

DAY 1

NEW HEARTSET

“Keep your heart with all vigilance, for from it flows the springs of life.”

– Proverbs 4:23 (ESV)

Here is God speaking to us about the important values of life—how we should live, what our attitude to life should be. We use the word ‘heart’ because it best describes the place that is the source of everything we are. I’m not talking about the physical heart, although we need to care for that as well.

Heartset draws us into a posture of focus and consideration. It calls us to consider the attitude, disposition and mood of our heart while challenging us to check the quality of our heart’s outflow. It is a well-guarded heart that helps us successfully navigate life despite stressors, disease and demands. You know, those undesired, draining and dictating situations always screaming for our attention (but might not be really ready for the response) depending on the condition of our heart?

Our guiding scripture reminds us that everything we do flows from it (the heart). This means, how we show up when life calls. Are we stressed, depressed, unforgiving, short-tempered, unkind, impatient, disregarding and disrespectful? Does our outflow operate without Christ? We are strongly encouraged in the verse to pay close attention to our heart above everything else. This means proactively checking the intention of our heart and engaging God for direction to protect, maintain and nourish it. HEARTSET may seem like a new word, but it is certainly not a new action. Let us in this season SEEK an authentic heartset that is outwardly evident of Christ within us.

JOURNAL REFLECTIONS

If you resonate, reflect and consider, what heartset shifts are necessary for your life.

PRAYER

God, please speak to my heart and create in me an authentic place that is free from an unhealthy heartset.

PRAYER NOTES & JOURNAL REFLECTIONS

DAY 2

NEW MINDSET

“Have this mind among yourselves, which is yours in Christ Jesus”

– **Philippians 2:5 (ESV)**

Have you ever found yourself in a situation that requires change? This change demanded a new perspective — a realignment, a recalibration, or possibly a new mindset. Maybe it was a family or relationship issue; a work or career challenge; a fitness or medical hurdle; or a personal objective that required you to have a new attitude.

Maybe you began the New Year asking “What do I want to achieve this year?” Resolutions and goals abound. Yet, today’s text reveals a key: having a Christ-like mindset. If we want to achieve great things in this new season, let’s get a new attitude, a Christ like attitude.

JOURNAL REFLECTIONS

What can you change about your attitude to reach your goals, hopes, or objectives? What can you glean from Christ’s example above?

PRAYER

Lord, help me to be humble. To offer everything to you. Reveal the change you desire in my attitude and align me with your purpose; so, the goals I achieve, the hopes I have, and all of my objectives reflect Christ! Amen

PRAYER NOTES & JOURNAL REFLECTIONS

DAY 3

New Clarity

“For I know the plans I have for you declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”

– **Jeremiah 29:11 (ESV)**

God wants good things for you. He has good things in store for your future. You have got to choose to believe that. You’ve got to determine that nothing can or will change God’s love for you. In an effort to be clearer about His will, we ask, “God, what is it that you want me to do? Just tell me and make it plain.” Clarity is something that each of us seek at times in our lives and then we wait... we wait hoping to hear God confirm the very thing we want to do instead of the thing we KNOW He has called us to do. But Jeremiah 29:11 states, “For I know the plans I have for you says the Lord, plans to prosper you and not harm you, plans to give you hope and a future.” It’s all right there and it’s crystal clear. You don’t have to know the plan when you are aligned with and have faith in The Plan Maker. God knows the plan and that alone is enough for us to trust, especially when we don’t understand. The plan will prosper us. The plan won’t harm us. The plan gives us hope. The plan will give us a future. So, the next time you talk with God, trust His clear plan and allow Him to direct you.

JOURNAL REFLECTIONS

With new clarity, what is the plan God needs you to accept? Get with the plan!

PRAYER

God, remind us that your plan is clear and that it will prosper us, won’t hurt us, and will give us a hope and a future.

PRAYER NOTES & JOURNAL REFLECTIONS

DAY 4

NEW DISCERNMENT

“For the word of God is living and active...”

– **Hebrews 4:12 (ESV)**

Godly discernment begins with humility. We must humbly realize that we don't have all the answers to life's situations. Sometimes, the fear lies in our confession that we don't know what we don't know. Very little exposes not knowing more than embarking into new territory. In newness, we share a common experience... fear.

It's easy for fear to exist if we lean on our own understanding. If success is tied to what we know, then it makes sense that fear would rule. Because once again, we don't know what we don't know. How can we reason our way through something we've never experienced?

It's important at this point that we don't forget we've been called to Christ. And through him, our connection to God is strengthened. Through prayer, meditation, and worship God interacts with us. God aids us in life planning, choosing schools, finding love, and so much more.

