A FREE GUIDE

7 Days of Hope
& Reflection

Seven short days to pause, pray honestly and take one small, faithful step.

EDAYZORIA
BETTER LIFE

WELCOME

A small space, one day at a time

This guide is for any season when you need a quieter moment and a little direction. There is nothing to prove and no need to rush. Come as you are.

1. **Read.** Open the Scripture reference in your own Bible and read it slowly.
2. **Reflect.** Sit with the question, and write honestly in the space provided.
3. **Pray and step.** Use the short prayer, then choose the one small step for the day.

> *You can complete it in seven days, or take it at your own pace. Start on any day. Come back whenever you need it.*

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DAY 1 · PSALM 13

Bring your honest heart

You can begin with what is true rather than what sounds impressive. Make room for a prayer that names your actual experience.

REFLECT

What feeling have I been trying to hide from God?

A SIMPLE PRAYER

God, help me come honestly. Meet me in the part of my story I find difficult to say aloud. Amen.

ONE SMALL STEP

Write a prayer beginning: Today, I feel…

DAY 1 · YOUR NOTES

Bring your honest heart

What feeling have I been trying to hide from God?

TODAY I AM GRATEFUL FOR

2

DAY 2 · MARK 6:30–32

Receive a moment of rest

You are a person with limits. A small pause can be a way to care responsibly for the life you have been given.

REFLECT

What is one thing I can set down briefly today?

A SIMPLE PRAYER

God, give me wisdom to recognise my limits and receive a little rest without shame. Amen.

ONE SMALL STEP

Take ten quiet minutes without a task or screen.

DAY 2 · YOUR NOTES

Receive a moment of rest

What is one thing I can set down briefly today?

TODAY I AM GRATEFUL FOR

3

DAY 3 · PSALM 139:13–18

Remember your worth

Your hardest day does not tell the whole story of who you are. Consider the care and attention described in this passage.

REFLECT

Where have I confused someone's opinion with my value?

A SIMPLE PRAYER

God, help me see myself with more truth and less contempt. Teach me to receive care. Amen.

ONE SMALL STEP

Write one kind, truthful sentence you can return to.

DAY 3 · YOUR NOTES

Remember your worth

Where have I confused someone's opinion with my value?

TODAY I AM GRATEFUL FOR

4

DAY 4 · MATTHEW 5:37

Practise a clear boundary

A clear answer can be kinder than a resentful yes. Think about a limit that makes room for honesty and responsibility.

REFLECT

Where do I need to be clearer about what I can give?

A SIMPLE PRAYER

God, help me speak with courage and kindness, without abandoning my responsibilities or my limits. Amen.

ONE SMALL STEP

Write one respectful boundary sentence.

DAY 4 · YOUR NOTES

Practise a clear boundary

Where do I need to be clearer about what I can give?

TODAY I AM GRATEFUL FOR

5

DAY 5 · 1 THESSALONIANS 5:16–18

Notice what is still good

Gratitude does not require denying pain. It can be a way of noticing one good thing alongside what remains difficult.

REFLECT

What small good have I nearly overlooked?

A SIMPLE PRAYER

God, open my attention to a kindness, a provision, or a moment of beauty today. Amen.

ONE SMALL STEP

Name three specific things you appreciate.

DAY 5 · YOUR NOTES

Notice what is still good

What small good have I nearly overlooked?

TODAY I AM GRATEFUL FOR

6

DAY 6 · MICAH 6:8

Choose a faithful step

You do not need a complete life plan to practise justice, mercy, and humility. Start with the life in front of you.

REFLECT

Which value do I want my next choice to express?

A SIMPLE PRAYER

God, help me recognise the next wise step and take it with humility. Amen.

ONE SMALL STEP

Choose one small action you can complete today.

DAY 6 · YOUR NOTES

Choose a faithful step

Which value do I want my next choice to express?

TODAY I AM GRATEFUL FOR

7

DAY 7 · ROMANS 15:13

Carry hope into tomorrow

Hope can coexist with unfinished questions. Reflect on what this week has helped you notice, and what support you need next.

REFLECT

What do I want to continue, and who could walk with me?

A SIMPLE PRAYER

God, steady my hope. Help me carry forward what is useful and ask for support where I need it. Amen.

ONE SMALL STEP

Choose one reflection habit to repeat next week.

DAY 7 · YOUR NOTES

Carry hope into tomorrow

What do I want to continue, and who could walk with me?

TODAY I AM GRATEFUL FOR



Carry it forward

Keep this guide where you will see it. Come back to any day when you need a quiet moment.

You are welcome here, whatever season you are in.

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