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5 Day Bible Reset Guide

RECENTRE YOUR HEART. REIGNITE YOUR FAITH.
RETURN TO THE WORD.

T. A. LINTON

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Day 1

When God feels distant. "God, Are You Still There?"

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Deuteronomy 31:8 NIV

First things first. The way you feel is valid.

It is okay to feel as if you are distant from God or as if God is silent, but you cannot stay there. God is calling you to come closer to Him. Maybe the way you connected to God in the past isn't working anymore, maybe you are facing a challenge that is making you question God, maybe you've fallen short or have been hurt and question whether God is still with you.

The lie of the enemy will tell you that God is far from you or that He doesn't care for you. Deuteronomy 31:8 tells us a promise from God - He will be with you, He will never leave you nor forsake you.

You have become disconnected from God, but this 5 day reset will help you position yourself to connect with God again. The distance you feel is God's way of calling you to come closer to him; He wants to lead you by faith.

The psalms have many examples of David and the other psalmists feeling like God was distant from them, but they didn't stay in that place. Instead they expressed how they felt to God and reminded themselves to have hope in who God truly is. A God who will never leave them.

Read psalm 13 and see how David felt distant from God but also expressed his trust in God and who He truly is.

Today's Reading - psalm 13



Day 1

When God feels distant. “God, Are You Still There?”

Key Takeaways

1. God wants you to be honest with him. David was honest with God about his distance and loneliness from God.
2. You can bring your doubts, silence, and pain to God — and still choose to trust.
3. God is always with you; believe in who God truly is, not your emotions. Sometimes we need to remind ourselves of who God truly is.

*“Feeling distant from God isn’t failure, it’s
an invitation back to intimacy.”*

Prayer

Father, In this season I have felt distant from you but I now recognise that you are calling me to come closer to you. O’Lord, I desire to be closer to you; this is my heart’s cry. I choose to lift my eyes to You, Father. I pray that as I take this step of faith to come closer to you that there will be a restoration in my hunger for Your Word and my joy in Your presence.

I trust in Your unfailing love, even when I don’t feel it. I trust in your promise that you will never leave me nor forsake me. I will not be afraid; I will not be discouraged. Remind me You are near, and help me walk by faith and not by feelings. In Jesus name, amen.

Activity:

Write an honest letter to God expressing where you are and how you are feeling. End with a declaration of hope.

For example:

God, right now I feel... but I will trust in Your unfailing love.



Day 2

God is in the Midst. "God you are my refuge"

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10 NIV

In the midst of troubles and feeling distant from God, it is good to remind yourself who God is to you. God is your refuge - an impenetrable fortress. This means that the emotions making you feel like God is distant are wrong. You are in the impenetrable fortress of God; you are in God's hand and he will never let you go. The psalm reminds us to rest in this fact (V5)

In psalm 46 the psalmist is showing us that despite all chaos, God is in the midst and he is protecting his people. Reminder - God is your strength. In every trouble you face, God is present with you. He is not distant.

Despite everything that you are feeling and facing, you should have a level of stillness and peace(see v10). By getting into His presence, reading the word, praying and fellowshiping with God, you are practicing stillness and allowing God's peace to develop and grow within you.

This peace comes from reminding yourself of who God says he is, Who you have experienced him to be and the promises God has given in his word. When everything else looks chaotic, God's words remain consistent.

Remind yourself of his promises to you present in his Word. It may not feel like its doing anything for you in the immediate moment, but as you read, fellowship and meditate on the Word, your spirit will grow stronger and will hold onto the truth and promises in Scripture.

Read Psalm 46 and see the confidence the psalmist had in God being in their midst



Day 2

God is in the Midst. “God you are my refuge”

midst and being their impenetrable fortress.

Today's Reading - psalm 46

Key Takeaways

1. God is not absent in chaos—He is in the midst of it. You don't need to be strong on your own — God is your refuge and strength.
2. When everything is shaking — God is still our unshakable refuge.
3. The Lord of Hosts is with you. God is in your midsts and you will not be moved

Establish dialogue with God, Ask him: “What do You want me to know today?”

Prayer

God, You are my refuge and my strength, you are present in every trouble I face. I will not fear because you are with me and you are my God. Help me to not be swayed by circumstances and my emotions, I declare that you are God and I will be still in your presence. Anchor me in your presence today as you uphold me with your righteous right hand.

You are my fortress, I will not fear and I trust You. I pray as I fellowship with you daily, my spirit will remember your promises and be confident in you. Holy Spirit remind me that you are always with me and are never far away. In Jesus Name, Amen.

Activity:

Write out three things you've learnt from Psalm 46 about God.

Write down a fear, worry, or pressure you need to hand over to God today.

Speak psalm 46:1 aloud anytime you feel distant.



Day 3

Lord, Teach Me to Trust Again

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Isaiah 26:3 NIV

There is security and perfect peace for the one who trusts in the Lord. Circumstances happen which can make us feel afraid or anxious and question God. This is the enemy trying to rob you of your God given rights and promises. Fear and anxiety can distort God's protection, but His promises aren't cancelled by your feelings; they remain unchanged. You are still covered, still loved, still held.

The psalmist starts Psalm 91 with a bold declaration that when you make God your home, He becomes your fortress and shield. He will guard you against the storms of life. It doesn't mean the storms won't form, it means they will not destroy you or define you.

The distance you feel from God, do not let it define you. It is not real, you are not far from God.

Over the last few days we have established some truth and some good practices to take forward.

1. Feeling distant is an invitation to get closer to God. Do not condemn yourself, be honest with God about how you feel.
2. Despite your situations, God is in your midsts, He is all around you and he will never leave you. Hand your fears to him.

In other words, yes, chaos is real, but so is God's covering.

If there is one sentence in Psalm 91 that should reignite your trust in God.

It is verse 14.



Day 3

Lord, Teach Me to Trust Again

“Because he loves me,” says the Lord, “I will rescue him.” (v.14)

The love you have for God, the fact you are on a journey to get closer to him is your guarantee that God will rescue you from what is troubling you. It doesn't mean that the rescue will look like how you want it, but it is guaranteed to come, just hold onto the truth of scripture; God is always with you, He is in your midsts and He will rescue you.

As you pursue God and be still, you will experience his peace and your trust will continue to grow. Your pursuit does not need to be perfect, you just need to be persistent. This could be 5 minutes of prayer every day or 10 minutes of bible reading every day. Your persistence and consistency will make a difference; it will help your spiritual growth and your communion with God.

God doesn't expecting flawless faith, just honest dependence.

If you've been hurt, disappointed, or let down before, trust feels risky. But God is not like people. He is a faithful fortress. Every time you lean into Him, your trust grows stronger.

Today's Reading - psalm 91

Key Takeaways

1. Trust grows when you anchor yourself in truth, not emotion.
2. Trust is built not on how you feel, but on what He said.
3. Your emotions may shift, but God's promises don't.
4. God isn't looking for flawless, perfect faith, He is looking for honest dependence and persistence in his presence.



Day 3

Lord, Teach Me to Trust Again

Prayer

Father, I confess that fear has often spoken louder than faith. But today, I choose to dwell in Your shelter. Teach me to trust again, not based on what I see or feel, but based on who You are. Cover me, surround me, and remind me that I am never outside Your protection. Help me to speak Your Word with confidence, even when my emotions waver. You are my refuge and my fortress. In Jesus' name, amen.

Activity:

Activity: Choose one verse from Psalm 91, write it out and speak it aloud 3 times today - morning, midday, and evening. Declare it like you believe it.

Examples:

- He will cover me with His feathers; under His wings I will find refuge. (v.4)
- No harm will overtake me, no disaster will come near my tent. (v.10)
- He will command His angels concerning me. (v.11)



Day 4

Lord, Restore My Joy

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Romans 15:13

God restores what we lost—especially joy.

Joy is your right as a child of God. Jesus didn't die for you to just survive, He rose so you could live. There is a difference between happiness and Joy - Joy goes deeper. Happiness is based on what's happening; joy is based on who God is. Happiness fades in trials. Joy grows in them. The enemy loves to rob Christians of joy, because joy is strength.

*“The joy of the Lord is your strength.” –
Nehemiah 8:10*

If the devil can take your joy, he can make you weak but the Holy Spirit restores joy. As you have started to rebuild your trust in God, the Holy Spirit will stir up joy, fans it into flame, and teaches you how to carry it again.

Joy isn't ignoring your situation, frustrations and emotions, it's declaring that they do not have the final say, God has the final say. Being in God's presence, trusting in him produces Joy. This is why the enemy wants you to feel that you are far from God, wants you to stop trusting in him - so they can steal your joy.

Think about David's life, It was full of pressure, betrayal, and waiting. Psalm 16 gives us a peek into his heart and confidence towards God. He knows that God's presence is closer than any trouble he is going through.

That's what makes joy unshakeable.

- It isn't found in what you have.
- It isn't anchored to your emotions



Day 4

Lord, Restore My Joy

- It isn't based on what others do or don't do.

It is about God's presence. Keep your eyes on God, refuse to let them define you, refuse to let them dictate your emotions and give your problems to God.

Read Psalm 16 and see how David reminds himself that God is his portion and that he has confidence, security and joy in God.

Today's Reading - psalm 16

Key Takeaways

1. Joy in Christ is not dependent on mood, emotions, or circumstances, but rooted in presence, truth, and gratitude.
2. Joy is not a feeling we chase — it's a result of being close to God.
3. The path of life is not found in hustle — but in His presence.

Prayer

Heavenly Father, I confess I've been running low on joy. I've let stress and frustrations cause my joy to slip, but today, I come to You and ask that you restore the joy of my salvation. Holy Spirit dwell with me and remind me of the Joy of the Lord.

Let joy bubble up again, Let it rise above my thoughts and emotions. Let Your Word remind me of who I am and whose I am. I choose to rejoice — not in perfection, but in Your presence. I choose joy today. In Jesus' name, amen.

As you wake up each day, say the following psalm out loud:

This is the day the Lord has made. I will rejoice and be glad in it. — Psalm 118:24



Day 4

Lord, Restore My Joy

Activity:

1. Do something joyful today that reminds you who you are in Christ. For example:

- Play your favourite worship song LOUD and sing along.
- Dance.
- Go for a walk and speak aloud the things you're thankful for.
- Do something creative — draw, write, cook, paint.
- Text a friend one reason you're grateful for them.
- Smile in the mirror and say, God rejoices over me with singing.
- Write a short testimony of a time God made you laugh again.

Read aloud the following declaration.

God's joy is mine. His Spirit lives in me. Even in pressure, I will praise.

Even in waiting, I will worship. Even in sorrow, I will sing.

I walk in joy today.



Day 5

“Lord, I want to start over”

If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.

John 15:7 NIV

Over the last few days, we've gone over the trust in the Lord, dismantled the lies of the enemy and given daily habits to help you connect with God.

Starting over with God can sound scary, but it is your declaration that you want to walk closely with him. You are not in competition with anyone, you are in your own lane, your own relationship with God and He will lead you at the pace that is good for you.

Start from the last place where it worked; where you last felt close to God. The same methods might not work anymore but you can change and adapt the way you intentionally come to God with the Holy Spirit's help. He will tell you what to do. This could be adapting the way you read the bible, changing the music you listen to for a season, changing your prayer time and so on.

The reset doesn't require perfection, all you need is a willing heart and to follow the leading of the Holy Spirit. He has been waiting to meet you here — with joy, truth, and grace.

Psalm 119 reminds us that God's Word is not just for the scholars or the leaders. It's for you today, right where you are. Whatever situation you are facing, cling to the scriptures the same way the psalmist did. He knew that God's Word doesn't just inform, it preserves, revives, and strengthens.

Start with being in the Word of God. Over the last few days, we have been in the word, taking steps to apply it to our lives and allowing it to transform us.



Day 5

“Lord, I want to start over”

God promises that if we remain in Him and His word remains in us, he will answer us. This is on top of him already being our refuge and being in our midst. He will never leave you and He will never leave you in need.

