Healing the Mind, Restoring the Heart

A 5-Day Devotional on Mental Health & Healing

Created by
Moore's Faith-Based Services, LLC
In partnership with
Let's Talk About It (LTAI)

Website: www.ltai.org

Introduction

Mental health is not a lack of faith.

Healing is not weakness.

Many of us are functioning while silently overwhelmed — praying, serving, working, yet internally tired.

This devotional was created to gently guide you toward awareness, renewal, and emotional restoration through biblical truth and reflection.

Take your time.

Healing is not rushed.

Day 1:

It Is Okay Not to Be Okay

Scripture: Psalm 34:18

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

God does not withdraw when you are overwhelmed — He draws near.

Acknowledging your emotions is the beginning of healing.

Reflection:

- **What emotion have I been avoiding?**
- **Where do I need honesty before God?**

Prayer:

Lord, meet me in the places I’ve been pretending to be strong.

Day 2:

Renewing the Mind

Scripture: Romans 12:2

“Be transformed by the renewing of your mind.”

Your thoughts shape your mental health.

Unchallenged thoughts become emotional patterns.

Reflection:

- **What recurring thought disrupts my peace?**
- **What truth replaces that thought?**

Prayer:

Father, renew my thinking and align my thoughts with truth.

Day 3:

Boundaries Protect Healing

Scripture: Proverbs 4:23

“Above all else, guard your heart.”

Healing requires protection.

Not everyone gets unlimited access to your emotional space.

Reflection:

- **Where am I emotionally overextended?**
- **What boundary would protect my peace?**

Prayer:

God, give me courage to guard what You are restoring.

Day 4:

Anxiety Is a Signal, Not a Sentence

Scripture: Philippians 4:6-7

Anxiety often signals stress, uncertainty, or pressure — not failure.

Peace grows where surrender begins.

Reflection:

- What am I trying to control?
- What can I release today?

Prayer:

Lord, guard my mind with Your peace.

Day 5:

Healing Is a Process

Scripture: Jeremiah 30:17

“For I will restore health to you…”

Healing is layered.

Some days are strong. Some days are fragile.

Both are progress.

Reflection:

- **What small progress have I overlooked?**
- **What support do I need moving forward?**

Prayer:

Restore what has been wounded and strengthen me as I continue.

Closing Encouragement

You are not weak for needing healing.
You are courageous for pursuing it.
Moore's Faith-Based Services and Let's Talk About It exist to provide structured, faith-centered support for your growth journey.
You are not alone.
You are becoming whole.