



# 7 Day Reset

*A gentle journey back into His presence*

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This devotional journal is intended for personal study, reflection, and spiritual growth

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Scripture quotations are from the Berean Bible, used for devotional purposes.

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## *Welcome to the Reset*

This is not something to rush through or check off a list.

This is an invitation.

An invitation to slow down, to come back, and to be with Him again.

Over the next 7 days, you're not just reading Scripture or completing a devotional.

You're returning to relationship. You're making space to meet with God right where you are.

Each day is intentionally simple:

Scripture — God's Word to anchor your heart in truth

Reflection — a gentle invitation to slow down and respond honestly

Prayer — a place to begin the conversation

Journal Prompt — space for you to meet with Him personally

You don't need perfect words. You don't need to have it all figured out. You don't even need to feel ready. You just need to come. Some days you may have a lot to say. Some days it may be quiet. Some days it may feel like you're just sitting with Him. That's okay. This is about being with Him. As you move through these days, let yourself be led by His presence. Pause when something speaks to your heart.

Sit a little longer when you feel drawn in. Come back to a day if you need to.

There is no falling behind here. There is only returning. This reset is part of something deeper.

It's the beginning of restoration coming back, being renewed, and learning again what it means to walk with God in your everyday life.

My prayer for you is this:

That in these quiet moments, you would not just think about God...

but begin to experience Him. That you would start to recognize His voice, feel His nearness, and discover the peace that comes from walking with Him one small step at a time. You are never too far. You are not too late. You are simply being invited back.

With love and prayer,

Maria Rosato

A Message of Hope Ministry 

## *How to Use This Reset*

This isn't about doing more. It's about coming back and being with Jesus. Life gets busy, and it's easy to drift without even realizing it. These next 7 days are a simple, gentle space to slow down, open God's Word, and sit with Him again. Each day is designed to guide you in a meaningful but simple way:

### **Scripture**

Start with God's Word. Read it slowly. Let a word or phrase stand out. This is where He speaks first.

### **Reflection**

Read through the devotional like a quiet conversation. Let it help you connect what you're reading to your own life.

### **Journal Prompt**

Take a moment to respond honestly. There are no right or wrong answers—just space for you and God.

### **Prayer**

Use the prayer as a starting place, then talk to Him in your own words.

### **A Simple Daily Rhythm**

If it helps, follow this gentle flow:

Read the Scripture  
Sit with the Reflection  
Respond honestly  
Spend a quiet moment with Him  
Pray

Even a few quiet minutes with Him can begin to restore what's been missing.



## Day 1 — Come Back

### Scripture

“Return to Me, and I will return to you,” says the LORD.  
— Zechariah 1:3

### Reflection

You don't need to figure everything out before you come to God.  
You don't need to clean yourself up first.  
You don't need the perfect words.  
He is not waiting for a better version of you.  
He is inviting you now.  
Returning to God is not about distance—it is about direction.  
It is simply turning your heart back toward Him.

### Journal Prompt

What has been pulling me away from God and what would it look like to turn back to Him today?

### Prayer

Lord, I'm coming back to You. Not perfectly, but honestly. Receive me as I am.

### Affirmation

I can return to God just as I am, and He receives me.

## Day— Be Honest

### Scripture

“If we confess our sins, He is faithful and just to forgive...” — 1 John 1:9

### Reflection

God is not asking for polished prayers.  
He is asking for honesty.  
You don't have to hide what He already sees.  
You don't have to soften it or explain it away.  
Confession is not where you risk rejection.  
It is where you are met with forgiveness and cleansing.

### Journal Prompt

What have I been holding back from God and why?

### Prayer

Father, I bring everything into Your light. I don't want to hide anymore.

### Affirmation

I am safe to be honest with God. He meets me with grace.

## Day 3 — Let Him Show You

### Scripture

“Search me, O God, and know my heart...” — Psalm 139:23

### Reflection

There are things in our hearts we cannot see on our own.  
But God sees clearly and He reveals gently.  
He doesn't expose to shame you.  
He reveals to restore you.

### Journal Prompt

Lord, what is something in me that I have not been able to see clearly?

### Prayer

Search me, Lord. Show me what You see and help me receive it.

### Affirmation

God lovingly reveals what needs to be healed in me.

## Day 4 — Receive His Forgiveness

### Scripture

“There is now no condemnation for those who are in Christ Jesus.”  
— Romans 8:1

### Reflection

Sometimes we confess but we don't receive. We hold onto guilt. We carry shame. We replay what we did wrong. But God is not holding it over you. He is inviting you to let it go.

### Journal Prompt

What am I still holding onto that God has already forgiven?

### Prayer

Lord, help me release what You have already forgiven. Teach me to receive Your grace.

### Affirmation

I am forgiven, and I do not have to carry what God has already removed.

## Day 5 — Trust That He Hears You

### Scripture

“Call to Me and I will answer you...” — Jeremiah 33:3

### Reflection

There may be a quiet belief in your heart “What if God doesn’t answer me?”  
But God’s Word says something different.

He hears.  
He responds.  
He is attentive.

Even when it doesn’t look the way you expect.

### Journal Prompt

Do I truly believe that God hears me when I pray? Why or why not?

### Prayer

Father, help me trust that You hear me and respond, even when I don’t understand how.

### Affirmation

When I call on God, He hears me and responds.

## Day 6 — Take One Step

### Scripture

“Trust in the LORD with all your heart... and He will make your paths straight.”  
— Proverbs 3:5–6

### Reflection

You don't need the full picture. You just need the next step. God guides you as you walk—not before you move.

### Journal Prompt

What is one small step I sense God inviting me to take?

### Prayer

Lord, give me the courage to take one step with You today.

### Affirmation

God leads me step by step, and I can trust Him as I move forward.

## Day 7 — Walk With Him

### Scripture

“Abide in Me, and I in you...” — John 15:4

### Reflection

This is not just a reset. This is a return to relationship. God is not inviting you to visit Him occasionally. He is inviting you to walk with Him daily. Not perfectly. Not striving. Just with Him.

### Journal Prompt

What would it look like to walk with God daily, not out of obligation, but relationship?

### Prayer

Jesus, teach me to stay close to You. I don't want to just come back—I want to walk with You.

### Affirmation

I am walking with God, and He is with me every step.