Read psalm 119

Today's Reading - psalm 119:105-112

Key Takeaways

1. Starting over can be scary but it is an invitation to walk closer with God.
2. The Word is **not just to be studied, it's to be followed**. It's living, active, and personal.
3. **Start small**. A verse a day. A prayer before scrolling. A whisper of surrender in the morning.
4. When you feel unsure of what to do next, let the Word lead you — one step at a time.

Prayer

Lord, starting over is scary but I'm ready. I don't need to be perfect or have a flawless plan - I just need your Word to light my path. I know that with you guiding me I will continue to find peace, joy and love.

Forgive me for letting other voices grow louder than Yours. I invite You back to the centre — not just of my study time, but of my steps and my life.

Let Your Word reshape my thoughts, renew my heart, and steady my walk. Holy Spirit show me how you want us to spend time together. I am listening and I am willing. In Jesus' name, amen.

Activity:

Take a moment to write your own 1–2 sentence declaration of reset. This will serve as your anchor going forward.



Day 5

“Lord, I want to start over”

For example:

- From today, I will open the Word before I open the world.
- I will not wait to feel ready — I will just return to the Word.
- I choose to walk in the light of His truth, even when the path feels slow.

Write it in your journal. Post it on your wall. Make it your phone lock screen.
Let it mark the beginning of a new rhythm with God.

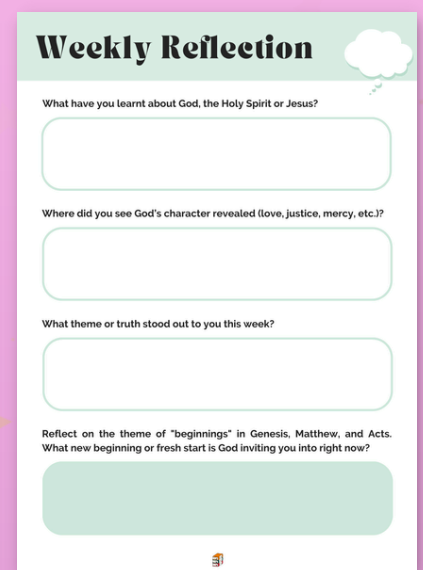
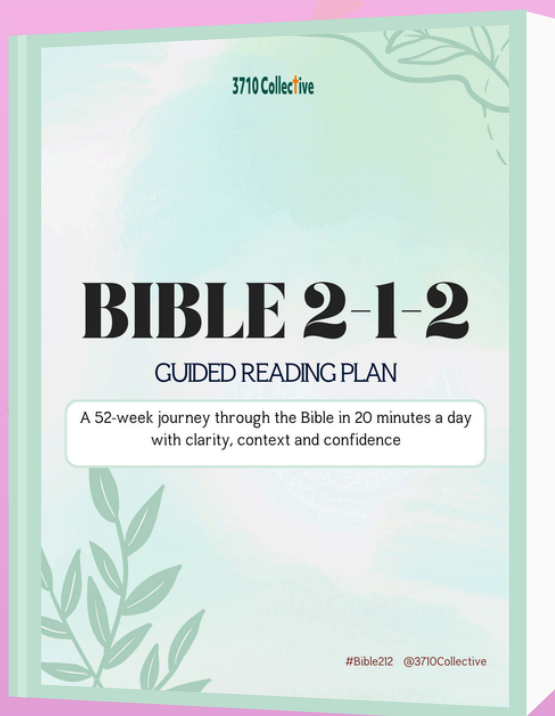


Let's Keep Going!

Congratulations! You've just completed the 5-Day Bible Reset and this is only the beginning.

If you've ever started strong in Bible reading but felt stuck or guilty when life got busy, you're not alone. The truth is, you don't need more pressure, you need a plan that feels doable and life-giving.

That's why we created the **Bible 212 Guided Bible Reading Plan**.



Grab your guide now

- **Simple and Sustainable:** only 15–20 minutes a day.
- **Guided:** Weekly summaries, reflection prompts, and encouragement for the hard parts."
- **Grace-Filled:** Built-in rest days, so you never feel like you're falling behind.

This isn't about checking boxes." It's about **meeting with God daily and watching your faith grow stronger** than you ever imagined.

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