

Resolutions Rooted in Faith

Seeking God

First!

A MICRO-JOURNAL FOR FAITH-CENTERED GOALS

Cassandra Pardine

COFFEE
— with —
CASANDRA



KEY VERSE



Matthew 6:33

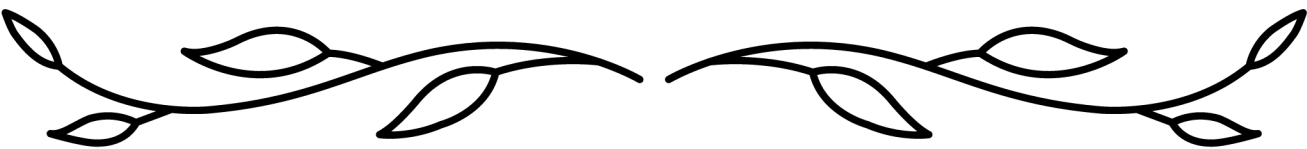
*But seek first the kingdom of
God and His righteousness, and
all these things shall be added to
you. (NKJV)*



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DAY 1: SETTING THE TONE



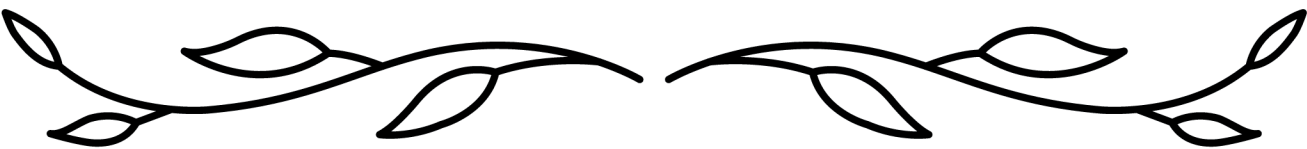
Reflection:

- 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



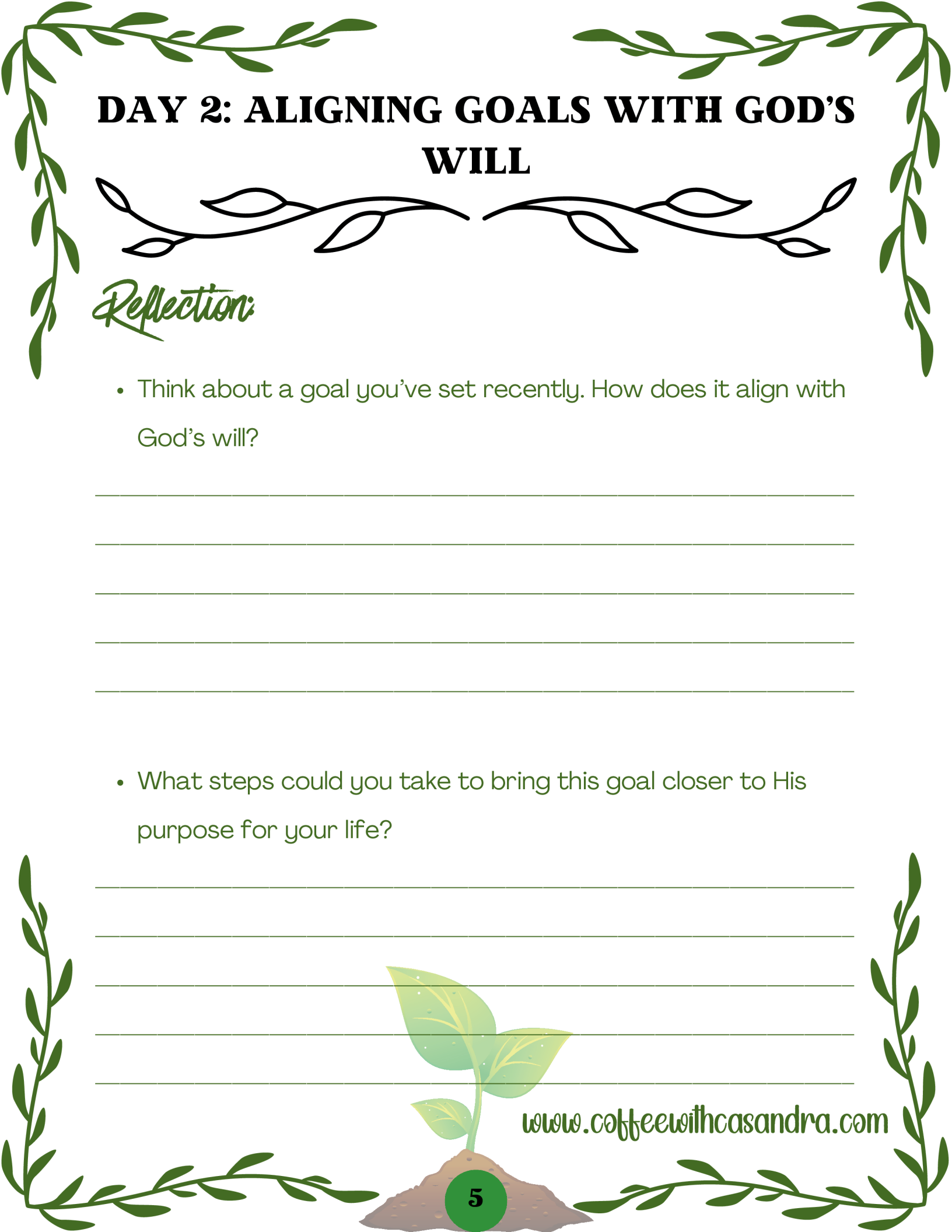
Pause and Pray!

