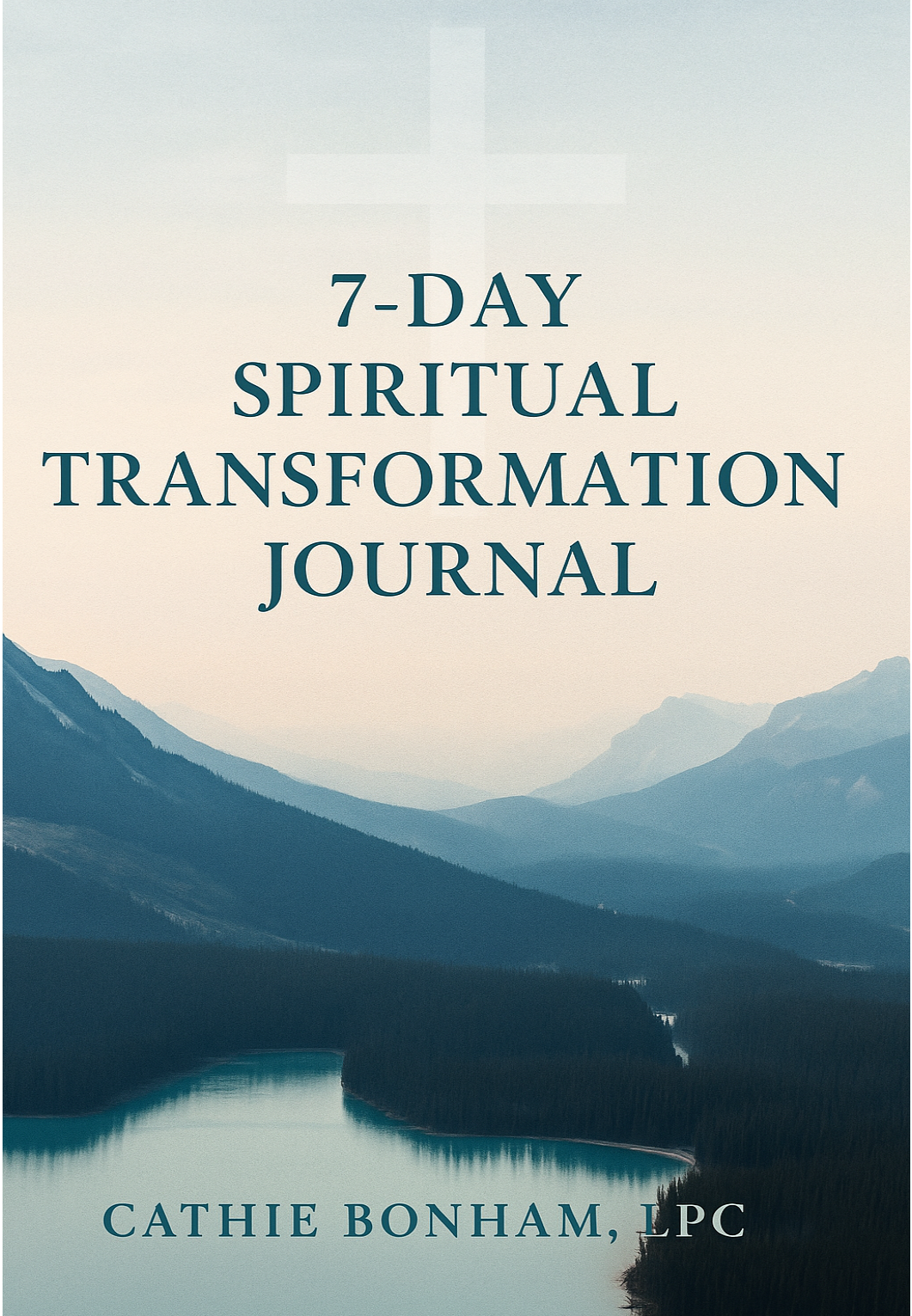




7-DAY SPIRITUAL TRANSFORMATION JOURNAL

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Introduction

Welcome!

This 7-day journal is designed to help you draw closer to Jesus, renew your mind (Romans 12:2), and step into the transformation He has already begun in you.

Each day you'll find:

- A scripture to reflect on
- A short devotional thought
- A journaling prompt
- A prayer starter
- Space to write your own reflections

Take it day by day. Transformation is not about perfection—it's about allowing God to do His work in you.

Day 1 – Renew Your Mind

Scripture: Romans 12:2 – 'Do not conform to the pattern of this world, but be transformed by the renewing of your mind.'

Devotional Thought: Transformation begins in the mind. God calls us to think differently, see differently, and believe differently.

Prompt: What worldly patterns do you need to release so God can renew your mind?

Prayer Starter: Lord, help me to release old ways of thinking and trust You with my transformation...

Your Reflections:

Day 2 – God’s Strength, Not Mine

Scripture: 2 Corinthians 12:9 – 'My grace is sufficient for you, for my power is made perfect in weakness.'

Devotional Thought: Your weakness is not failure. It’s an invitation for God’s strength to shine.

Prompt: Where do you feel weak today? How can you lean on His strength instead of your own?

Prayer Starter: Father, I surrender my weakness to You. Show me how to walk in Your strength...

Your Reflections:

Day 3 – Identity in Christ

Scripture: 2 Corinthians 5:17 – 'Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!'

Devotional Thought: You are not who you used to be. Your identity is found in Christ, not your past.

Prompt: Write down 3 lies you've believed about yourself, then replace them with God's truth.

Prayer Starter: Jesus, thank You for making me new. Help me live in my true identity in You...

Your Reflections:

Day 4 – Courage to Step Forward

Scripture: Joshua 1:9 – 'Be strong and courageous... for the Lord your God will be with you wherever you go.'

Devotional Thought: Transformation takes courage. God is with you in every step forward.

Prompt: What's one bold step you feel God calling you to take this week?

Prayer Starter: Lord, give me courage to step where You're calling, even if it feels scary...

Your Reflections:

Day 5 – Gratitude & Joy

Scripture: 1 Thessalonians 5:16–18 – 'Rejoice always, pray continually, give thanks in all circumstances.'

Devotional Thought: Gratitude shifts your perspective. Joy flows when you recognize God's goodness.

Prompt: List 5 things you're grateful for today. How do they show God's presence in your life?

Prayer Starter: Father, thank You for Your blessings. Teach me to find joy in every circumstance...

Your Reflections:

Day 6 – Walking in Freedom

Scripture: Galatians 5:1 – 'It is for freedom that Christ has set us free.'

Devotional Thought: God didn't just save you—He freed you. Live unchained from guilt, fear, and shame.

Prompt: What area of your life needs the freedom Christ offers today?

Prayer Starter: Lord, I claim the freedom You've given me. Help me walk free from the chains of my past...

Your Reflections:

Day 7 – Living Transformed

Scripture: 2 Corinthians 3:18 – 'We... are being transformed into His image with ever-increasing glory.'

Devotional Thought: Transformation is ongoing. Each day you look more like Jesus as you walk with Him.

Prompt: How has God been transforming you this week? What do you want to carry forward beyond these 7 days?

Prayer Starter: Father, thank You for the transformation You've started. I choose to walk forward with You...

Your Reflections:

Closing

Congratulations!

You've completed 7 days of intentional transformation. Remember—this is just the beginning. Stay rooted in scripture, keep journaling, and walk boldly in your calling.

Couch to Calling • Bold • Beautiful • Blessed