



**Beloved Grace**  
MINISTRIES

**FROM BREAKTHROUGH TO TRANSFORMATION**

28 Day Devotional



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**By Pastor Sheryl**

# WELCOME

Beloved,

I'm so glad you're here!

You've just come through a sacred time of consecration—setting yourself apart to seek God with intention. And I know from all the testimonies that something real has taken place in you.

## **God has been moving.**

He has been cleansing, healing, filling... and now, He is preparing to use you.

But here's what I want you to understand—what God begins in a moment must be sustained through daily commitment.

This devotional was created to help you do just that.

Each day is designed to help you:

- Guard what God has done in you
- Renew your thinking
- Stay spiritually full
- Step boldly into purpose



## **You don't have to be perfect—you just have to be consistent.**

Take your time. Be present. Let the Holy Spirit speak to you personally as you go through each day.

And as you continue this journey, let this be your constant prayer:

“Clean me. Heal me. Fill me. Use me.”

I'm praying for you—that what began in this fast will not fade, but will grow, deepen, and overflow into every area of your life.

You are not going back.  
You are moving forward.

With love and expectation,

*Pastor Sheryl*

# WEEK 1: GUARD WHAT GOD DID

## DAY 1: Protect the Breakthrough

### Proverbs 4:23

“Keep your heart with all diligence, for out of it spring the issues of life.”

### Devotion:

What God did in you during the fast is precious. It should not be treated casually. Breakthrough is not only about what was removed, exposed, or broken off—it is also about what must now be guarded, nurtured, and protected.

Your heart is the control center of your life. From it flow your thoughts, desires, decisions, reactions, and direction. What you allow to enter your heart will eventually show up in your words, your choices, and your spiritual condition. That is why Scripture tells us to keep it with all diligence.

Guarding your heart means being intentional. Be mindful of what you entertain, what you meditate on, who influences you, and what atmospheres you remain connected to. Don't reopen doors that God just closed. Don't casually return to thoughts, habits, conversations, or environments that once drained you, distracted you, or pulled you away from His presence.

What was cultivated in the fast is holy. Protect your peace. Protect your sensitivity to God. Protect the clarity, conviction, and hunger that He stirred in you. The enemy often tries to steal in days what God built in weeks, but when you guard your heart, you preserve the work of the Lord in your life.

### Reflection:

What has God done in me that I must protect?

### Prayer:

Father, thank You for what You have done in me during this fast. Thank You for cleansing, renewing, strengthening, and speaking to my heart. Help me to guard what You have planted. Give me wisdom to recognize what belongs in my life and what does not. Teach me to be diligent in protecting my peace, my purity, and my sensitivity to Your Spirit. Let the work You began in me remain strong and continue to grow. In Jesus' name, amen.

### Declaration:

I will guard my heart with diligence. What God did in me is precious, and I will protect it. My heart belongs to the Lord, and my life will reflect His transforming work.

## DAY 2: Be Spiritually Aware

### 1 Peter 5:8

“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”

### Devotion:

After breakthrough, awareness is essential. What God has delivered you from, the enemy will often attempt to revisit—not with force, but through subtlety, distraction, and carelessness.

He looks for open doors, unguarded moments, and familiar patterns. Not to overpower you, but to re-enter through what is left unattended. This is why Scripture calls us to be sober and vigilant—clear-minded, spiritually alert, and discerning.

You don't have to live in fear, but you do need to live with awareness. Pay attention to the environments you entertain, the thoughts you allow to linger, and the patterns that once kept you bound. Discern what pulls on your flesh versus what strengthens your spirit.

This is a season to walk intentionally. What you ignore can weaken you—but what you discern, you can overcome.

### Reflection:

Where do I need to be more spiritually aware?

What patterns, triggers, or environments require greater discernment right now?

### Prayer:

Lord, sharpen my discernment. Open my eyes to recognize anything that is not from You. Help me to stay spiritually alert, clear-minded, and sensitive to Your Spirit. Give me wisdom to discern what is safe and what is a subtle trap. Strengthen me to walk in awareness without fear, and in authority without compromise. In Jesus' name, amen.

### Declaration:

I am spiritually aware and discerning.

I walk in wisdom, not carelessness.

I am led by the Spirit and protected by God.

## DAY 3: Don't Return to Old Patterns

### Proverbs 26:11

“As a dog returns to his vomit, so a fool returns to his folly.”

### Devotion:

This Scripture is strong—but it is meant to be. God uses vivid language to make one thing clear: going back to what He delivered you from is not harmless—it is destructive.

Deliverance is not just about being set free; it is about choosing to stay free. The pull of what is familiar can be deceptive. Just because something feels normal does not mean it is safe, healthy, or aligned with God's will for your life.

