

# Good News Monday Reset

## 7-Day Starter Guide

A simple 5-minute rhythm to start your day with Scripture, a practical reset, one action step, and a short prayer.

### How to use this guide

- 1) Read one day at a time (7 days).
- 2) Keep it simple - show up, not perfect.
- 3) Do the 'One Step' before you move on.
- 4) Pray the prayer out loud if you can.
- 5) If something hits home, journal the prompt in one sentence.

**What you will receive every Monday:** one Scripture, one practical reset, one step, and a 1-minute prayer.

You are not alone in your journey. Take it one Monday at a time.

## Day 1 - Peace when anxiety is loud

### Reset Verse (Philippians 4:6-7)

*Do not be anxious about anything... present your requests to God. And the peace of God... will guard your hearts and your minds in Christ Jesus.*

### Real-Life Reset

Anxiety tries to take the driver's seat by filling your mind with 'what if.' God does not shame you for feeling anxious - He invites you to bring it to Him. Peace is not pretending everything is fine. Peace is putting what is heavy into God's hands and letting Him guard what is fragile in you.

### One Step Today

Write one worry on a note. Turn it into a one-sentence prayer. Add one sentence of thanks (even something small).

### 1-Minute Prayer

Father, You see my anxious thoughts. I bring You what I cannot control. Guard my heart and mind in Christ. Replace panic with Your peace and guide my next step today. Amen.

### Journal Prompt

What is the main worry you are carrying into this week?

## Day 2 - When you feel distant from God

### Reset Verse (James 4:8)

*Come near to God and He will come near to you.*

### Real-Life Reset

Feeling distant does not mean God moved away. Often it means life got loud, pain got heavy, or shame got in the way. The first step back is not a perfect performance - it is an honest return. God meets small steps toward Him with real closeness.

### One Step Today

Set a 3-minute timer. Sit quietly. Whisper, 'God, I am here.' Read James 4:8 once and pause.

### 1-Minute Prayer

God, I want to be near You. I do not have the right words, but I am turning my heart toward You. Meet me in this moment and draw me close. Amen.

### Journal Prompt

What has been making it hardest to connect with God lately?

## Day 3 - Grace over guilt and shame

### Reset Verse (Romans 8:1)

*There is now no condemnation for those who are in Christ Jesus.*

### Real-Life Reset

Condemnation says, 'You are too far gone.' Conviction says, 'Come back - there is a better way.' If you belong to Jesus, shame is not your identity. God corrects you to restore you, not to crush you. The cross already paid for your failure.

### One Step Today

Confess one specific thing to God. Then say out loud: 'In Christ, I am forgiven and free.'

### 1-Minute Prayer

Jesus, thank You that I am not condemned. I confess my sin and receive Your forgiveness. Help me walk in freedom and make things right where I need to. Amen.

### Journal Prompt

Where do you feel tempted to believe shame instead of grace?

## Day 4 - Strength when you feel overwhelmed

### Reset Verse (Matthew 11:28)

*Come to Me, all you who are weary and burdened, and I will give you rest.*

### Real-Life Reset

Overwhelm is often a sign you are carrying more than you were meant to carry alone. Jesus does not add pressure - He offers rest and a lighter yoke. Rest is not quitting. Rest is receiving strength from the One who leads you.

### One Step Today

Make a quick list of what feels heavy. Circle one item you can do today. Release the rest to God for now.

### 1-Minute Prayer

Jesus, I am weary. I bring You my burdens. Teach me what matters most today and give me rest in my soul. Help me walk with You, not ahead of You. Amen.

### Journal Prompt

What is the biggest source of overwhelm for you right now?

## Day 5 - Identity when comparison hits

### Reset Verse (Ephesians 2:10)

*We are God's workmanship... created in Christ Jesus to do good works, which God prepared in advance for us to do.*

### Real-Life Reset

Comparison steals joy by making you measure your life against someone else's highlight reel. God did not copy-paste you. You are His workmanship, with a calling shaped for your life, your gifts, and your season. Faithfulness is doing the next right thing God put in front of you.

### One Step Today

Mute one account or source that triggers comparison. Then write one sentence: 'God, help me be faithful with my lane.'

### 1-Minute Prayer

Father, thank You that I am Your workmanship. Free me from comparison and insecurity. Show me the good works You have prepared for me this week, and help me walk in them with confidence. Amen.

### Journal Prompt

Where do you notice comparison showing up most often?

## Day 6 - Wisdom for decisions

### Reset Verse (James 1:5)

*If any of you lacks wisdom, you should ask God... and it will be given to you.*

### Real-Life Reset

Many decisions feel urgent, but wisdom is usually quiet. God is not hiding His will to punish you. He invites you to ask, seek counsel, and take one obedient step at a time. Wisdom often looks like peace, patience, and alignment with Scripture.

### One Step Today

Ask God for wisdom. Then write two columns: 'What I know' and 'What I need.' Identify one next question to answer this week.

### 1-Minute Prayer

God, I need wisdom. Please guide my thoughts, motives, and choices. Open the right doors, close the wrong ones, and give me peace as I obey You step by step. Amen.

### Journal Prompt

What decision do you need God's wisdom for this week?

## Day 7 - Consistency through small faithfulness

### Reset Verse (Luke 16:10)

*Whoever can be trusted with very little can also be trusted with much.*

### Real-Life Reset

Spiritual growth rarely happens in one dramatic moment. It is built through small, repeated choices. If you have struggled to be consistent, do not aim for perfect. Aim for faithful. Small obedience in the same direction becomes a strong foundation over time.

### One Step Today

Choose one 5-minute habit for this week: read one Psalm, pray one minute, or write one gratitude list. Put it on your calendar.

### 1-Minute Prayer

Lord, make me faithful in small things. Give me strength to show up, even when I do not feel it. Grow me steadily and shape my life to look more like Jesus. Amen.

### Journal Prompt

What small habit would help you stay connected to God this week?