

Your Roadmap for Resetting

You are not starting over empty-handed. You are starting again with grace in your hands and wisdom in your steps.

STEP 1 - PAUSE BEFORE YOU PLAN

Before Jesus made decisions or answered demands, He made space to be with the Father. Begin your reset by getting quiet enough to tell the truth and receive direction. You do not have to solve your entire life today.

Mercy for this morning

'His compassions never fail. They are new every morning.' - Lamentations 3:22-23

What feels overwhelming, unfinished, or too far behind right now?

What is true about God's character in the middle of this?

If I released the pressure to fix everything, what would I hear God inviting me to notice?

Release What Cannot Come Forward

STEP 2 - NAME IT WITH GRACE

Grace does not ask you to deny what went wrong. It gives you a safe place to tell the truth without turning truth into condemnation. Romans 8:1 says there is no condemnation for those who are in Christ Jesus.

What needs to end?

A habit, pace, belief, boundary, commitment, or pattern I cannot carry forward:

What have I learned?

The wisdom this season gave me - even if I would not have chosen the lesson:

What do I receive?

The grace, forgiveness, help, or permission I need to receive from God today:

Choose the Next Faithful Step

STEP 3 - FOLLOW JESUS FORWARD

Jesus withdrew to pray (Luke 5:16), listened for the Father's direction (Mark 1:35-38), honored rest (Mark 6:31), and restored Peter with a simple invitation: 'Follow me' (John 21:19). Practice His way through presence, prayer, truth, rest, and obedience.

My next 24 hours

One small, specific act of obedience I can take - not the whole plan, just the next step:

My sustaining rhythm

DAILY - What will keep me close to God and grounded in truth?

WEEKLY - Where will I make room for rest, reflection, and realignment?

MONTHLY - How will I review, learn, and adjust with grace?

Begin Again With Grace

STEP 4 - PRAY, COMMIT, AND WALK

Take a slow breath. Open your hands. Read this prayer aloud, pausing wherever you need to speak honestly with God.

Father, I come to You without pretending. I feel behind, disappointed, and overwhelmed by what I wish I had done differently. Thank You that Your mercy is new for me today. Jesus, I give You what I cannot change. Forgive me where I have sinned, heal me where I have been wounded, and free me from condemnation. Teach me to receive grace - not as permission to remain stuck, but as power to move forward differently. Holy Spirit, renew my mind and order my steps. Help me practice the way of Jesus: to pause, pray, listen, obey, rest, and remain close to the Father. Give me wisdom for what comes next and courage to begin again. I trust that I am not too late, too far behind, or too far gone for Your redeeming love. Amen.

My reset declaration

Today I release...

Today I receive...

Today I will...

'Create in me a pure heart, O God, and renew a steadfast spirit within me.' -
Psalm 51:10