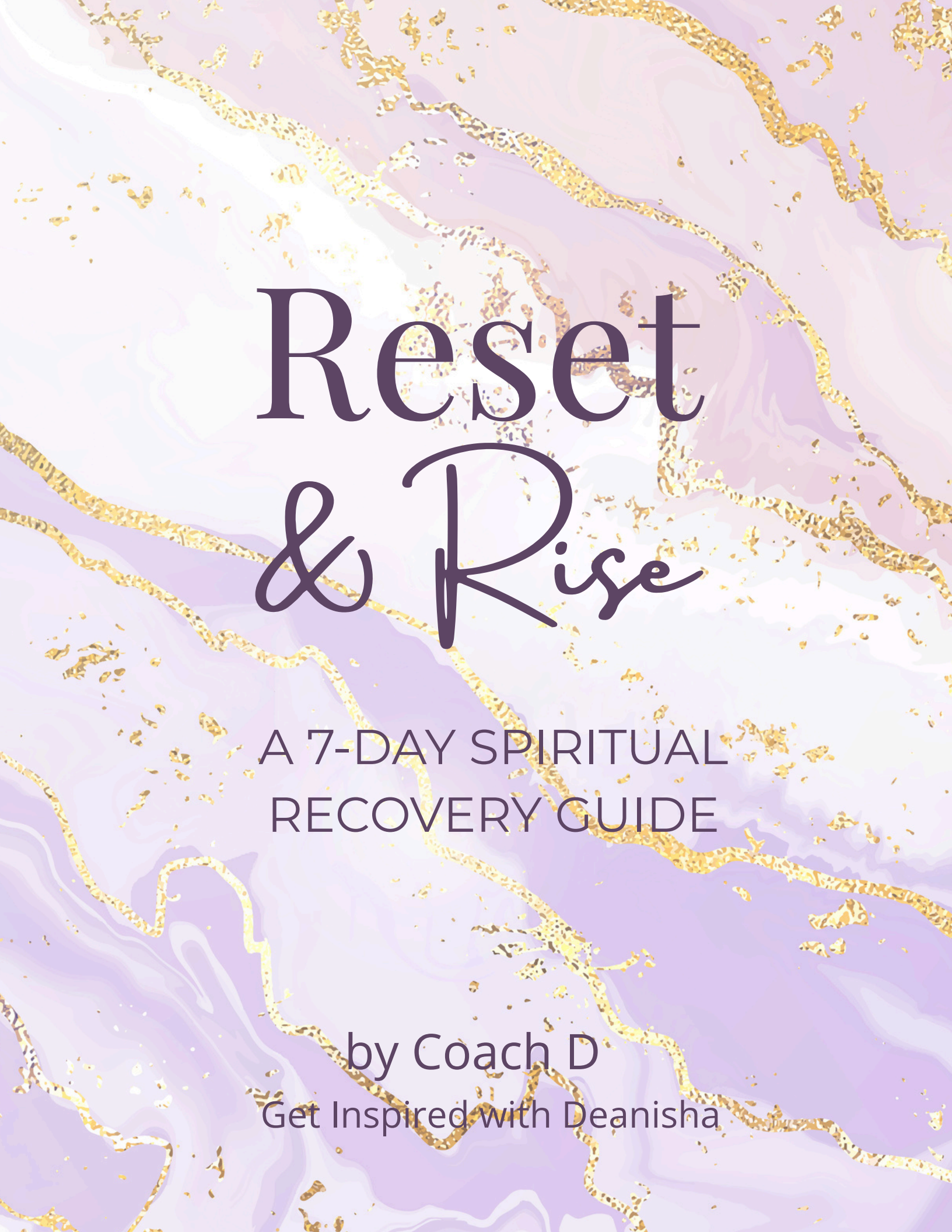




Reset & Rise

A 7-DAY SPIRITUAL
RECOVERY GUIDE

by Coach D
Get Inspired with Deanisha



Welcome to Reset & Rise

Hello and welcome! I'm so glad you're here.

Reset & Rise is your essential guide to embarking on a journey of spiritual recovery and renewal. Over the next seven days, you'll find encouragement, reflection, and practical guidance to help you reset from past struggles and rise into a life of deeper peace and purpose.

This is your safe space to release what's heavy, reconnect with God, and rebuild your strength from the inside out. You don't need to rush your healing. This time, you're doing it with intention.

**“You're not behind.
You're just being reset.”**

~Coach D

Day 1



The Surrender Moment

Scripture:

“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

— Matthew 11:28 (NLT)

Reflection:

Today is about letting go. You’ve carried the load long enough. Plans, people, pain, and pressure. Surrender doesn’t mean losing control; it means releasing what was never yours to manage alone. When you loosen your grip, God takes hold. His rest is waiting for you to stop striving and start trusting.

Journal Prompt:

Where in my life am I still trying to take the lead instead of letting God guide me?

Affirmation:

I release the weight and receive God’s rest.

Prayer:

Lord, help me hand over everything that’s heavy. Teach me to trust Your timing more than my own. Fill me with peace as I let go and lean on You. Amen.

Day 2



Release Control

Scripture:

“Trust in the Lord with all your heart; do not depend on your own understanding.”

— Proverbs 3:5 (NLT)

Reflection:

Letting go is not failure, it's freedom. Many of us try to plan every outcome, manage every person, and fix every situation. But when we try to control everything, we leave no room for God to move. Release the urge to know how it will all work out. Trust that He already does. True peace begins where control ends.

