

7-Day Life Anchor Devotional Journal Theme: *"I Will Not Be Moved" — Psalm 16:8 (NLT)*

Day 1: You Are Seen

Scripture: "You are precious to me. You are honored, and I love you." — Isaiah 43:4 (NLT)

Reflection Prompt: When was the last time I felt truly seen or valued? What made me feel that way?

Action Step: Write down one way you will show love to yourself today.

Affirmation: Even if no one else sees me, God sees me.

Notes/Prayer Space:

Day 2: You Are Not Alone

Scripture: "I will never leave you nor forsake you." — Hebrews 13:5

Reflection Prompt: In what ways have I felt alone recently? What would it look like to invite God into that space?

Action Step: Text someone you trust and let them know you're thinking of them.

Affirmation: Even in the silence, I am surrounded by divine presence.

Notes/Prayer Space:

Day 3: There Is Still Purpose

Scripture: "For I know the plans I have for you... plans to give you a future and a hope." — Jeremiah 29:11

Reflection Prompt: What dream or desire have I set aside that still matters to me?

Action Step: Write out one small goal for the week.

Affirmation: My life still carries meaning.

Notes/Prayer Space:

Day 4: Strength in Surrender

Scripture: "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." — Matthew 11:28

Reflection Prompt: What burden am I carrying that I can lay down today?

Action Step: Write a surrender prayer or speak it aloud.

Affirmation: I don't have to carry everything alone.

Notes/Prayer Space:

Day 5: Light Still Breaks Through

Scripture: "The light shines in the darkness, and the darkness can never extinguish it." — John 1:5

Reflection Prompt: When have I experienced light in a dark season?

Action Step: Step outside and notice three things in nature. Let them remind you that life continues.

Affirmation: The darkness will not have the final say.

Notes/Prayer Space:

Day 6: You Are Being Held

Scripture: "Underneath are the everlasting arms." — Deuteronomy 33:27

Reflection Prompt: What does it mean to be held by God?

Action Step: Wrap yourself in a blanket or hug a pillow. Breathe deeply and say, "I am safe."

Affirmation: I am held even when I feel like I'm falling.

Notes/Prayer Space:

Day 7: You Are Still Here

Scripture: "I will not die but live, and will proclaim what the Lord has done." — Psalm 118:17

Reflection Prompt: What does it mean for me to still be here today? What strength brought me this far?

Action Step: Write a note to your future self: "Thank you for holding on..."

Affirmation: Today, I choose to stay. Just for today—and that is enough.

Notes/Prayer Space:
