

7-DAY FAITH & FOCUS SPRINT

A Mini Coaching Guide to Move from Scattered



Structured in One Week

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HOW TO USE THIS GUIDE

- READ ONE DAY AT A TIME (10 MINUTES)
- DO THE 3 ACTION STEPS AND THE 60-SECOND MICRO-HABIT.
- JOURNAL BRIEFLY IN THE REFLECTION BOX.
- PRAY THE CLOSING PRAYER ALOUD.
- REPEAT THE MICRO-HABIT ALL DAY.
- OPTIONAL: PRINT AND WRITE BY HAND, OR USE ON A TABLET WITH A NOTES APP.

SUPPLIES: PEN, TIMER, AND A QUIET CORNER.

DAY 1

CLARITY OVER CONFUSION



Scripture: “For God is not a God of confusion but of peace.” (1 Cor. 14:33)

Devotion: Confusion is expensive. It drains time, delays decisions, and makes simple things complicated. God’s nature is peace and order, so when confusion leads the room, it’s a sign to pause, breathe, and re-establish Kingdom order. Today, we draw a line. You don’t need 100 answers; you need the next right step. Ask: What has God already made clear? Obedience to the last clear instruction will often unlock the next one. Clarity grows as you move. Start small, move steadily, and expect peace to return as you act on what you know.

Action Steps: Write the top one outcome you need this week. List 3 micro-steps that move it forward (≤10 minutes each). **Schedule the first micro-step for today.**

Reflection: What lie or fear is currently fogging your decision? Name it→ replace it with truth.

60-Second Micro-Habit: Box-breath: inhale 4 • hold 4 • exhale 4 • hold 4. Whisper: “Peace and order.”

Prayer: Lord of peace, quiet my racing thoughts. Restore order in me and make my next step plain. Amen.

DAY 2

ORDER UNLOCKS FOCUS



Scripture: “Let all things be done decently and in order.” (1 Cor. 14:40)

Devotion: Chaos cancels authority. In Genesis, God first formed (separated light/dark, water/land), then filled. Your life follows the same rhythm: **form** → **fill**. If you try to fill an unformed day, important things spill. Today, set structure before speed. A simple daily order—Word, work, wellness—will reduce decision fatigue and free mental space. Structure isn’t legalism; it’s love for your future self.

Action Steps: Choose a **morning order**: Word → Plan → Do one deep task.

Choose an **evening order**: Review → Gratitude → Prepare tomorrow.

Remove one distraction from your workspace (visual clutter, tabs, notifications).

Reflection: Where is disorder stealing your results? What boundary would restore order?

60-Second Micro-Habit: Set a 25-minute timer; close all extra tabs; start.

Prayer: Father, form my day so You can fill it. Give me grace to honor order. Amen.

DAY 3

SEEK FIRST(PRIORITIES)



Scripture: “Seek first the Kingdom of God and His righteousness...” (Matt. 6:33)

Devotion: What you do first governs what follows. When the first part is surrendered to God, the rest realigns. Give Him the first 10 minutes of your day—Scripture, stillness, and a simple question: “What matters most today?” Then match your calendar to that answer. Priorities aren’t what you hope to do; they’re what survives your schedule.

Action Steps: Write today’s **Top 1**: If only one thing gets done, it’s this. Block **45–60 minutes** for it—no phone.

Push a low-value task to tomorrow (or delete it).

Reflection: Which “good” things are crowding out the one **right** thing?

60-Second Micro-Habit: Put your phone in another room before deep work.

Prayer: King Jesus, be first in my heart and calendar. Align my steps with Your will. Amen.

Day 4

SEED»TIME»HARVEST (MOMENTUM)



Scripture: “As long as the earth endures... seedtime and harvest shall not cease.”
(Gen. 8:22)

Devotion: Results follow sowing, not wishing. Many quit during “time” because growth is hidden. But time is design, not delay. Today you’ll sow faithful seed in a small plot— then water it tomorrow. Momentum is built by consistency, not intensity.

