

PRETTYFLOWERUK

DAY 1

Be still and begin

PSALM 46:1-11

"Be still, and know that I am God."

NOTICE

What feels noisy, urgent or unsettled in me today?

PRAY

God, quiet the noise within me. Help me stop striving and remember that you are present.

CARRY THIS TRUTH

GOD IS WITH ME. I DO NOT NEED TO RUSH INTO FEAR.

NOTES FROM TODAY



PAUSE • READ • NOTICE • PRAY • WRITE • CARRY

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DAY 2

Known and loved

PSALM 139:1-18, 23-24

"You have searched me, and you know me."

NOTICE

Where do I most need to receive God's loving attention?

PRAY

Father, you know me completely. Search me gently and lead me in your everlasting way.

CARRY THIS TRUTH

I AM FULLY KNOWN AND LOVINGLY HELD BY GOD.

NOTES FROM TODAY



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DAY 3

Release your worries

PHILIPPIANS 4:4-9

"In everything, by prayer and petition with thanksgiving, let your requests be made known to God."

NOTICE

What specific worry will I name before God?

PRAY

Lord, I give you the concern that keeps returning. Guard my heart and thoughts with your peace.

CARRY THIS TRUTH

I CAN BRING EVERYTHING TO GOD, ONE HONEST PRAYER AT A TIME.

NOTES FROM TODAY



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DAY 4

Ask for wisdom

JAMES 1:2-8

"If any of you lacks wisdom, let him ask of God."

NOTICE

Where do I need God's wisdom rather than a quick answer?

PRAY

Generous God, show me what is mine to do and give me courage for the next faithful step.

CARRY THIS TRUTH

GOD IS GENEROUS WITH WISDOM. I AM FREE TO ASK.

NOTES FROM TODAY



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DAY 5

Receive new strength

ISAIAH 40:27-31

"He gives power to the weak."

NOTICE

Where am I tired in body, mind or spirit?

PRAY

Everlasting God, meet me in my weakness. Renew my hope and give me what I need for today.

CARRY THIS TRUTH

I DO NOT HAVE TO MANUFACTURE STRENGTH. I CAN RECEIVE IT.

NOTES FROM TODAY



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DAY 6

Pray for someone else

COLOSSIANS 1:9-14

"We don't cease praying and making requests for you."

NOTICE

Who has God brought to mind today?

PRAY

Lord, fill them with wisdom, endurance and joy. Help them live in the light of your love.

CARRY THIS TRUTH

I CAN LOVE PEOPLE BY PRAYING GOD'S WORD OVER THEIR LIVES.

NOTES FROM TODAY



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DAY 7

Walk forward faithfully

ROMANS 12:1-2, 9-18

"Be transformed by the renewing of your mind."

NOTICE

What truth from this week do I want to keep practising?

PRAY

God of mercy, renew my mind. Let the truth I have prayed become love in action.

CARRY THIS TRUTH

GOD'S WORD IS SHAPING THE WAY I LIVE.

NOTES FROM TODAY



PAUSE • READ • NOTICE • PRAY • WRITE • CARRY

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Keep returning

A gentle reflection after seven days

The Scripture I want to carry forward

What I discovered about God

What I noticed in my own heart

The simple rhythm I will continue

"Faith grows through returning - not through getting everything perfect."

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