Journal Prompt:

Where in my life am I still trying to take the lead instead of letting God guide me?

Affirmation:

I trust God's plan more than my understanding.

Prayer:

Lord, help me to loosen my grip on what I cannot control. Teach me to walk by faith, not by sight. I release my plans and surrender to Your divine direction. Amen.

Day 3



Faith in the Fog

Scripture:

“Faith shows the reality of what we hope for; it is the evidence of things we cannot see.”

— Hebrews 11:1 (NLT)

Reflection:

Faith isn't the absence of fear, it's the decision to move even when you can't see the next step. The fog doesn't mean you're lost; it means God is guiding you one step at a time. He's protecting you from what's ahead until you're strong enough to face it. Keep walking; peace is found in the process.

Journal Prompt:

What situation am I currently walking through that requires me to trust God even without clarity?

Affirmation:

Even in the fog, I will keep my faith steady and my heart open.

Prayer:

God, help me trust You when the way isn't clear. Even when I can't see, remind me that You can. Let my faith guide my footsteps, and let peace follow my obedience. Amen

Day 4



Forgiveness & Freedom

Scripture:

“Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”

— Ephesians 4:32 (NLT)

Reflection:

Forgiveness doesn't mean what happened was okay, it means you're okay without carrying it anymore. When we refuse to forgive, we stay tied to the pain. Forgiveness is your release. It's choosing peace over poison, freedom over bitterness. You can't rise while you're still chained to resentment.

Journal Prompt:

Who or what do I need to forgive today so I can truly be free?

Affirmation:

I choose forgiveness, not because they deserve it, but because I deserve peace.

Prayer:

God, help me forgive those who hurt me, including myself. Replace anger with grace, pain with purpose, and resentment with peace. Thank You for showing me that forgiveness is freedom. Amen.

Day 5



The Rest Reset

Scripture:

“He lets me rest in green meadows; He leads me beside peaceful streams. He renews my strength.”

— Psalm 23:2–3 (NLT)

Reflection:

Rest isn't laziness, it's obedience. God didn't design you to run on empty. Sometimes the most powerful thing you can do is pause. When you rest, you're showing God that you trust Him to hold everything together while you recharge. This is your reminder that you don't have to earn peace, you just have to enter it.

Journal Prompt:

Where in my life do I need to slow down and let God renew my strength?

Affirmation:

Rest is not a reward, it's a requirement for my restoration.

Prayer:

Lord, thank You for reminding me that stillness is sacred. Teach me to rest without guilt and to breathe without fear. Restore my soul and refill my spirit. Amen.

Day 6



Purpose from Pain

Scripture:

“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose.”

— Romans 8:28 (NLT)

Reflection:

Every hardship has a hidden assignment. Pain has a way of refining us, it stretches faith, deepens empathy, and builds endurance. What hurt you didn't come to destroy you; it came to develop you. The same hands that allowed the breaking are the ones shaping your breakthrough. God is still writing your story, and this chapter will not end in defeat.

Journal Prompt:

What painful experience from my past taught me the most about God's faithfulness?

Affirmation:

My pain is not punishment, it's preparation for my purpose.

Prayer:

Father, thank You for using every part of my story for good. Help me find meaning in what once hurt and strength in what once broke me. Remind me that nothing I've faced will be wasted in Your hands. Amen.

Day 7



Scripture:

“Arise, Jerusalem! Let your light shine for all to see, for the glory of the Lord rises to shine on you.”

— Isaiah 60:1 (NLT)

Reflection:

You’ve released, rested, forgiven, and found peace. Now it’s time to rise. Rising again doesn’t mean everything is perfect, it means you’re choosing to live with faith, purpose, and hope. The same God who carried you through the storm is calling you to stand tall in His strength. You’ve been reset, refined, and realigned with His will. This is your moment to shine.

Journal Prompt:

What does “rising again” look like for me in this next season?

Affirmation:

I am walking in peace, purpose, and power, I am rising again.

Prayer:

Lord, thank You for restoring what I thought was lost. Help me rise with confidence, walk with grace, and live with renewed faith. Let my story be a testimony of Your goodness. Amen.

Reflections & Breakthrough Notes

“What God Showed Me…”

- **What have I learned about myself through this 7-day journey?**
- **What habits or thoughts do I need to release to stay in peace?**
- **How will I carry this reset into my next season?**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SHE HEALED LOUDLY

You've Reset Now Rise Higher

Congratulations, beautiful soul. You've completed your 7-day spiritual reset but this isn't the end, it's your new beginning. Each prayer, reflection, and affirmation planted seeds of peace and purpose in your life. Now it's time to water them by taking the next step in your healing journey.

Continue the Journey:

 **Join the Reset & Rise Mini-Course — \$47**

Go deeper with video lessons, guided prayers, and practical steps for emotional, spiritual, and personal renewal.

 **Grab the Healing Bundle — \$29**

Get The Forgiveness Journal + Becoming Whole Again Guide to strengthen your daily reflections and stay grounded in peace.

***“You are not broken , you’re being rebuilt.
Keep healing loudly, loving boldly, and walking confidently into your
purpose.” — Coach D***

***Keep shining. Keep believing. Keep rising. You are the evidence of God’s
restoration power.***

SHE HEALED LOUDLY