



# Finish Healthy Begin New

*A 21-Day Journey of  
Rest, Recover, Renew, and Run*

Frederick L. Smith



## TO FINISH WELL. BEGIN NEW.

In a culture that celebrates speed and hustle, you are choosing something countercultural: intentional transition. Not just moving forward, but finishing healthy—so you can begin new.

This 21-day devotional is built on the R4 Framework: Rest, Recover, Renew, and Run. It's designed to guide you through the essential work of ending one season and preparing for the next with clarity, health, and purpose.

Here's the truth: a poor finish creates a difficult beginning. When we rush through endings without reflection or recovery, we carry unprocessed weight into what's next. That weight distorts our vision and steals the joy God intends for our journey.

Over the next 21 days, you'll move through biblical teaching and practical application. You'll rest from what's been. You'll recover what matters. You'll renew how you think and live. And you'll run with focused faithfulness toward what's ahead.

This is not a sprint. It's a formation journey. Move gently. Be honest. Trust that God is shaping you into who you were always meant to be.

Let's finish well, so we can begin anew.

*Frederick L. Smith*

**WATCH THE HOW TO FINISH WELL &  
FINISH HEALTHY BIBLE STUDY SERIES**



## WEEK 1 — REST

REST REMOVES EXHAUSTION  
SO CLARITY CAN RETURN.

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Scripture: *Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat. (Mark 6:31)*

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### Reflection:

Jesus doesn’t invite the disciples to do more—He invites them to come away. Rest isn’t a reward for faithfulness; it’s the rhythm that makes faithfulness possible. Sometimes exhaustion isn’t disobedience, but life without margin.

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### Practice:

Create 10 minutes of intentional stillness today—no phone, no agenda.

### Embodied Action:

Step away from one task earlier than usual.

### Prayer:

Jesus, teach me to come away with You.



*Scripture: I wait quietly before God,  
for my victory comes from him. (Psalms 62:1)*

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Reflection:

Exhaustion often goes unnamed, and what goes unnamed often goes untreated. God welcomes honesty, not performance. Naming your weariness is the first step toward healing it.

Practice:

Write down where you feel most depleted—physically, emotionally, spiritually.

Embodied Action:

Say no to one unnecessary demand today.

Prayer:

God, help me tell the truth about where I'm tired.



*Scripture: The Lord replied, “I will personally go with you, Moses, and I will give you rest—everything will be fine for you.” (Exodus 33:14)*

### Reflection:

Rest requires trust; trust that God is still working when you stop. When we refuse to rest, we often believe everything depends on us. Rest re-centers our dependence on God.

### Practice:

Sit quietly and repeat: “God is at work even when I rest.”

### Embodied Action:

Slow your pace intentionally today.

### Prayer:

Lord, help me trust You enough to stop.



*Scripture: But Jesus often withdrew to the wilderness for prayer. (Luke 5:16)*

### Reflection:

Jesus withdrew often, not occasionally. Solitude wasn't an escape; it was a rhythm. Formation requires space, and space must be protected.

### Practice:

Schedule one recurring rest rhythm for the next month.  
ex: *(Each weekday at lunch, I will take a 10-minute walk without my phone, practicing awareness of God's presence instead of productivity.)*

### Embodied Action:

Honor that time as sacred.

### Prayer:

Jesus, teach me Your rhythms.



Scripture: *Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.” So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai,[a] the mountain of God. (1 Kings 19:5-8)*

### Reflection:

Before God speaks to Elijah's calling, He tends to his body.

Sometimes the most spiritual thing you can do is eat, sleep, and breathe. God restores us holistically, not selectively.

### Practice:

Ask your body what it needs today.

### Embodied Action:

Honor one physical need without guilt.

### Prayer:

Thank You, God, for caring for my whole self.



Scripture: *He lets me rest in green meadows;  
He leads me beside peaceful streams. He renews my strength.  
He guides me along right paths,  
bringing honor to his name. (Psalms 23:2-3)*

### Reflection:

Rest doesn't just restore energy—it restores perspective. When the soul slows down, clarity begins to surface. God restores what hurry distorts.

### Practice:

Sit in silence and notice what rises to the surface.

### Embodied Action:

Resist filling every quiet moment.

### Prayer:

Restore my soul, Lord.



Scripture: *So there is a special rest still waiting for the people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall. (Heb. 4:9-11)*

### Reflection:

Sabbath is a posture before it's a practice. It declares, "I am not God—and I don't need to be." Rest reminds us where our security truly comes from.

### Practice:

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Reflect on what rest revealed this week.

### Embodied Action:

Celebrate one small shift in awareness.

### Prayer:

Thank You God for meeting me in rest.

