

# 7 Days of Drawing Closer to God

*An Intentional Journey to Seek His Face and Tend to Your Soul*

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*Welcome to your seven-day intentional space. Take a slow deep breath, hold this moment gently, and give yourself permission to pause as you draw closer to the One who planted you.*

## Day 1: Rooted in Unconditional Love

*"Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong."*

**EPHESIANS 3:17 (NLT)**

### REFLECTION QUESTION

In what areas of your life are you relying on your own strength instead of resting securely in God's love for you?

### SHORT PRAYER

*Father, ground my heart in Your perfect love today. Help me to drop my armor, trust Your hold on me, and believe that I am fully accepted exactly as I am. Amen.*

### SPACE TO JOURNAL

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**Simple Action Step:** Spend 5 minutes this morning in complete silence, simply repeating the phrase: *"I am fully loved, held, and safe in Your hands."*

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## Day 2: Clearing the Soil

*"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."*

**PSALM 139:23-24 (NIV)**

### REFLECTION QUESTION

What quiet anxieties, unconfessed weights, or lingering resentments are cluttering up the soil of your heart right now?

### SHORT PRAYER

*Lord, I open every hidden corner of my heart to You. Expose the areas that steal my peace, wash me clean, and heal the spaces that feel vulnerable. Amen.*

### SPACE TO JOURNAL

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**Simple Action Step:** Write down one worry or heavy burden on a loose piece of paper, pray over it, and physically throw it away as a symbol of releasing it to God.

## Day 3: Watering with Truth

*"He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers."*

**PSALM 1:3 (ESV)**

### REFLECTION QUESTION

What narratives or opinions have you been feeding your soul lately? How can you replace those voices with God's living truth?

### SHORT PRAYER

*Holy Spirit, nourish my dry spaces with Your Word. Teach me to thrive by Your streams of life so that I can remain vibrant even in challenging seasons. Amen.*

### SPACE TO JOURNAL

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**Simple Action Step:** Pick one life-giving Scripture verse and write it on a sticky note to place on your mirror, computer, or dashboard as a constant anchor today.

## Day 4: Trusting the Pruning

*"He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful."*

**JOHN 15:2 (NIV)**

### REFLECTION QUESTION

Is there a direction, a relationship, or a commitment God is gently asking you to cut back or set limits around in order to make space for healthy growth?

### SHORT PRAYER

*Father, pruning hurts, but I trust Your perfect timing and wisdom as the Gardener. Give me the courage to accept necessary boundaries and endings, knowing You preserve what matters. Amen.*

### SPACE TO JOURNAL

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**Simple Action Step:** Identify one boundary you need to protect your peace today (e.g., saying 'no' to an extra task, setting down your phone early) and lean into it.

## Day 5: Turning to the Light

*"The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"*

**PSALM 27:1 (NIV)**

### REFLECTION QUESTION

Where are you looking for validation or clarity right now? How can you realign your gaze to look fully into the light of Jesus?

### SHORT PRAYER

*Jesus, break through the shadows of my doubt. When the road ahead feels foggy, let Your presence be my light and my absolute safety. Amen.*

### SPACE TO JOURNAL

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**Simple Action Step:** Go outside for a brief walk, feel the warmth of the natural sun on your face, and use that physical light to remind your soul to look up to Christ.

## Day 6: Resting in His Shadow

*"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'"*

**PSALM 91:1-2 (NIV)**

### REFLECTION QUESTION

What does dynamic rest look like for your mind and spirit today? Are you rushing ahead of God instead of resting under His protection?

### SHORT PRAYER

*Most High God, thank You for being my safe fortress. Quiet my busy mind, stop my striving, and help me feel the sweetness of true rest in Your shadow today. Amen.*

### SPACE TO JOURNAL

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**Simple Action Step:** Take a true 15-minute break today away from screens and work. Sip a tea, read, or look out the window, practicing intentional presence.

## Day 7: Radiant in Bloom

*"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

**MATTHEW 5:16 (NIV)**

### REFLECTION QUESTION

How can your unique journey, gifts, and healed wounds become a radiant display of God's grace to someone else in this season?

### SHORT PRAYER

*Father, thank You for the deep work You have completed and continue to carry out in me. Let my life reflect Your beauty, hope, and kindness to a world in need. Amen.*

### SPACE TO JOURNAL

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**Simple Action Step:** Reach out to one person today with an encouraging message, a text of gratitude, or a prayer, freely sharing the radiant grace given to you.