



God's
Wink

My 7 Day *Journal*

7 Days of Faith, Flow & Devine "Winks"



Volume I, Issue 01





Welcome

Dear Beautiful Soul,

You didn't arrive here by accident.
You were nudged. Whispered to. Winked at.

This 7-Day God's Wink Journal is your invitation to slow down, listen in, and align your heart with Heaven's gentle rhythm.

Whether you're in a season of breakthrough, becoming, or simply being — this space is here to hold you.

Every day, you'll receive:

- ✨ A heartfelt reflection
- 🌸 A gentle journal prompt
- 📖 A soul-aligned scripture or affirmation

This is more than a devotional. It's a dialogue between you and the One who knows your name.

You may come to the page with questions. With weariness. With dreams too big for your hands. My hope for you is this — by Day 7, you'll walk away with more peace, clarity, and a deeper sense of divine timing.

Sometimes God doesn't shout. He winks.

Let's begin.

Live Light. Be Well

A. Mc

Your Sister in Faith & Flow

TRUST THE WHISPER

Daily One

“Be still, and know that I am God.”

Psalms 46:10

Prompt

What small inner nudge or quiet whisper have I been ignoring?
What would it look like to trust it today?

Prayer Section

Write a prayer asking for clarity and courage to follow quiet guidance?

Wink of the Day

Notice a moment today where peace finds you unexpectedly. Write it down.



Today I am grateful for:

- 1.
- 2.
- 3.



My top priorities for tomorrow:

- 1.
- 2.
- 3.

DIVINE TIMING

Daily Two

“There is a timing for everything, and a season for every activity under the heavens.”

Ecclesiastes 3:1

Prompt

Where in my life am I trying to force something before it's time?

How can I surrender to divine timing today?

Prayer Section

Write a prayer releasing control and embracing God's perfect pace.

Wink of the Day

What felt “on time” today? A conversation, a pause, a sign? Document it.

[illegible]

Today I am grateful for:

- 1.
- 2.
- 3.



My top priorities for tomorrow:

- 1.
- 2.
- 3.

FAITH OVER FEAR

Daily Three

“For we walk by faith, not by sight”

2 Corinthians 5:7

Prompt

Where is fear holding me back from stepping into faith?
What would bold, faithful action look like today?

Prayer Section

Write a prayer for boldness and strength to move forward.

Wink of the Day

Note any confirmation that reminded you you're on the right path,



Today I am grateful for:

- 1.
- 2.
- 3.



My top priorities for tomorrow:

- 1.
- 2.
- 3.

THE PROMISE STILL STANDS

Daily Four

"Though the vision tarry, wait for it; because it will surely come."

Habakkuk 2:3

Prompt

What has God promised me that I need to hold onto again?
Where have I grown weary in waiting?

Prayer Section

Write a prayer to renew your hope and realign with your vision.

Wink of the Day

Look for a sign or encouragement that reaffirms your promise.



Today I am grateful for:

- 1.
- 2.
- 3.



My top priorities for tomorrow:

- 1.
- 2.
- 3.

FLOW WITH GRACE

Daily Five

“My grace is sufficient for you, for my power is made perfect in weakness.”

2 Corinthians 12:9

Prompt

Where am I trying to do everything
in my own strength?
How can I invite grace into today?

Prayer Section

Write a prayer asking for grace
to fill the spaces where you feel
overwhelmed.

Wink of the Day

What eased your day today? A
kind word, a delay, an open
door?



Today I am grateful for:

- 1.
- 2.
- 3.



My top priorities for tomorrow:

- 1.
- 2.
- 3.

ALIGN & ANOINTED

Daily Six

"You anoint my head with oil; my cup overflows"

Psalms 23:5

Prompt

What part of my life feels most aligned right now?
How can I nurture that space?

Prayer Section

Write a prayer of gratitude for divine alignment and favor.

Wink of the Day

Write about a moment when you felt "in the flow" today.



Today I am grateful for:

- 1.
- 2.
- 3.



My top priorities for tomorrow:

- 1.
- 2.
- 3.

MANIFESTING WITH GOD
Daily Seven

“Delight Yourself in the Lord, and He will give you the desires of your heart.”

Psalm 37:4

Prompt

What am I most grateful for after these 7 days?

What has shifted in my heart or mindset?

[illegible]

GRATITUDE AND COMPLETION

“God goes before me. His favor surrounds me. I am divinely guided”

Prompt

What am I ready to manifest now, in partnership with God?

What intention am I setting as I move forward?

[illegible]

Prayer Section

Write a BOLD prayer declaring what you are ready to receive,

Wink of the Day

Seal your 7 day journey by writing down a divine sign or moment of joy that felt like a “wink” from God.

[illegible]

Today I am grateful for:

- 1.
- 2.
- 3.



My top priorities for tomorrow:

- 1.
- 2.
- 3.



SIGNATURE BUTTER POUND CAKE

*A moist and buttery cake topped with a delicious butter sauce.
So simple to make and tastes even better the next day,*

Cake:

1 Cup Butter, soften to room temperature
2 Cups Granulated Sugar
4 Eggs. room temperature
1 Tablespoon Vanilla
3 Cups All Purpose Flour
1 Teaspoon Salt
1 Teaspoon Baking Powder
½ Teaspoon Baking Soda
1 Cup Buttermilk

Glaze:

⅓ Cup Butter
¾ Cup Granulated Sugar
2 Tablespoon Water
2 Teaspoon Vanilla

Preheat Oven to 325 degrees.

Grease a 10" Bundt pan with shortening (butter works too). Dust with flour and set aside.

Place butter and sugar into the bowl of a mixer. Beat butter and sugar until light and fluffy.

Add 1 egg at a time to the creamed butter and sugar.

Add Vanilla

In a separate bowl, shift together flour, salt, baking power and baking soda.

Alternate adding the shifted flour mixture and buttermilk to the mixer bowl until fully incorporated.

Mix on low for 30 - 45 second and then increase the speed to medium and mix for 3 minutes.

Pour the batter into the prepared pan and bake for 55 - 60 minutes or until a toothpick entered into the center comes out clean.

Invert cake into a cooling rack (or plate) to cool.

After the cake is cooled, make the glaze by combining the sugar, butter, vanilla and water. Cook over medium heat, until fully melted and combined. DO NOT BOIL!

Brush glaze over the cake.

Enjoy!




God's Wink

Seven days.
Seven sacred pauses.
Seven quiet conversations between you and the Divine.

You've slowed down long enough to listen — and in doing so, you've opened the door to clarity, comfort, and alignment.

As you close this journal, remember:

- 🔍 Every “wink” is a reminder that God is near.
- 📖 Every page is a step closer to the person you are becoming.
- 🌱 Every moment of stillness is a seed of growth.



You don't have to have all the answers.
You just have to keep showing up with intention.
Keep praying.
Keep listening.
Keep trusting the flow.
And when in doubt, look for the wink.
This isn't the end. It's a beautiful beginning.

With grace,
A. Mc

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