## WEEK 2 — RECOVER

RECOVERY RESTORES  
CAPACITY BY DISCERNING  
WHAT—AND WHO—BELONGS  
IN THE NEXT SEASON.

## WEEK 2 — RECOVER

## Day 8 — Acknowledge What Was Lost

*Scripture: David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the Lord his God.*

*(1 Sam. 30:6)*

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### Reflection:

Recovery begins with honesty about loss. David strengthened himself in the Lord before pursuing anything else. God meets us where loss is named, not avoided.

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### Practice:

Name what you've lost—clarity, joy, identity, relationships.

### Embodied Action:

Speak one loss honestly to God.

### Prayer:

God, meet me where loss still lingers.



*Scripture: David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the Lord his God.*

*(1 Sam. 30:6)*

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### Reflection:

David didn't rush to recover—he paused to be strengthened. Capacity returns when identity is anchored in God, not urgency. Strength comes before strategy.

### Practice:

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Write one truth about who God says you are.

### Embodied Action:

Speak one loss honestly to God.

### Prayer:

Strengthen me in You, Lord.



## WEEK 2 — RECOVER

## Day 10 — Who Runs With You (SHAPE)

*Scripture: So David and his 600 men set out, and they came to the brook Besor. But 200 of the men were too exhausted to cross the brook, so David continued the pursuit with 400 men.*

*(1 Sam. 30:9-10)*

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### Reflection:

Not everyone who walked with you into loss can walk with you into recovery. Discernment matters because recovery requires capacity. Wisdom asks not just who is present, but who is prepared

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**Practice (SHAPE): Evaluate relationships and discern their**  
Spiritual Gifts • Heart for God • Availability • Purpose-Minded •  
Expectation of God

### Embodied Action:

Identify one relationship that supports recovery.

### Prayer:

Align my community wisely, God.



*Scripture: Then David returned to the brook Besor and met up with the 200 men who had been left behind because they were too exhausted to go with him. They went out to meet David and his men, and David greeted them joyfully. 22 But some evil troublemakers among David's men said, "They didn't go with us, so they can't have any of the plunder we recovered. Give them their wives and children, and tell them to be gone." (1 Sam. 30:21-22)*

### Reflection:

Some things must be left—not because they were wrong, but because the season has changed. Holding onto the past can quietly limit the future. Recovery requires release.

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### Practice:

Name what no longer serves this season.

### Embodied Action:

Release it intentionally.

### Prayer:

Give me courage to let go.



*Scripture: So he went with them.*

*But as one of them was cutting a tree, his ax head fell into the river. “Oh, sir!” he cried. “It was a borrowed ax!” “Where did it fall?” the man of God asked. When he showed him the place, Elisha cut a stick and threw it into the water at that spot. Then the ax head floated to the surface. “Grab it,” Elisha said. And the man reached out and grabbed it. (2 Kings 6:5-7).*

### Reflection:

God restores what is needed for the assignment, not just what was lost. Sometimes recovery looks like regaining tools, not titles. God cares about what enables faithfulness.

### Practice:

Ask God what capacity needs restoring.

### Embodied Action:

Receive without shame.

### Prayer:

Lord, restore what I need to serve well.



Scripture: *But David said, “No, my brothers! Don’t be selfish with what the Lord has given us. He has kept us safe and helped us defeat the band of raiders that attacked us. Who will listen when you talk like this? We share and share alike—those who go to battle and those who guard the equipment.” From then on David made this a decree and regulation for Israel, and it is still followed today.*

*(1 Samuel 30:23-25).*

### Reflection:

Recovery isn’t meant to be isolated. God honors shared faithfulness and collective strength. Healing deepens when it’s witnessed.

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### Practice:

Thank someone who has walked with you.

### Embodied Action:

Affirm their role aloud.

### Prayer:

Lord, Thank You for faithful companions.



*Scripture: The Lord will guide you continually,  
giving you water when you are dry  
and restoring your strength.*

*You will be like a well-watered garden,  
: like an ever-flowing spring.  
(Isaiah 58:11).*

### Reflection:

Recovery prepares the ground for renewal. When capacity is restored, formation can begin. God leads gently, not abruptly.

### Practice:

Notice where strength has returned.

### Embodied Action:

Name readiness for renewal. (ex: Out loud, say:  
“I am ready to be renewed—not because I have it figured out, but because I trust God to meet me as I am.”)

### Prayer:

Lord, prepare me for what's next.



# WEEK 3 — RENEW → RUN

RENEW REFORMS THE  
INNER LIFE. RUN RELEASES  
FAITHFUL MOVEMENT.

*Scripture: Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

: (Romans 12:2).

### Reflection:

Renewal is initiated by God but practiced daily by us. Transformation happens when old patterns are replaced, not just resisted. Renewal reshapes how we see.