The enemy often uses familiarity as a doorway—old habits, old mindsets, old relationships, and old environments that once held you captive. But what once bound you cannot be what you return to.

God brought you out with purpose. There is nothing behind you that is better than what He is leading you into. Returning only delays what God is trying to establish in your life.

Freedom requires a decision: not just to leave, but to never go back.

### Reflection:

What patterns, habits, or environments do I need to permanently leave behind?  
What “familiar” thing is God calling me to fully release?

### Prayer:

Father, thank You for delivering me. Thank You for bringing me out of what once held me bound. Give me the strength, discipline, and conviction to walk away completely. Break every attachment to what is behind me, and remove the desire to return. Establish me in freedom, and help me to walk forward with clarity and purpose. In Jesus' name, amen.

### Declaration:

I will not return to what God delivered me from.  
I walk in freedom, discipline, and obedience.  
My past no longer has power over me.

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## DAY 4: Fill the Empty Spaces

### Matthew 12:44

“Then he says, ‘I will return to my house from which I came.’ And when he comes, he finds it empty, swept, and put in order.”

### Devotion:

God didn’t just cleanse you—He created space. What was once occupied by clutter, heaviness, or bondage has now been cleared and set in order. But an empty space, even when clean, is still vulnerable if it is not intentionally filled.

Spiritual emptiness is not meant to remain. If you do not fill your life with God, something else will attempt to occupy that space. This is why filling is just as important as cleansing.

This is your invitation to be intentional. Fill your days with His presence. Fill your mind with His Word. Fill your atmosphere with worship. Fill your heart with truth. What you consistently pour in will determine what remains.

God didn’t free you just to leave you empty—He freed you to fill you with Himself.

### Reflection:

What areas of my life feel empty right now?

How can I intentionally fill those spaces with God’s presence, Word, and truth?

### Prayer:

Lord, thank You for cleansing and restoring me. I invite You to fill every empty space in my life with Your presence. Let my thoughts, my heart, and my days be saturated with You. Remove any void that would make room for anything not of You and establish me in fullness. In Jesus’ name, amen.

### Declaration:

Every empty place in me is filled with God.

My life is full of His presence, His Word, and His power.

There is no room for anything outside of His will.

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## **DAY 5: Guard Your Environment**

 **1 Corinthians 15:33**

“Do not be deceived: ‘Evil company corrupts good habits.’”

### **Devotion:**

Your environment shapes more than you realize. The people you engage with, the conversations you entertain, and the content you consume all influence your thoughts, your desires, and ultimately your spiritual condition.

God may have done a new work in you—but if your environment remains unchanged, it can slowly begin to erode what He established. Scripture is clear: influence matters. What surrounds you will either strengthen your growth or weaken your resolve.

You cannot sustain new freedom while remaining connected to old influences. There must be alignment between what God is doing in you and what you allow around you.

This is not about isolation—it is about intention. Choose environments that nourish your spirit, conversations that build your faith, and relationships that honor your growth. What you surround yourself with will either protect your transformation or compromise it.

### **Reflection:**

What people, environments, or influences are affecting my spiritual growth?  
What needs to shift so my environment aligns with what God is doing in me?

### **Prayer:**

Lord, give me wisdom and courage to evaluate my environment honestly. Help me to release anything that hinders my growth and to embrace what strengthens my walk with You. Surround me with godly influences that encourage, uplift, and align with Your purpose for my life. In Jesus' name, amen.

### **Declaration:**

My environment aligns with my new life in God.  
I am surrounded by what strengthens me, not what weakens me.  
I walk in wisdom and intentionality.

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## DAY 6: Stay Close to God

### James 4:8

“Draw near to God and He will draw near to you.”

### Devotion:

Closeness to God is your greatest protection. Freedom is not sustained through striving or effort alone—it is sustained through relationship. The secret to staying free is staying close.

God does not distance Himself from you. He invites you near. And as you draw close to Him, your heart becomes more aligned, your thoughts become clearer, and your spirit becomes more sensitive to His leading.

The closer you are to Him, the easier it is to discern what is right and what is not. His presence brings clarity, conviction, peace, and strength. What once confused you becomes clear. What once tempted you loses its pull.

This is not about perfection—it is about proximity. Daily moments with Him matter. Quiet time, prayer, worship, and meditating on His Word keep your heart anchored and your spirit strong.

You don't have to fight to stay free when you remain close to the One who set you free.

### Reflection:

What daily practices help me stay close to God?

Where can I create more intentional space for His presence?

### Prayer:

Lord, draw me closer to You. I don't want distance between us. Create in me a desire to seek You daily and to remain in Your presence. Let my heart stay tender toward You, and my spirit remain sensitive to Your voice. Keep me anchored in You in every season. In Jesus' name, amen.

### Declaration:

I remain close to God daily.