- 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.).

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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!

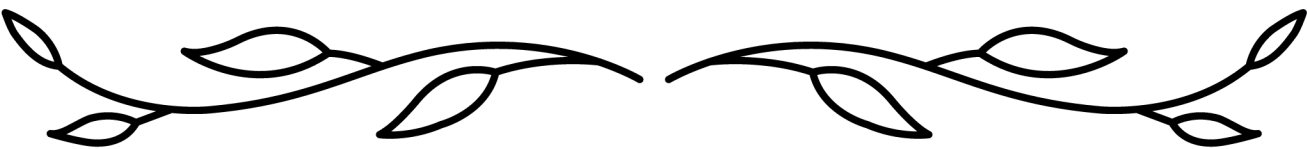
- Ask God for wisdom to evaluate your goals and trust His guidance.

Take Action!

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



DAY 3: TRUSTING GOD'S PLAN



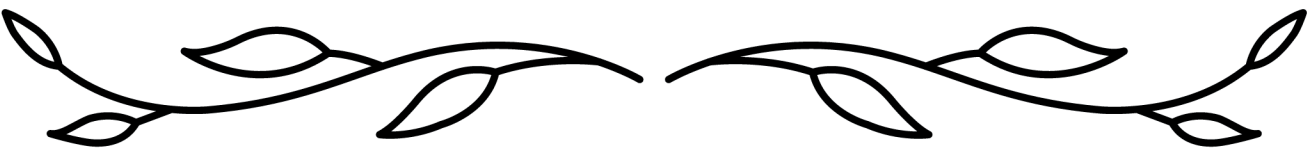
Reflection:

- 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

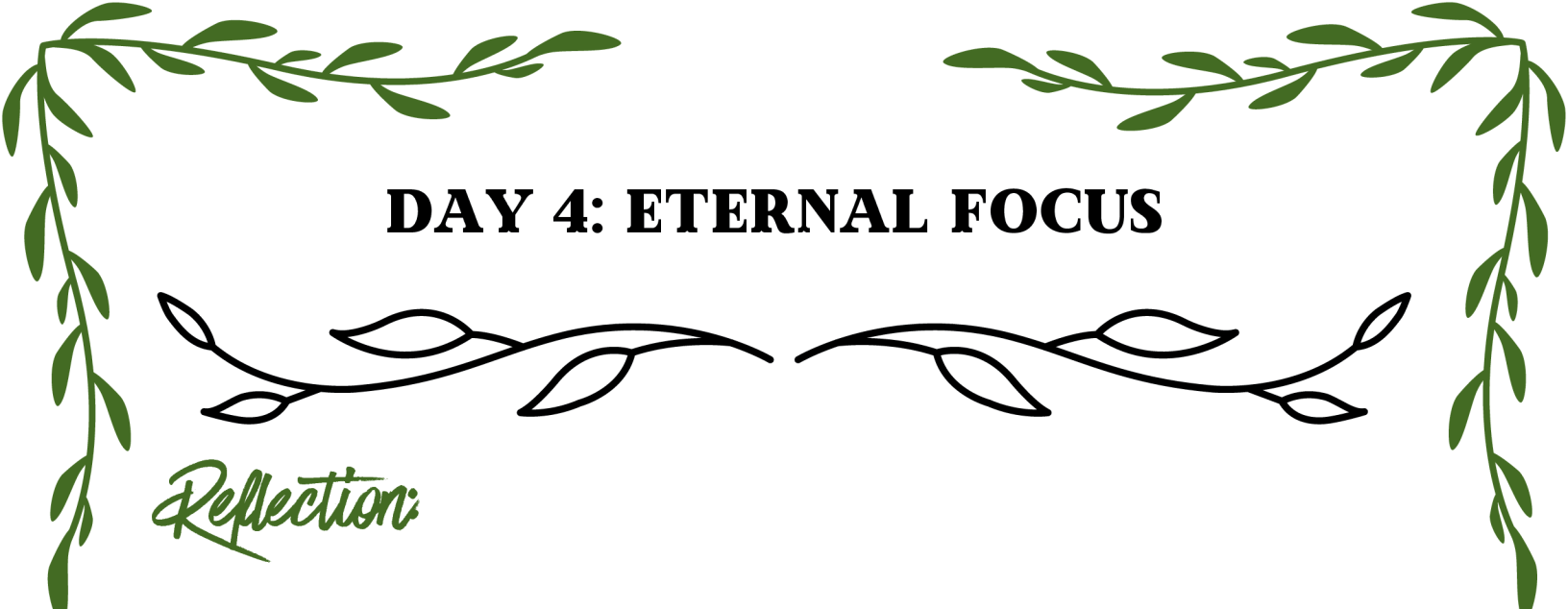


Pause and Pray!

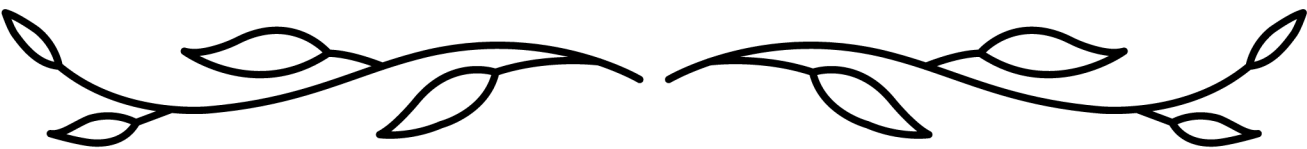
- Thank God for His faithfulness in guiding your life, even when the path is unclear.

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?

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DAY 4: ETERNAL FOCUS

Pause and Pray!

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

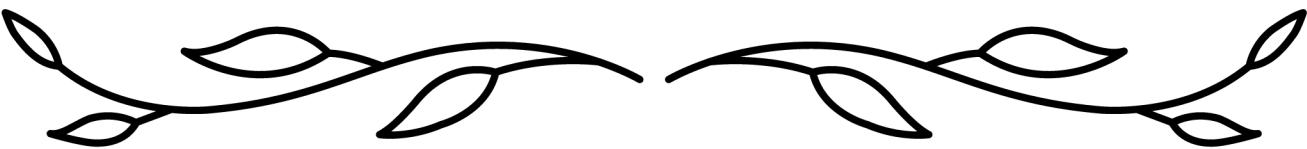
Take Action!

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

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DAY 5: STAYING CONNECTED TO GOD



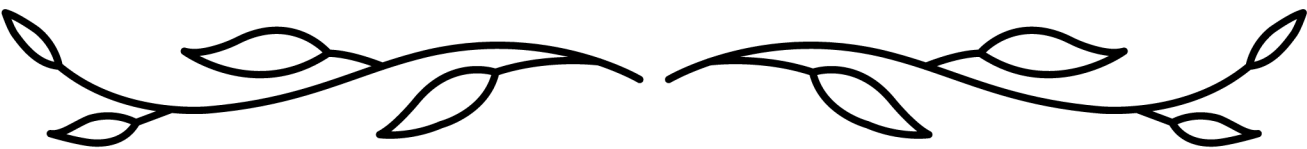
Reflection:

- 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!