We have an active God who meets us where we are, holds our hand, and helps us figure out this messy thing called life. That is why we also should pray, *“I am your servant; give me discernment”* (Ps. 119:125, NIV).

JOURNAL REFLECTIONS

What can I do to open the line of communication between God and me?

PRAYER

Lord, help me hear you more than my fears.

PRAYER NOTES & JOURNAL REFLECTIONS

DAY 5

NEW AVAILIBILITY

“No weapon that is fashioned against you shall succeed, and you shall confute every tongue that rises against you in judgment. This is the heritage of the servants of the LORD and their vindication from me, declares the LORD.”

– **Isaiah 54:17 (ESV)**

Isaiah starts this verse off by reassuring his readers that God is in control. The context of Isaiah 54 describes the anticipation of the new covenant promises and future blessings for Israel. One of the highlights is Prophet Isaiah delivering God’s message to the people of Jerusalem after its destruction and pending restoration saying, “No weapon formed against you shall prosper.” God made the promise that no enemy would be able to take a weapon and effectively succeed in using it against Israel. The Hebrew meaning of “prosper” is to succeed, advance and be profitable.

The key verse is one widely used by believers in cases of personal defense, when under attack and in times of trouble. We recite it loud and proud, “*No weapon formed against me shall prosper!*” However, at times, we as believers are the ones mimicking a “weapon” by using hurtful words and harmful behavior, and as a consequence, we shall not prosper and we block our own blessings. In other words, we become like and we serve like the “weapon.” Give consideration to the New Year, to a new you — weapon-free, with anticipation of the favor of our gracious God answering your prayers and delivering unto you a great measure of success.

JOURNAL REFLECTIONS

Have you noticed any patterns of Satan’s attempts to create weapons in your life? How do you maintain a healthy balance of your mental, physical and spiritual state?

PRAYER

Dear heavenly father, help me model the love of Christ Jesus in my daily living. Help me become gentle and giving, compassionate and forgiving. I place my full trust and dependence on you. In the name of Jesus. Amen.

PRAYER NOTES & JOURNAL REFLECTIONS

DAY 6

NEW RECONCILIATION

“So now faith, hope, and love abide, these three; but the greatest of these is love.

– 1 Corinthians 13:13 (ESV)

Too often we over process and overthink events and experiences which take place in our lives. We are human, and we are fallible. We will make mistakes and we will have and cause hurt feelings. Yet there is hope and a place for reconciliation. The Gospel really is not that deep. It simply always calls us to a place of love. The most common path to reconciliation is forgiveness and love. Once you have honestly prayed about the situation, love is the first movement towards reconciliation. Love and forgive yourself. We cannot forgive ourselves if we do not love ourselves enough to think we are worthy of forgiveness. We must explore the beauty, fulfillment, the purity of loyalty of an inward love, in order to forgive. Reconcile anew inwardly with the same love and forgiveness we are called to activate for others. Take the time to appreciate an internal reconciliation full of the splendor of love.

JOURNAL REFLECTIONS

How pure and honest is the love I have for myself?

PRAYER

My loving God, grant me the gift of internal love.

PRAYER NOTES & JOURNAL REFLECTIONS

DAY 7

NEW HEALING

“Is there no balm in Gilead? Is there no physician there? Why then has the health of the daughter of my people not been restored?”

– Jeremiah 8:22 (ESV)

A balm was a combination of herbs given to the people by a medicine man during the days of Jeremiah. The question, “is there a balm in Gilead?” is still valid today in our modern-day culture. Every day we deal with sickness, death and despair that leave us feeling like the people in the days of Jeremiah. Some even wonder if they are being punished or if God has abandoned them, and in turn, we look for some medicine to address our issues. Yet, if you look around, we can see there is a healing, there is a medicine, there is one able to be the balm we need. The power is when we take the medicine as prescribed — each day, in every response, through prayer and meditation. The Holy Spirit reminds us that God is ever present, and His healing power is always available. God continues to keep us, in the valley of our despairs, in the midst of our illnesses, and even at our most difficult hour.

So yes, we can declare, there is a balm in Gilead! By the power of Jesus Christ and in His name, there is power to heal the wounded.

JOURNAL REFLECTIONS

Have you encountered Christ’s healing power? Did you share your testimony?

PRAYER

Dear God, increase our faith and trust in your ability and healing power, even in the midst of all these difficult times. In Jesus' name, we pray, Amen.

PRAYER NOTES & JOURNAL REFLECTIONS