His presence is my strength, my peace, and my protection.

I am anchored, aligned, and led by Him.

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## **DAY 7: Commit to the New Life**

 **Luke 9:23**

“...If anyone desires to come after Me, let him deny himself, and take up his cross

### **Devotion:**

Freedom is sustained through daily commitment. What God began in you is powerful—but it must be maintained through consistent, intentional choices.

This is not about perfection—it’s about consistency. Every day presents an opportunity to align with what God has done in you. Transformation is not a one-time moment; it is a daily decision.

Each day, you choose:

- God over comfort
- Growth over old habits
- Obedience over convenience

Some days will feel easy, others will require greater discipline—but every choice matters. Small, consistent decisions build a life of lasting freedom.

Following God is not just a moment of surrender—it is a lifestyle of continual yes.

### **Reflection:**

What daily commitment is God calling me to make right now?  
Where do I need to choose discipline over convenience?

### **Prayer:**

Lord, strengthen my commitment to this new life. Help me to choose You daily, even when it is not easy. Give me grace for consistency and discipline to walk in obedience. Let my life reflect a continual yes to Your will. In Jesus’ name, amen.

### **Declaration:**

I choose this new life every day.  
I walk in consistency, discipline, and obedience.  
My daily decisions align with God’s will for my life.

# WEEK 2: RENEW YOUR MIND

## DAY 8: Think Like Someone Who Is Free

 **Romans 12:2**

“...Do not be conformed to this world, but be transformed by the renewing of your

 **Devotion:**

You can be free in your spirit and still carry old patterns in your thinking. Deliverance happens in a moment—but transformation happens through the renewal of your mind.

If your thoughts remain unchanged, your life will continue to mirror your past instead of reflecting your freedom. This is why God targets your thinking. What you believe shapes how you live.

Renewing your mind means replacing old thoughts with God’s truth. It means rejecting lies, limiting beliefs, and patterns that no longer align with who you are becoming. It is an intentional, daily process of choosing truth over familiarity.

You are not who you used to be—and your thinking must come into agreement with that reality.

As your mind is renewed, your choices shift. Your perspective changes. Your life begins to reflect the freedom God has already given you.

 **Reflection:**

What thoughts, beliefs, or inner narratives do not align with my new life in God?  
What truth from God’s Word can I replace them with?

 **Prayer:**

Lord, renew my mind daily. Help me to think according to Your truth and not my past. Expose every thought that does not align with who You are shaping me to be. Give me the discipline to reject what is false and embrace what is true. Transform me from the inside out. In Jesus’ name, amen.

 **Declaration:**

My mind is being renewed by God’s truth.  
I think in alignment with who God says I am.  
My thoughts reflect freedom, not my past.

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## DAY 9: Identify the Lies

### John 8:32

“And you shall know the truth, and the truth shall make you free.”

### Devotion:

Freedom is not only an experience—it is a result of truth. What you continue to believe will shape how you continue to live.

Many struggles are not just rooted in behavior, but in belief. Lies about who you are, what you deserve, what you’re capable of, or what God has said can quietly shape your thoughts and limit your freedom.

But God’s Word brings light. It exposes what is false and replaces it with what is true. When truth enters, it breaks the power of deception. What once held you bound begins to lose its grip.

Knowing the truth is not just hearing it—it is receiving it, agreeing with it, and allowing it to reshape your thinking. As truth takes root, freedom becomes your reality.

You are not defined by lies. You are established in truth.

### Reflection:

What lie have I believed about myself, my past, or my future?  
What truth from God’s Word directly contradicts that lie?

### Prayer:

Father, expose every lie I have believed—whether spoken, assumed, or deeply rooted. Shine Your light on anything that is not true. Replace every lie with Your truth, and establish me in what You say about me. Let Your Word become my foundation. In Jesus’ name, amen.

### Declaration:

I reject every lie and embrace God’s truth.  
I am established in what God says about me.  
Truth lives in me, and it makes me free.

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## DAY 10: Take Every Thought Captive

### 2 Corinthians 10:5

“...casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of

### Devotion:

Not every thought deserves your agreement. Just because a thought enters your mind does not mean it belongs there—or that it is true.

Some thoughts are planted to distract you, discourage you, or draw you back into old patterns. This is why Scripture instructs us to take every thought captive. You are not powerless over your mind—you have authority.

Taking thoughts captive means you don’t let them run freely. You stop them, examine them, and measure them against God’s truth. If a thought does not align with Him, it must be rejected and replaced.

This is an active, daily practice. The more you exercise authority over your thoughts, the stronger your mind becomes. What once controlled you will no longer have power over you.

Your thoughts must submit to Christ—not the other way around.

### Reflection:

What thoughts have I been entertaining that do not align with God’s truth?  
Where do I need to exercise greater authority over my thinking?

