

# Faith + Flow

Reignite Your Spiritual Connection



## Finding Your Way Back

Do you feel disconnected from God? Life's demands can often pull us away from our spiritual center, leaving us feeling lost and unfulfilled.

And that's okay - it is completely normal to feel disconnected from God at times. This routine planner is designed to help you rediscover and strengthen your connection with God in just 7 days. The Faith + Flow method is a simple yet powerful approach to integrating faith into your daily life.

## Getting Started

To embark on this 7-day Faith Flow journey, gather the following:

- ☐ Journal - A dedicated space to record your reflections and prayers
- ☐ Bible - The source of truth and guidance for your spiritual growth
- ☐ 10 Minutes A Day - Commit to just 10 minutes for focused connection with God
- ☐ Open Heart - Be willing to receive guidance and experience God's presence daily



## Day 1

### A CELEBRATION OF GRATITUDE

#### Scripture

Psalm 100:4

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

#### Focus

Gratitude opens the door to God's presence—begin each day with thanksgiving and praise.

#### Reflect

- ☐ How does focusing on gratitude & prayer shift your perspective and bring you closer to God?

#### Action

- ☐ Create a gratitude list. Write down at least five things you are grateful for in your life right now. This can be as simple as restful sleep.



# Journal

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“

*Gratitude*



unlocks joy  
and draws us  
closer to God

”



## Day 2

### THE ART OF FORGIVENESS

#### Scripture

Colossians 3:13

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

#### Focus

Choose grace over grievance—extend the same forgiveness you've received from Christ.

#### Reflect

- ☐ What burdens are you carrying because of unforgiveness?
- ☐ How can releasing them bring you peace?

#### Action

- ☐ Identify someone you need to forgive and include yourself.
- ☐ Write a letter of forgiveness - you don't have to send it.



# Journal

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“



Choosing

*forgiveness*

invites God's peace  
and frees your heart

”



## Day 3

### PRAYER

#### Scripture

Philippians 4:6-7

"Do not be anxious about anything, but in every situation by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### Focus

Trade anxiety for peace through prayer—God's presence guards your heart and mind when you trust Him with everything.

#### Reflect

- ☐ How did you feel before and after praying?
- ☐ How does prayer change your relationship with God?

#### Action

- ☐ Spend 10 minutes in intentional prayer.
- ☐ Focus on talking to God openly and honestly about your joys, concerns, and needs.

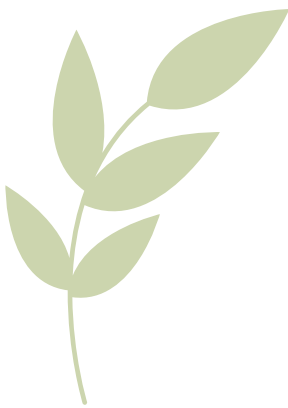




# Journal

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“



*Prayer*

is the doorway  
to peace

beyond understanding

”



## Day 4

### SCRIPTURE MEDITATION

#### Scripture

Joshua 1:8

"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."

#### Focus

Let God's Word guide your thoughts and actions—consistent meditation leads to lasting success.

#### Reflect

- ☐ What insights did you gain from meditating on the scripture?
- ☐ How can you apply this verse to your daily life?

#### Action

- ☐ Choose a verse from the Bible and meditate on it for 10 minutes.
- ☐ Focus on understanding its meaning and how it applies to your life.



# Journal

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“

His Word read once  
informs

His Word repeated

*Transforms*

”





## Day 5

### SERVICE

#### Scripture

Matthew 25:40

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'"

#### Focus

Every act of kindness is a gift to Jesus—serve others with love, knowing it honors Him.

#### Reflect

- ☐ How does serving others reflect God's love, and how does it make you feel?

#### Action

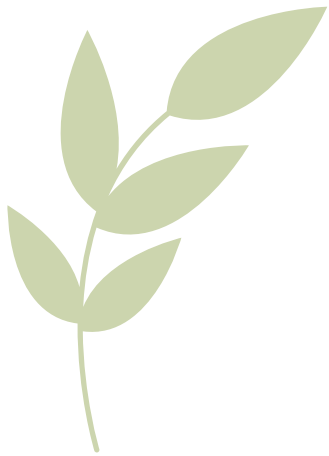
- ☐ Perform a small act of service for someone else.
- ☐ This could be helping a neighbor, volunteering your time, or simply offering a kind word.



# Journal

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“



Every act of  
*Kindness*  
is a reflection  
of His heart

”





## Day 6

### STILLNESS

#### Scripture

Psalm 46:10

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

#### Focus

In stillness, we find strength—pause, trust, and let God reveal His power and presence.

#### Reflect

- ☐ What thoughts or feelings arose during your time of stillness, and how can you cultivate more moments of peace in your life?

#### Action

- ☐ Find a quiet space and spend 10 minutes in silence.
- ☐ Focus on your breath and allow God's presence to fill you.



# Journal

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“



*Stillness*

makes space  
for God's voice  
to be heard

”



## Day 7

### REFLECTION & COMMITMENT

#### Scripture

2 Corinthians 5:17

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

#### Focus

In Christ, you are made new—let go of the past and step boldly into your transformed identity.

#### Reflect

- ☐ How has this week shifted your perspective of your faith?
- ☐ What steps will you take to maintain and deepen your spiritual connection?

#### Action

- ☐ Reflect on your journey over the past week. What have you learned?
- ☐ What changes have you experienced?
- ☐ Commit to continuing your Faith Flow practice beyond these 7 days.



# Journal

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“

In Him change is not  
just possible  
it is



*promised*

”