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### Practice:

Identify one thought pattern needing renewal.

### Embodied Action:

Replace it with truth.

### Prayer:

Renew my mind, Lord.



# WEEK 3—RENEW→RUN Day 16 — Formed from the Inside

*Scripture: Instead, let the Spirit renew your thoughts and attitudes.. (Ephesians 4:23).*

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## Reflection:

Renewal goes deeper than behavior—it reshapes desire. What forms the inner life eventually directs the outer life. Formation is happening whether we choose it or not.

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## Practice (RENEW):

Remove • Engage • Simplify • Embody • Walk faithfully

## Embodied Action:

Practice one RENEW step today.

## Prayer:

Lord, Form me from the inside out.



Scripture: *That is why we never give up. Though our bodies are dying, our spirits are[a] being renewed every day.*

*(2 Cor. 4:16).*

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### Reflection:

Renewal is rarely dramatic—it's daily. God meets us in consistency, not intensity. Faithfulness compounds quietly.

### Practice:

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Begin and end today with intention.

### Embodied Action:

Notice what feels lighter.

### Prayer:

Renew me again today.



*Scripture: Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. 2 Think about the things of heaven, not the things of earth. (Colossians 3:1-2).*

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### Reflection:

Focus must be protected, or it will be consumed by distraction. What you attend to shapes who you become. Alignment begins with attention.

### Practice:

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Identify one distraction to resist.

### Embodied Action:

Remove it for 24 hours.

### Prayer:

Lord, Align my focus with You.



Scripture: *No, dear brothers and sisters, I have not achieved it, but but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.*  
*(Philippians 3:13-14).*

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### Reflection:

Paul doesn't claim arrival—he commits to pursuit. Running well isn't about speed but direction. Faithfulness keeps us moving forward.

### Practice:

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Clarify what you're running toward.

### Embodied Action:

Name and take one aligned step.

### Prayer:

Lord, Help me run with faithfulness.



# WEEK 3—RENEW→RUN Day 20 — Release, Resist, Remain

*Scripture: Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. <sup>2</sup> We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.<sup>[a]</sup> Because of the joy<sup>[b]</sup> awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. (Hebrews 12:1-2).*

## Reflection:

Running well requires discernment. Some things must be released, others resisted, and a few protected. Endurance depends on alignment.

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## Practice (RUN Tool):

Release • Resist • Remain

## Embodied Action:

Name one commitment for the next 30 days.

## Prayer:

Lord, Help me endure with focus.



*Scripture: But those who trust in the Lord will find new strength.  
They will soar high on wings like eagles.  
They will run and not grow weary.  
They will walk and not faint.. (Isaiah 40:31).*

### Reflection:

Those who wait on the Lord don't collapse—they rise. Finishing healthy isn't about arriving perfect, but remaining faithful. God renews strength for the long run.

### Practice:

Reflect on what shifted in you over 21 days.

### Embodied Action:

Name one way you will continue this journey.

### Prayer:

God, help me finish my current season well and walk forward faithfully.



# FINAL DECLARATION: FINISH HEALTHY. BEGIN NEW.

*I CHOOSE TO FINISH THIS SEASON WITH FAITHFULNESS,  
NOT FATIGUE.*

*I RELEASE WHAT HAS EXHAUSTED ME AND RECEIVE THE  
REST GOD FREELY GIVES.*

*I COMMIT TO RECOVERING WHAT MATTERS—  
MY IDENTITY, MY RELATIONSHIPS, AND THE TOOLS GOD  
HAS ENTRUSTED TO ME.*

*I WILL WALK WITH THOSE WHO HELP ME BECOME WHO  
GOD IS FORMING ME TO BE.*

*I OPEN MYSELF TO RENEWAL*

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*THE DAILY RESHAPING OF MY MIND, HEART, AND HABITS  
AS I LEARN THE WAY OF JESUS AND LIVE IT WITH  
INTENTION.*

*I WILL RUN WITH FOCUS AND FAITHFULNESS,  
LETTING OBEDIENCE TODAY PREPARE ME FOR  
TOMORROW'S PURPOSE.*

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*I LAY ASIDE WHAT NO LONGER SERVES THIS SEASON  
AND PRESS FORWARD TOWARD WHAT GOD IS CALLING ME  
INTO.*

*I AM NOT RUSHING AHEAD.*

*I AM NOT STUCK BEHIND.*

*I AM WALKING IN STEP WITH GOD.*

*BY HIS GRACE,*

*I WILL FINISH HEALTHY.*

*I WILL BEGIN NEW.*

*AND I WILL BECOME WHO GOD CREATED ME TO BE.*



## NOTES:

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