



# April

## Wellness Devotional

**GROWTH · CONSISTENCY  
· NEW LIFE**

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” —  
Galatians 6:9

Healthy Body.

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Mind & Soul



# A SEASON OF GROWTH



April is where things start to come alive.

What once looked still... starts moving.

What felt stuck... begins to shift.

What was planted... begins to grow.

But here's the thing about growth —  
it doesn't happen all at once.

It happens quietly.

Underground first.

In small, consistent ways that don't always look  
impressive... but matter more than you realize.

This month is an invitation to focus on steady growth —  
not perfection, not rushing ahead — but showing up  
daily in ways that support your body, your mind, and  
your faith.

Because what you tend to consistently... will grow.

## SCRIPTURE FOCUS

*“Let us not become weary in doing good, for at the  
proper time we will reap a harvest if we do not give  
up.” — Galatians 6:9*



# DAILY WELLNESS FOUNDATIONS (Growth Over Perfection)

## **Nourishment that Builds**

Growth requires fuel.

This month, shift your focus from restriction to building strength:

- Eat consistently throughout the day
- Prioritize protein to support muscle and metabolism
- Add whole foods that nourish your body
- Let go of “all or nothing” thinking

You don't need perfect meals — you need consistent nourishment.

*“He provides food  
for those who fear  
Him...” — Psalm  
111:5*

# DAILY WELLNESS FOUNDATIONS (Growth Over Perfection)

## **Movement that Supports Growth**

Movement isn't about punishment — it's about support.

Try:

- Walking daily (even short walks count)
- Light strength or resistance work
- Stretching to improve mobility
- Moving in ways that feel sustainable

Strong doesn't come from extremes — it comes from consistency.

## **Rest & Recovery (Where Growth Happens)**

Growth doesn't just happen in action — it happens in recovery.

This month, aim to:

- Protect your sleep
- Slow down in the evenings
- Give your body time to recover
- Listen when your body needs rest

Even on the farm... nothing grows without seasons of rest.

*“He provides food  
for those who fear  
Him...” — Psalm  
111:5*



# APRIL WELLNESS RESET (Monthly Habit Focus)

## **Choose ONE habit to focus on this month:**

- Add protein to each meal
- Walk daily (even 10–15 minutes)
- Drink enough water consistently
- Create a simple morning routine
- Prioritize sleep each night

## **Optional Daily Add-Ons:**

- Add one whole food to your meals
- Step outside for fresh air
- Pause before meals in gratitude
- Prep something simple ahead of time

Growth comes from what you do consistently — not occasionally.

*“He provides food  
for those who fear  
Him...” — Psalm  
111:5*

# Weekly Meal Inspiration

“He satisfies the thirsty and fills the hungry with good things.” — Psalm 107:9

## **Week 1 – Fresh Starts**

*Focus: Simple, clean meals that support digestion and energy.*

*Meal Ideas:*

- Eggs with sautéed veggies
- Grilled chicken salads
- Smoothies with protein and fruit
- Light soups with vegetables

### **Gentle Reminder:**

*Simple meals help reset your body and energy.*

## **Week 2 – Balanced Energy**

*Focus: Meals that stabilize blood sugar and keep energy steady.*

*Meal Ideas:*

- Chicken, rice, and vegetables
- Salmon with greens and sweet potatoes
- Protein bowls with healthy fats
- Yogurt with fruit and seeds

### **Gentle Reminder:**

*Balanced meals = balanced energy.*

*“He satisfies the thirsty and fills the hungry with good things.” — Psalm 107:9*

## **Week 3 – Keep It Simple**

*Focus: Easy, repeatable meals to reduce overwhelm.*

*Meal Ideas:*

- Sheet-pan dinners
- Leftover protein bowls
- Wraps or simple sandwiches
- Veggies with dip and protein

### **Gentle Reminder:**

*Consistency beats complexity every time.*

## **Week 4 – Enjoy the Harvest**

*Focus: Enjoyment, gratitude, and presence.*

*Meal Ideas:*

- Sit-down meals without distraction
- Sharing meals with family
- A favorite comfort food in balance
- Cooking something fresh and seasonal

### **Gentle Reminder:**

*Food is meant to nourish AND be enjoyed.*

*“Taste and see that the Lord is good.” — Psalm 34:8*



# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 1: AWARENESS

WHERE AM I READY TO GROW IN MY HEALTH  
AND FAITH?

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GOALS

TO DO

# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 2 - INTENTION

WHAT DAILY HABITS WILL SUPPORT THE  
GROWTH I WANT TO SEE?

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GOALS

TO DO

# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 3 – COMPASSION

WHERE DO I NEED TO STAY STEADY INSTEAD  
OF STARTING OVER?

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GOALS

TO DO

# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 4 – GRATITUDE

WHAT PROGRESS HAVE I MADE – EVEN IN  
SMALL WAYS?

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GOALS

TO DO



# CLOSING PRAYER

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LORD,

THANK YOU FOR THE REMINDER THAT GROWTH  
TAKES TIME.

HELP ME STAY CONSISTENT IN CARING FOR MY BODY,  
MIND, AND SPIRIT.

GIVE ME PATIENCE IN THE PROCESS AND STRENGTH  
TO KEEP GOING, EVEN WHEN I DON'T SEE IMMEDIATE  
RESULTS.

LET THIS MONTH BE ONE OF STEADY PROGRESS,  
GROUNDED FAITH, AND QUIET GROWTH.

AMEN.