### Prayer:

Lord, help me to take control of my thoughts. Give me discernment to recognize what is not from You and the strength to reject it immediately. Teach me to align my thinking with Your truth and to walk in the authority You have given me. Let my mind be governed by You. In Jesus’ name, amen.

### Declaration:

I take every thought captive and make it obey Christ.  
My mind is disciplined, aligned, and under God’s authority.  
I think in agreement with truth, not deception.

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## DAY 11: Replace Old Thinking

### Colossians 3:2

*“Set your mind on things above, not on things on the earth.”*

### Devotion:

It is not enough to remove negative thinking—you must intentionally replace it with truth. An empty mind will always default back to familiar patterns if it is not filled with something greater.

This is why God calls you to set your mind. It is a deliberate act. You choose what you focus on, what you meditate on, and what you allow to take root in your thoughts.

God’s Word is not just information—it is transformation. When you consistently fill your mind with truth, it begins to reshape how you think, how you respond, and how you live. Old patterns lose their hold when truth becomes your foundation.

Renewal happens through repetition. The more you meditate on truth, the more it becomes your natural way of thinking.

You don’t just remove the old—you replace it with what is eternal.

### Reflection:

What truth from God’s Word do I need to consistently meditate on?  
What scripture can I use to replace old patterns of thinking?

### Prayer:

Lord, let Your Word fill my mind. Help me to be intentional about what I think on and what I allow to remain in my thoughts. Replace every old pattern with Your truth, and let Your Word become the foundation of my thinking. In Jesus’ name, amen.

### Declaration:

My mind is filled with the Word of God.  
I meditate on truth, and it transforms me.  
My thoughts align with heaven, not my past.

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## DAY 12: Speak What God Says

### Proverbs 18:21

“Death and life are in the power of the tongue...”

### Devotion:

Your words are powerful—they don’t just express your thoughts, they reinforce them. What you consistently speak will shape what you believe, and what you believe will shape how you live.

If your words remain negative, limiting, or rooted in your past, they will continue to produce the same patterns. But when your words align with God’s truth, they begin to produce life, freedom, and transformation.

Speaking life may feel unfamiliar at first, especially if you’ve been used to speaking from hurt, fear, or doubt. But growth often feels unfamiliar before it becomes natural.

This is your invitation to be intentional with your words. Speak what God says. Declare truth over yourself—even before you fully feel it. Your words are seeds, and what you speak consistently, you will eventually see.

Speak life—even when it feels unfamiliar.

### Reflection:

What have I been consistently saying about myself or my situation?  
What truth do I need to start declaring daily?

### Prayer:

Lord, align my words with Your truth. Help me to speak life, even when it feels unfamiliar. Guard my mouth from negativity, doubt, and fear, and teach me to declare what You say. Let my words produce life and reflect the transformation You are doing in me. In Jesus’ name, amen.

### Declaration:

I speak life and truth over myself.  
My words align with God’s promises.  
What I speak produces life, not limitation.

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## DAY 13: Meditate on Truth

### Joshua 1:8

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it...”

### Devotion:

Meditation is how truth takes root. It is not just about reading God’s Word—it is about continually thinking on it, speaking it, and allowing it to settle deep within you.

What you meditate on consistently becomes your default way of thinking. It shapes your responses, your decisions, and your perspective. Over time, what once required effort begins to flow naturally because it has taken root in your heart and mind.

God instructed Joshua not just to know the Word, but to meditate on it day and night. Why? Because meditation leads to alignment, and alignment leads to obedience and fruitfulness.

If you want truth to guide your life, you must give it your attention. The more you return to it, the more it becomes part of you.

What you meditate on, you become rooted in.

### Reflection:

What scripture do I need to consistently meditate on this week?  
How can I build a daily rhythm of returning to God’s Word?

### Prayer:

Lord, help me stay focused on Your Word. Give me the discipline to return to it daily and the desire to meditate on it consistently. Let Your truth take deep root in me, shaping my thoughts, my decisions, and my life. In Jesus’ name, amen.

### Declaration:

I am rooted in God’s truth.  
His Word is my foundation and my focus.  
What I meditate on produces fruit in my life.

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## **DAY 14: Align Your Mind Daily**

### **Lamentations 3:22–23**

*“Through the Lord’s mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.”*

### **Devotion:**

Renewing your mind is not a one-time event—it is a daily alignment. Transformation is not sustained by a single moment, but by consistent, intentional choices made each day.

Every morning is a new opportunity. New mercy. New grace. A fresh chance to think differently, to align your thoughts with God’s truth, and to walk in what He has established in you.

You don’t have to get it perfect—you just have to stay consistent. Small, daily habits create lasting transformation. Whether it’s time in the Word, prayer, worship, or quiet reflection, these moments keep your mind anchored and aligned.

