

3-Day Reset & Reflect Devotional

Day 1 — God Welcomes You Home

Scripture: Luke 15:20 (NIV) — “But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.”

Life pulls us off course, but God meets us with compassion, not condemnation. Like the father in the Prodigal Son story, God runs toward you even when you feel far away.

Reflection:

- Where have I drifted from God?
- What emotions arise when I imagine God running toward me?
- How does His compassion reshape how I see myself?

Movement Prompt: Return Home Walk — Take a 5–10 minute walk, repeating: “I’m returning to You.”

Day 2 — He Leaves the 99 for You

Scripture: Luke 15:4 (NLT) — “If a man has a hundred sheep and one of them gets lost... won’t he go to search for the one that is lost until he finds it?”

God pursues you intentionally. You are not overlooked or forgotten — you are worth rescuing, worth restoring, and worth loving.

Reflection:

- In what area do I feel lost?
- What makes it hard to believe God pursues me personally?
- How would I live if I believed I’m worth pursuing?

Movement Prompt: Reach & Restore Stretch — Lift arms overhead, inhale deeply, repeat 7 times saying, “You find me.”

Day 3 — Nothing Can Separate You

Scripture: Romans 8:38–39 (NIV) — “Nothing... will be able to separate us from the love of God that is in Christ Jesus our Lord.”

God’s love is unshakeable. Nothing from your past, present, or future can separate you from His love. You may fall, but His love never does.

Reflection:

- What shame do I need to release?
- How would I live if I fully accepted God's unconditional love?
- What truth replaces the enemy's lies?

Movement Prompt: Open-Heart Release — Open your chest, breathe deeply, release shame, receive love.