

The background of the entire image is a dynamic splash of bright pink liquid against a light grey background. The liquid forms various shapes, including droplets and flowing ribbons, creating a sense of movement and energy.

He Restores MY SOUL

14 Days
of
Soul Care

Coach Wendy Hazel

Your Soul Care Coach

14-Day Soul-Care Meditations based on Scriptures

Choose the verse of the day.

Write it on sticky notes and paste it in convenient spots to remind you of it.

Mediate on the verse by repeating it throughout the day as often as you can.

Ask yourself these 3 questions

What does this say?

What does this mean?

What is this saying to me?

THOUGHTS

DAY 1."Guard your thoughts, for they shape your reality. Fill your mind with God's truth and goodness, and let it overflow into every aspect of your life." - Philippians 4:8

DAY 2."Take captive every thought and make it obedient to Christ. Let His truth guide your thinking, and you will find clarity, peace, and wisdom." - 2 Corinthians 10:5

DAY 3."Care for your thoughts like a gardener tends to a garden. Remove the weeds of negativity and doubt, and sow the seeds of faith, hope, and gratitude." - Philippians 4:6-7

THOUGHTS

DAY 4."Filter your thoughts through the lens of God's truth. Let His Word guide your perceptions, ensuring that your mind is renewed and aligned with His wisdom."

- Romans 12:2

DAY 5."In the midst of chaos, fix your mind on God's promises. Let His Word be an anchor that steadies your thoughts and brings you peace."

- Isaiah 26:3

FEELINGS

DAY 6. "Caring for your feelings means acknowledging them before God, allowing Him to bring healing, restoration, and comfort. In His presence, our emotions find solace and peace." - Psalm 34:18

DAY 7. "Caring for your feelings means offering them to God in prayer. Surrender your worries, anxieties, and burdens to Him, knowing that He cares for you deeply." - 1 Peter 5:7

DAY 8. "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." - Isaiah 41:10

DESIRES

DAY 9. "Seek God's guidance in discerning your desires. Delight yourself in Him, and trust that He will align your heart's desires with His perfect plan for your life." - Psalm 37:4

DAY 10. "Desires can lead us astray or draw us closer to God. Seek His will, align your desires with His, and trust that He will satisfy the deepest longings of your heart." - Psalm 37:4

DAY 11. "Invite the Holy Spirit to transform your desires, aligning them with God's will. Let Him shape your passions and pursuits for His glory." - Romans 12:2

SENSE OF SELF

DAY 12."Remember that your sense of self is found in Christ. Care for your identity by seeking His approval above all else, for in Him, you are fearfully and wonderfully made." - Psalm 139:14

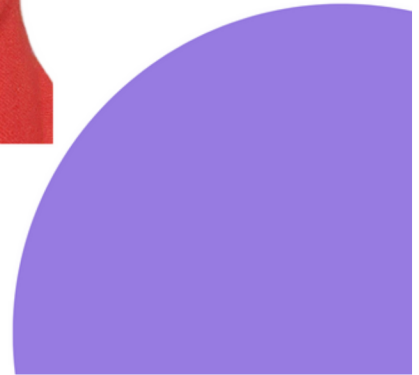
DAY 13."In a world that tries to define your worth, remember that you are loved unconditionally by your Heavenly Father. Care for your sense of self by finding your identity in Him alone." - Ephesians 2:10

DAY 14."Your sense of self is rooted in being a beloved child of God. Embrace your uniqueness, for you are fearfully and wonderfully made by the Creator of the universe." - Psalm 139:14



Master Coach

DR. WENDY HAZEL



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wendyhazel.com/contact