Renewal is not about striving—it is about returning. Returning to truth. Returning to God. Returning to alignment.

And each time you do, you grow stronger.

### **Reflection:**

What daily habit will help me consistently renew my mind?  
What simple practice can I commit to each day?

### **Prayer:**

Lord, help me stay consistent in renewing my mind. Give me the discipline to return to You daily and the grace to grow in alignment with Your truth. Strengthen my commitment and establish me in habits that keep me grounded in You. In Jesus’ name, amen.

### **Declaration:**

My mind is aligned with God daily.  
I grow stronger through consistency and truth.  
Each day, I choose alignment with Him.

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# WEEK 3: STAY FILLED

## DAY 15: Stay Connected to God

### John 15:5

“...I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.”

### Devotion:

Your strength flows from connection. Everything God has done in you is sustained not by effort alone, but by your ongoing relationship with Him.

Jesus describes Himself as the vine and you as the branch. A branch cannot produce fruit on its own—it must remain connected to its source. In the same way, your peace, your strength, your clarity, and your growth all flow from staying connected to Him.

Staying filled begins with staying connected. When you abide in Him—through prayer, His Word, and continual awareness of His presence—you are strengthened without striving. What you need flows naturally from your connection.

This is not about doing more—it is about remaining. Remaining close. Remaining aware. Remaining dependent.

Apart from Him, we are limited. But connected to Him, we are sustained.

### Reflection:

How can I intentionally stay connected to God throughout my day?  
What rhythms help me remain aware of His presence?

### Prayer:

Lord, keep me connected to You at all times. Help me to abide in You daily and to remain aware of Your presence in every moment. Let my strength, peace, and direction flow from my relationship with You. Teach me to depend on You fully. In Jesus' name, amen.

### Declaration:

I remain connected to God.  
My strength, peace, and growth flow from Him.  
I abide in Him, and He abides in me.

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## DAY 16: Build Simple Rhythms

### 1 Corinthians 15:58

*“Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord...”*

### **Devotion:**

Consistency matters more than intensity. Lasting transformation is not built on occasional high moments—it is established through simple, faithful daily rhythms.

You don’t have to do everything at once. You just have to remain steady. Small, consistent actions—time in the Word, moments of prayer, quiet reflection—keep you grounded and aligned with God.

Intensity may spark change, but consistency sustains it.

God is not asking for perfection—He is inviting you into faithfulness. As you remain steady, what once felt difficult becomes natural, and what once required effort becomes part of who you are.

Stay rooted. Stay steady. Stay consistent.

### **Reflection:**

What simple rhythm can I build into my daily life?  
What is one consistent practice I can commit to starting today?

### **Prayer:**

Help me stay consistent, Lord. Strengthen my commitment to daily rhythms that keep me close to You. Give me grace to remain steady and faithful, even in the small things. Let consistency shape my walk with You. In Jesus’ name, amen.

### **Declaration:**

I am consistent in my walk with God.  
I remain steady, faithful, and grounded.  
My daily rhythms produce lasting transformation.

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## DAY 17: Make Time for God

### Matthew 6:33

*“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”*

### Devotion:

What you prioritize reveals what matters most. Where your time, attention, and energy go is a reflection of what holds first place in your life.

God does not ask to be part of your schedule—He calls to be first in it. When you seek Him first, everything else begins to fall into proper order. Clarity increases. Peace settles in. Direction becomes clearer.

Prioritizing God is not about adding more pressure to your day—it is about alignment. When He is first, everything else finds its rightful place.

This is a daily decision. In the quiet moments, in your thoughts, in your time—choose Him first. Not out of obligation, but out of relationship.

When God is your priority, your life reflects His order, His peace, and His presence.

### Reflection:

Where can I prioritize God more intentionally in my daily life?  
What can I shift to make space for Him first?

### Prayer:

Lord, help me to put You first in every area of my life. Align my priorities with Your will and give me the discipline to seek You daily. Let my life reflect a heart that values Your presence above all else. In Jesus' name, amen.

### Declaration:

God is my priority.  
I seek Him first in all things.  
My life is aligned with His order and His will.

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## **DAY 18: Stay Spiritually Full**

 **Ephesians 5:18**

“...be filled with the Spirit...”

### **Devotion:**

Being filled is not a one-time experience—it is an ongoing, continual process. God never intended for you to run on empty. He calls you to live from a place of constant filling.

Many people wait until they feel drained before they return to God. But spiritual strength is sustained by staying filled, not by refilling only when empty. Just as you nourish your body daily, your spirit must also be continually refreshed.

Being filled comes through time in His presence—through prayer, worship, His Word, and a posture of surrender. As you remain connected, He pours into you what you need: strength, peace, wisdom, and clarity.