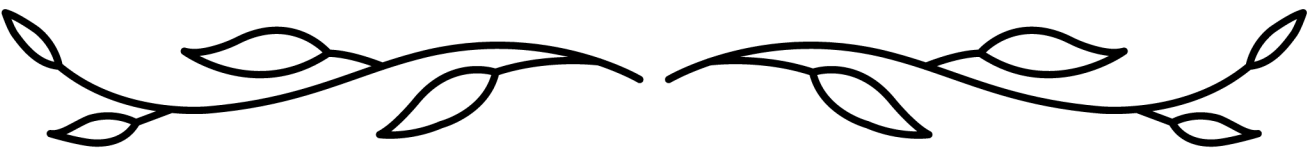
- Plan a “check-in” time with God today—set aside five minutes to pause, pray, or reflect on scripture.



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DAY 6: GRATITUDE AND GROWTH



Reflection:

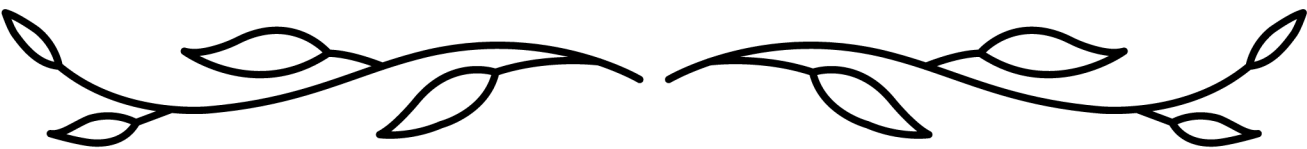
- What blessings has God provided this week?

- How have you seen Him work in your life?

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DAY 6: GRATITUDE AND GROWTH



Pause and Pray!

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

Take Action!

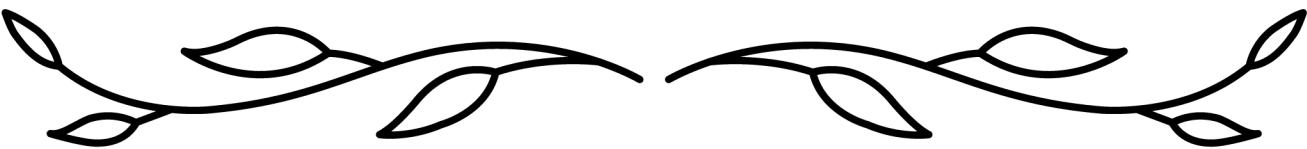
- Write down three things you're grateful for and one lesson you've learned this week.



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DAY 7: WEEKLY REFLECTION



Reflection:

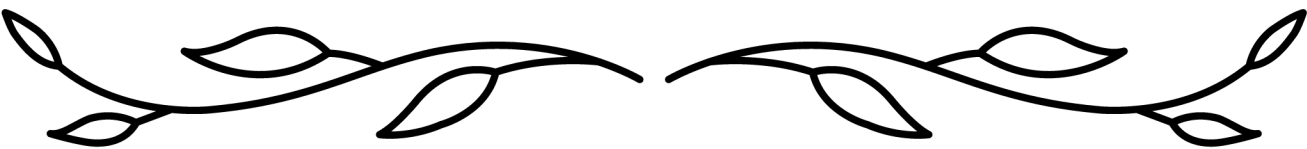
- How did you see God guiding you this week?
- In what ways did you grow spiritually?

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

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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.



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And now what?

Ready for Step 2? Your next 7-day micro-journal on Prioritizing Spiritual Growth is waiting in your inbox!

Check out more resources to help you on your faith journey!

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A decorative flourish consisting of two symmetrical, stylized leafy branches extending outwards from a central diamond-shaped element. The leaves are simple, elongated shapes with pointed tips.

18

[illegible]

19

Notes



Lined writing area with 20 horizontal green lines.