



# Relationship Reset Countdown

7 Days to Prepare Your Heart for a Fresh Start with God

“Come close to God, and God will come close to you.” – James 4:8 (NLT)

## ✦ DAY 7

### **Reflect:**

What would a more meaningful connection with God look like for you this season?

Journal 2–3 words that describe what you’re craving (peace, clarity, closeness...).

## ✦ DAY 6

### **Read:**

Isaiah 43:19 (NLT) – “For I am about to do something new...”  
Write this verse on a sticky note and place it where you’ll see it often.

## ✦ DAY 5

### **Pray:**

“Lord, I invite You to reset my heart. I’m ready for something new.”

Whisper this simple prayer out loud. Let it center you.

## ✦ DAY 4

### **Declutter:**

Clear out one small space—a drawer, a corner, a desk. As you do, ask God to clear your mind and soul, too.

## ✦ DAY 3

### **Write:**

List 3 things you’re grateful for in your relationship with God—even if they’re small. Example: “He never leaves. He still listens. He gives me new mercy.”

## ✦ DAY 2

### **Breathe:**

Take 3 slow breaths. Say: “Inhale: I am seen.

**Exhale:** I am loved.”

Do this anytime you feel overwhelmed.

## ✦ DAY 1

### **Prepare:**

Mark your calendar for tomorrow!

Get your journal or notebook ready. Say a short prayer of expectation.

“God, I’m ready. Meet me here.”

**You’re Ready, Sis. Let’s Reset Together.**

♥ Coach Kenya Joy

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