Don't wait until you feel empty—stay filled. Make His presence your daily source, not your last resort.

### **Reflection:**

What consistently fills me spiritually?

What practices help me stay refreshed in God's presence?

### **Prayer:**

Fill me continuously, Lord. Let Your Spirit overflow in my life daily. Help me to stay connected to You and to seek Your presence consistently. Refresh me, strengthen me, and sustain me so that I never run empty. In Jesus' name, amen.

### **Declaration:**

I am continually filled with God's Spirit.

I live from overflow, not emptiness.

God's presence sustains me daily.

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**Beloved Grace**

## DAY 19: Remove What Drains You

### Hebrews 12:1

*“...let us lay aside every weight, and the sin which so easily ensnares us...”*

### Devotion:

Not everything that affects you is sinful—but some things are still draining. There are weights that may not destroy you, but they can quietly weaken you over time.

Distractions, unnecessary commitments, draining conversations, and environments that lack life can slowly deplete your spiritual strength. What drains you may not always be obvious—but its effects are real.

God calls us not only to remove sin, but also to lay aside every weight. This requires discernment. You must recognize what strengthens you and what weakens you, what fills you and what quietly empties you.

This is a season to be intentional. Protect your energy. Guard your peace. Be mindful of what you carry.

You are not called to carry everything—only what God has assigned to you.

### Reflection:

What in my life is draining me spiritually, emotionally, or mentally?  
What do I need to release in this season?

### Prayer:

Lord, help me to recognize what is draining me. Give me the wisdom and courage to release anything that weakens me or distracts me from You. Teach me to walk in discernment and to only carry what You have assigned to my life. In Jesus' name, amen.

### Declaration:

I release anything that drains me.  
I walk in peace, clarity, and strength.  
I carry only what God has given me.

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## DAY 20: Stay Consistent

### Galatians 6:9

*“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”*

### Devotion:

Consistency builds strength. What you do daily matters more than what you do occasionally. Small, faithful actions—repeated over time—produce lasting transformation.

It’s easy to desire big change, but God often works through steady, consistent steps. Each moment you choose discipline, each time you return to truth, each decision to stay aligned—it all adds up.

You may not always see immediate results, but growth is happening beneath the surface. Strength is being built. Roots are going deeper.

Do not underestimate the power of consistency. What you remain faithful to will eventually produce fruit.

Stay steady. Stay committed. Stay the course.

### Reflection:

Where in my life do I need greater consistency?  
What small daily action can I commit to starting now?

### Prayer:

Strengthen my discipline, Lord. Help me to remain consistent in the things that grow me. Give me endurance to stay committed, even when I don’t see immediate results. Establish me in habits that produce lasting change. In Jesus’ name, amen.

### Declaration:

I am consistent and disciplined.  
I remain faithful in the small things.  
My consistency is producing lasting results

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## DAY 21: Don't Drift

### Hebrews 2:1

*“Therefore we must give the more earnest heed to the things we have heard, lest we drift away.”*

### Devotion:

Drifting rarely happens all at once—it happens slowly, subtly, and often unnoticed. A little less time with God, a little more distraction, a little less sensitivity—and over time, distance begins to form.

That’s why Scripture calls us to be intentional. What you don’t guard, you can gradually lose ground in. Not because you’ve rejected God, but because you’ve become less attentive.

But the good news is this: drifting can be corrected the moment it’s recognized.

God is not far from you. The moment you turn your heart back toward Him, alignment is restored. This is why staying anchored matters—through daily connection, awareness, and intentional pursuit.

You don’t have to drift. You can stay grounded, steady, and secure in Him.

### Reflection:

Where have I become less intentional in my walk with God?  
What small shift can I make to realign myself today?

### Prayer:

Lord, make me aware of any place where I have started to drift. Gently pull me back whenever I begin to lose focus. Help me to remain intentional, anchored, and close to You. Strengthen my desire to stay aligned with You daily. In Jesus’ name, amen.

### Declaration:

I stay anchored in God.  
I remain intentional and aware.  
I do not drift—I stay aligned.

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# WEEK 4: BE USED BY GOD

## DAY 22: You Were Freed for a Purpose

### 1 Peter 4:10

“As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.”

### Devotion:

Your freedom has purpose. What God has done in you was never meant to stop with you—it is meant to flow through you.

Every breakthrough, every healing, every lesson learned becomes a tool in God’s hands to bless someone else. Your testimony carries power. Your growth carries weight. Your obedience creates impact.

You are not just free—you are positioned to help others experience freedom too.

Serving does not always require something big. Sometimes it looks like encouragement, a kind word, a prayer, or simply showing up for someone in love. As you pour out what God has poured into you, He continues to fill you.

You are a steward of what God has done in your life. And what you carry has the power to strengthen others.

