

Resolutions Rooted in Faith

Seeking God

First!

A MICRO-JOURNAL FOR FAITH-CENTERED GOALS

Cassandra Pardine

 **FFEE**
with
CASANDRA

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KEY VERSE

Matthew 6:33

*But seek first the kingdom of
God and His righteousness, and
all these things shall be added to
you. (NKJV)*

www.coffeewithcasandra.com

DAY 1: SETTING THE TONE

Reflection:

- What does it mean to “seek God first” in your life right now?

- In what areas do you find it challenging to put God’s priorities ahead of your own?

DAY 1: SETTING THE TONE

Pause and Pray!

- Ask God to help you identify where He wants you to focus this week.

Take Action!

- Write one specific way you'll prioritize seeking God this week (e.g., starting each day with prayer, reading scripture during lunch, etc.).

DAY 2: ALIGNING GOALS WITH GOD'S WILL

Reflection:

- Think about a goal you've set recently. How does it align with God's will?

- What steps could you take to bring this goal closer to His purpose for your life?

DAY 2: ALIGNING GOALS WITH GOD'S WILL

Pause and Pray!

- Ask God for wisdom to evaluate your goals and trust His guidance.

Take Action!

- Write a prayer dedicating one of your personal goals to God.

DAY 3: TRUSTING GOD'S PLAN

Reflection:

- Reflect on a time when your plans didn't work out, but God's plan turned out better.

- How can that experience encourage you to trust Him this week?

DAY 3: TRUSTING GOD'S PLAN

Pause and Pray!

- Thank God for His faithfulness in guiding your life, even when the path is unclear.

Take Action!

- Identify one area where you're struggling to trust God and commit to surrendering it to Him.

DAY 4: ETERNAL FOCUS

Reflection:

- Are you focusing on temporary achievements more than eternal priorities?

- What would it look like to shift your focus toward eternal goals this week?

DAY 4: ETERNAL FOCUS

Pause and Pray!

- Ask God to help you identify where He wants you to focus this week.

Take Action!

- Write down one eternal goal to focus on this week (e.g., spending intentional time with family, sharing your faith, serving someone in need).

DAY 5: STAYING CONNECTED TO GOD

Reflection:

- How do you stay connected to God throughout the day?

- What distractions pull you away from Him?

DAY 5: STAYING CONNECTED TO GOD

Pause and Pray!

- Ask God to help you remain aware of His presence, no matter how busy life gets.

Take Action!

- Plan a “check-in” time with God today—set aside five minutes to pause, pray, or reflect on scripture.

DAY 6: GRATITUDE AND GROWTH

Reflection:

- What blessings has God provided this week?

- How have you seen Him work in your life?

DAY 6: GRATITUDE AND GROWTH

Pause and Pray!

- Spend time in thanksgiving, listing specific ways God has shown His faithfulness.

Take Action!

- Write down three things you're grateful for and one lesson you've learned this week.

DAY 7: WEEKLY REFLECTION

Reflection:

- How did you see God guiding you this week?
- In what ways did you grow spiritually?

- What could you improve on as you move into the next week?

DAY 7: WEEKLY REFLECTION

Pause and Pray!

- Ask God to continue leading you as you step into a new week.

Take Action!

- Write a prayer thanking God for His guidance and committing the coming week to Him.



About the Author

Casandra Pardine is a dedicated pastor's wife, mother, and Bible teacher with a heart for ministry. With 35 years of experience serving in children's and women's ministries, she has been a guiding influence in her local church in New Jersey. Casandra spent two decades as a missionary in Peru, South America, sharing the gospel and mentoring others. A devoted homeschool mom of four, she finds joy in preparing Bible studies that inspire and equip others to grow in their faith.