Action Steps: Choose one **seed action** (≤ 15 min) for your weekly goal. Put a daily **watering reminder** on your phone for the next 6 days.

Track it with a simple checkbox grid.

Reflection: Where have you been digging up seeds because you couldn’t see roots?

60-Second Micro-Habit: Stand, stretch, drink water—then take one seed action now.

Prayer: Lord, teach me to sow faithfully and wait wisely. Strengthen me in the unseen. Amen.

DAY 5

BOUNDARIES = BRIDGES TO PEACE



Scripture: “Guard your heart above all else, for it determines the course of your life.”
(Prov. 4:23)

Devotion: Boundaries are not walls; they are bridges that carry peace into your day. Every “yes” needs a boundary so it can flourish. Identify the places where distraction, people-pleasing, or over-commitment invade. Loving others includes telling the truth about your limits.

Action Steps: Write one boundary you will honor this week (time, tech, relationships).

Script the sentence you’ll say when it’s tested.

Share it with one accountability partner.

Reflection: Which boundary, if honored, would create the most peace?

60-Second Micro-Habit: Turn off non-essential notifications for 24 hours.

Prayer: God, give me wisdom and courage to guard what You’ve given me. Amen.

DAY 6

FAITH + ACTION = MOMENTUM



Scripture: “Faith by itself, if it does not have works, is dead.” (James 2:17)

Devotion: Faith is not opposed to effort; it’s opposed to earning. We don’t earn God’s love— but we do cooperate with His grace through action. Today, attach action to faith. Move while trusting. Speak truth while taking steps. As you act, clarity compounds.

Action Steps: Write one faith declaration tied to your weekly outcome.

Take a **10-minute bold action** (email, ask, publish, apply).

Record the result—even if imperfect.

Reflection: What action have you been delaying out of fear? Take the first inch, not the mile.

60-Second Micro-Habit: Count down 5-4-3-2-1 and start.

Prayer: Lord, I move with You. Bless the work of my hands today. Amen.

DAY 7

REVIEW, CELEBRATE, COMMIT



Scripture: “Write the vision; make it plain on tablets...” (Hab. 2:2)

Devotion: Reflection turns experience into wisdom. Celebrate what you finished, forgive what you dropped, and decide your next right step. God multiplies what you steward. Capture your lessons, then commit to your next 7-day sprint.

Action Steps: Wins: list 3.

Lessons: list 3.

Decide your next weekly outcome.

Schedule the **first 30 minutes** for tomorrow.

Reflection: What did God highlight this week? What will you continue?

60-Second Micro-Habit: Gratitude: name 3 blessings out loud.

Prayer: Thank You, Father, for progress and grace. Lead me into the next step. Amen.

COMPANION JOURNAL (OPTIONAL UPGRADE)

Want to keep this momentum going week after week?

I created a Faith & Focus Companion Journal—a 30-page printable with weekly planner sheets, habit trackers, and reflection space. It's designed to pair with this 7-Day Sprint so you can repeat the process and stay focused all year.

Get it here: *[insert link]*

NEXT STEPS & COACHING

Want personal guidance? Book a 30-minute Focus & Clarity Call with Jamal: mymentor.life/jamaljones

Go deeper:

The Faith to Be Free — book link: *[insert link]*

Companion Journal (Printable) — *[insert link]*

About the Author

Jamal Jones is a faith-driven certified life coach, Christian counselor, speaker, and the author of *The Faith To Be Free*. Jamal is passionate about helping people overcome obstacles, discover their purpose, and walk in the freedom God has already provided. After spending years wrestling with fear, doubt, and shame, Jamal now empowers others to break spiritual and mental chains through practical coaching and biblical truth. Through Jamal Jones Coaching, he equips individuals, couples, and families to rise above limitations and live with clarity, confidence, and faith.

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Print Tips (for buyers)

Best on US Letter or A4 paper.

Print double-sided; use grayscale to save ink.

Works in note apps (GoodNotes, Notability) if you prefer digital handwriting.