### Reflection:

How can I use what God has done in me to help someone else?  
Who in my life needs encouragement, prayer, or support right now?

### Prayer:

Lord, show me how to serve others with what You have given me. Help me to be sensitive to the needs around me and willing to be used by You. Let my life be a vessel that carries Your grace, encouragement, and truth to others. In Jesus’ name, amen.

### Declaration:

I am free and I am useful.  
What God has done in me flows through me.  
I am a vessel of His grace and purpose.

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## **DAY 23: You Have Something to Give**

### **Exodus 4:2**

*“So the Lord said to him, ‘What is that in your hand?’ He said, ‘A rod.’”*

### **Devotion:**

You don’t need to have everything—you simply need to be willing to offer what you have. God has never required perfection or abundance; He asks for availability and obedience.

When Moses stood before God, he felt inadequate and unqualified. But God didn’t ask him for more—He asked him to recognize what was already in his hand. What seemed ordinary became powerful when placed in God’s hands.

The same is true for you. Your gifts, your experiences, your voice, your time—what you have matters. When you surrender it to God, He multiplies it, strengthens it, and uses it in ways you could not have imagined.

Don’t underestimate what you carry. What feels small to you can be significant in God’s hands.

You don’t need more to begin—you just need to be willing to give what you have.

### **Reflection:**

What has God already placed in my hands?

How can I begin to use what I have right now?

### **Prayer:**

Use what’s in my hands, Lord. Help me to see the value in what You have already given me. Remove any doubt or hesitation, and give me the courage to offer it to You. Multiply it, use it, and let it serve Your purpose. In Jesus’ name, amen.

### **Declaration:**

I have something valuable to give.

What is in my hands is enough for God to use.

I am willing, available, and ready.

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## DAY 24: Be Available

### Isaiah 6:8

*“Also I heard the voice of the Lord, saying: ‘Whom shall I send, and who will go for Us?’ Then I said, ‘Here am I! Send me.’”*

### Devotion:

Availability opens doors that ability alone cannot. God is not looking for perfection—He is looking for willingness. The ones He uses most are often those who simply say yes.

Isaiah didn’t present a list of qualifications—he offered his availability. In that moment of surrender, he positioned himself to be used by God.

Your yes matters. It may feel small, uncertain, or even stretching—but it creates space for God to move through your life. When you make yourself available, God equips you, strengthens you, and guides you step by step.

You don’t have to have it all figured out. You just have to be willing to respond.

He is still asking, “Who will go?”

And your answer can still be, “Here am I. Send me.”

### Reflection:

Where is God inviting me to say yes right now?

What step of obedience is He placing before me?

### Prayer:

Here I am, Lord—use me. I make myself available to You. Lead me, guide me, and give me the courage to say yes, even when it stretches me. Let my life be a vessel for Your will and Your purpose. In Jesus’ name, amen.

### Declaration:

I am available to God.

My yes positions me for His purpose.

I am willing, obedient, and ready to be used.

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## DAY 25: Walk in Boldness

### 2 Timothy 1:7

*“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”*

### Devotion:

Fear will try to silence you—but boldness will move you forward. Even after growth, healing, and breakthrough, fear may still attempt to whisper doubt, hesitation, or insecurity.

But fear is not your portion.

God has already given you power, love, and a sound mind. That means you are not lacking what you need—you are equipped. Boldness is not the absence of fear; it is the decision to move forward in truth despite it.

There are places God is calling you to step into, speak up in, and walk boldly through. Fear may try to hold you back, but it cannot control you unless you agree with it.

This is your moment to move forward. To trust what God has placed in you. To walk with confidence in who He is and what He has spoken over your life.

You are not called to shrink back—you are called to stand, to move, and to walk in boldness.

### Reflection:

Where in my life do I need to walk in greater boldness?  
What has fear tried to stop me from doing?

### Prayer:

Fill me with boldness, Lord. Remove every trace of fear that tries to hold me back. Strengthen me to walk in power, love, and a sound mind. Help me to move forward with confidence in You and to step fully into what You are calling me to do. In Jesus' name, amen.

### Declaration:

I walk in boldness and confidence.  
Fear has no power over me.  
I move forward in faith and authority.

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## DAY 26: Be Led by the Spirit

### Romans 8:14

*“For as many as are led by the Spirit of God, these are sons of God.”*

### Devotion:

God is always leading—but we must be willing to follow. His guidance is constant, but it often comes in quiet promptings, gentle nudges, and moments that require sensitivity to recognize.

Being led by the Spirit is not complicated—it is relational. It requires slowing down, listening, and choosing to respond when He speaks. The more you follow His leading, the clearer His voice becomes.

Sometimes He will lead you to move. Other times, He will lead you to wait. But in every moment, His direction is purposeful and aligned with your growth.

You are not left to figure life out on your own. You are led.

