...

3 As I begin again, I want my days to feel...

Every morning is new, and I am ready.



Tiny step for today: Write a short note to yourself to open six months from now.

Prayer: Lord, thank You for being faithful this week. Walk with me into what comes next.

YOU DID IT

Look how far you've come

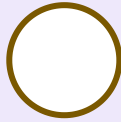
Well done for showing up for yourself. Color a circle for every day you completed.



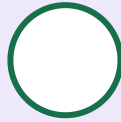
Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7

Reflect

1 The verse that meant the most to me was...

2 One thing I learned about myself is...

My next 3 small steps

☐☐☐

I will keep going gently, one day at a time.

Keep going: read more at [Daily Affirmations for Anyone Starting Over](#), [Bible Verses About Waiting on God's Timing](#), and [By His Stripes We Are Healed](#).