And as you remain attentive and responsive, your steps will become more confident, more aligned, and more secure in Him.

### Reflection:

Where do I need to slow down and listen more closely to God?  
Have I been ignoring any promptings or nudges from the Holy Spirit?

### Prayer:

Lead me, Holy Spirit. Help me to be sensitive to Your voice and willing to follow where You guide me. Quiet every distraction and sharpen my ability to hear You clearly. Let my steps be ordered by You in every area of my life. In Jesus’ name, amen.

### Declaration:

I am led by the Spirit of God.  
I hear His voice and I follow.  
My steps are ordered and aligned with Him.

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## DAY 27: Live with Intention

### Ephesians 5:15–16

*“See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.”*

### Devotion:

Your life carries impact. Every decision, every word, every action has the potential to influence not only your own journey, but the lives of those around you.

God has not called you to live passively—He has called you to live intentionally. To be aware of how you walk, how you speak, and how you show up in each moment.

Intentional living means you don’t move through life on autopilot. You are mindful. You are aligned. You choose your words carefully, steward your time wisely, and live with purpose in everything you do.

You don’t have to be perfect—you just need to be aware. As you stay connected to God, He will guide you in living with wisdom, clarity, and purpose.

Your life matters. How you live it matters.

### Reflection:

Where in my life have I been operating on autopilot?  
What area is God calling me to be more intentional in?

### Prayer:

Help me live on purpose, Lord. Give me awareness in how I live, speak, and serve. Teach me to steward my time, my words, and my influence in a way that honors You. Let my life reflect intentionality and purpose. In Jesus’ name, amen.

### Declaration:

I live with purpose and intention.  
My life reflects wisdom, clarity, and alignment.  
Every step I take is meaningful and directed by God.

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## **DAY 28: Sealed, Established & Moving Forward**

### **Philippians 1:6**

*“Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.”*

### **Devotion:**

What God has done in you is not temporary—it is established.

This journey was not just about a moment of breakthrough, but about a shift in your life. You have been cleansed, realigned, strengthened, and renewed. What was broken has been restored. What was unclear has been brought into focus. What was weak has been fortified.

Now it must be sealed. To be sealed means this is not up for negotiation. You are not going back. You are not returning to old patterns, old mindsets, or old versions of yourself. You are moving forward—intentionally, consistently, and with clarity.

God is not finished with you. What He started, He will complete. Your responsibility is to remain aligned, stay close, and continue walking in what He has established.

### **Reflection:**

What has God done in me during this journey that I must now protect and carry forward?  
What does “moving forward” look like for me starting today?

### **Prophetic Prayer:**

Father, I thank You for the work You have done in me—for every breakthrough, every shift, and every place of renewal. Now, Lord, seal it.

Seal every area of growth, every place of deliverance, and every truth You have planted in me. Let nothing You have established be undone. Guard me from distraction, temptation, and anything that tries to pull me back.

Strengthen me and establish me in truth, discipline, and clarity. Keep my mind renewed, my heart guarded, and my spirit sensitive to You.

I declare I will not return to what You brought me out of. Old patterns are broken, and new strength is rising in me. From this day forward, let my life reflect Your work. I will walk in consistency, boldness, and purpose. I am sealed. I am established. And I am moving forward. In Jesus’ name, amen.

### **Final Declaration:**

I am sealed, established, and moving forward.  
I will not go back to what God delivered me from.  
My mind is renewed, my heart is guarded, and my life is aligned.  
I walk in freedom, consistency, and purpose.  
I am led by the Spirit, filled with power, and anchored in truth.  
What God has done in me is permanent—and I will walk it out daily.

## ✦ A Final Word from Pastor Sheryl

I honor the journey you've taken.

Not just for completing this time—but for saying yes to God in a deeper way. What you have walked through is not small. It takes courage to allow God to search your heart, to release what no longer belongs, and to step into something new.

I want to remind you of this:

**What God did in you is real. And it matters.**

There may be days where you feel strong, and days where you feel stretched—but neither changes what God has already established in you. Stay consistent. Stay close. Stay aware. And most importantly, stay connected to Him.

You are not who you used to be.

Walk in that truth.

Protect what God has done.

And continue to move forward with confidence.

I am praying for you—that you remain *rooted, grounded, and growing*--led by the Spirit in every season ahead.

This is not the end of your journey.

This is the beginning of a new way of living.

### **A Blessing Over You**

May the Lord strengthen you daily and keep you anchored in His truth.

May your mind remain renewed, your heart guarded, and your spirit sensitive to His voice.

May you walk in peace, clarity, and boldness as you move forward.

May everything God has established in you continue to grow and bear fruit.

And may you remain sealed, steadfast, and fully aligned with His purpose.

With love,

*Pastor Sheryl*



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