

14 Days of Emotional Freedom

A Free Devotional

Welcome Letter

Hey Sis,

Let me go ahead and say this upfront: you do not have to pretend here. This is your space to lay it all down—your feelings, your frustrations, your fears. No filter, no fake smiles. Just you and God and a big-sister voice who knows how hard it is to glow when life keeps throwing shade. This devotional series isn't about surface-level faith or Pinterest peace. This is for the real ones.

Glow Through What You Feel is your 14-day soul reset. We're talking about the messy emotions most people won't admit in public. Anxiety, anger, loneliness, guilt, control issues, all of it. And we're taking it straight to the feet of Jesus—raw, real, and unedited.

Each day, you'll get a devotional that hits like a heart-to-heart over coffee: one scripture, one messy truth, one glow-up lesson, a short prayer, one action step, and a journal prompt to help you go deeper. This ain't for the perfect girlies. This is for the ones who love God but sometimes wonder if He still sees them.

Spoiler alert: He does. And He still calls you chosen.

So take a breath. Grab your journal. Let's glow through it all—one feeling at a time.

Love you already,

With love,

Your Big Sis in Faith

Sis, this devotional is your safe space to show up every day—messy feelings and all. Here's how to make the most of it:

Start Your Day With God

Each morning, set aside a few minutes to read the scripture, The Messy Truth, and Glow-Up Lesson.

Pray the Glow-Up Prayer and take on the Keep It Real Challenge for the day.

Journal It Out

Use the “Journal This” section to write honestly about what you're feeling. No filters, no judgment—just you and God.

Follow Along Online

Every morning at **6:00 AM**, a fresh devotional video will be posted on **TikTok**.

Watch the daily video to dive deeper into the topic and let it set the tone for your day.

Engage in Community

I'll be live in the comments every morning to connect with you, answer questions, and cheer you on.

Don't be shy—drop your reflections, testimonies, or even your “I'm here!” check-in. You never know who needs your words of encouragement too.

Stay Consistent

Healing takes daily steps. Even if you miss a day, just pick back up. God honors your effort, not perfection.

✨ **Remember:** This devotional isn't about rushing to “fix” your emotions—it's about learning to glow through them with God's guidance.

Day 1: Peace in the Chaos

Scripture: “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” — **John 16:33 (NIV)**

The Messy Truth:

Let's be real. Sometimes life feels like one long emergency alert. Your phone blowing up with bad news. Your thoughts spinning like a hamster wheel on espresso. You trying to keep everybody together while you falling apart in the shower. Chaos isn't just noise around us—it's that quiet panic in our chest when we're smiling through a storm. We be out here making it look easy while silently screaming, "God, where you at?!"

And sometimes, peace feels like a fantasy. You light the candle. You journal. You pray. But then your phone rings, and it's that family member again. Or your bank app humbles you. Or your toddler throws applesauce at your forehead. Whew. Peace? Where?!

The Glow-Up Lesson:

Jesus never promised us a trouble-free life—He promised peace in the trouble. And that hits different. Because real peace is found in silence or spa days. It's found in surrender. It's knowing who holds the storm, even when you're stuck in the rain. It's hearing Jesus say, "Take heart. I got you." When the chaos comes (and oh, it will), our peace has to come from presence not perfection. When you invite God into your messy day—when you breathe Him in between meetings, tantrums, and meltdowns—you begin to glow through the madness.

Sis, the glow-up starts when you stop chasing control and start choosing calm.

- Peace isn't the absence of problems—it's the presence of Jesus.
- You can be surrounded by crazy and still carry calm.
- When you can't fix it, feel it, and give it to God.

Glow-Up Prayer:

Lord, you see the noise I'm living in. Some of it outside, a lot of it inside. I need your peace, the kind that holds me together when everything's falling apart. Help me breathe today. Help me trust you in the middle of this mess. Amen.

Keep It Real Challenge:

Create a 5-minute "peace pocket" today—no phone, no people, just quiet and God. Breathe. Say His name. Let peace in.

Journal This:

- Where do I feel the most chaos in my life right now?
- What would it look like to invite God into that space?

Closing Encouragement:

You are not weak because you're overwhelmed. You're human. And even here, in the swirl of it all, you're still chosen. Still loved. Still in God's plan. Breathe, sis. The storm isn't bigger than your Savior.

Day 2: Gratitude in the Small Things

Scripture: “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” — **1 Thessalonians 5:18 (NIV)**

The Messy Truth:

Some days, gratitude is a fight. You open your eyes and the first thing you feel is dread. Bills still unpaid. Kids still wildin’. Your body still aching. You scroll through your phone and it’s engagement rings, baby bumps, and besties brunching—and you’re over here eating dry cereal and wiping tears with a paper towel. It’s hard to be thankful when life feels like leftovers and everyone else is feasting.

And let’s be honest—sometimes we wait for big breakthroughs to say thank you. We think gratitude is for healed wounds and happy endings. But what about the in-between? What about the half-answered prayers? The quiet Tuesdays when nothing major happens? That’s when it’s the hardest. And that’s when it counts the most.

The Glow-Up Lesson:

Sis, gratitude isn’t about pretending life is perfect. It’s about finding glimpses of goodness while it’s still messy. It’s spiritual resistance. When you say “thank you” in the middle of heartbreak, you’re snatching joy back from the enemy. When you whisper “I’m grateful” with tears in your eyes, heaven hears it louder than any shout.

Gratitude keeps you grounded when your emotions try to snatch you. It shifts your focus from what’s missing to what’s present. That breath in your lungs? That hot shower? That unexpected text that made you laugh? That’s God. That’s His faithfulness. And when you start noticing the small things, your heart starts healing in quiet, holy ways.

- Gratitude is your clapback to despair.
- Thankfulness turns crumbs into feasts.
- When you can’t change your situation, change your focus.

Glow-Up Prayer:

God, some days I don’t feel thankful—I feel tired, unseen, and bitter. But I choose to look again. Open my eyes to what You’re doing in the small, quiet spaces. Help me not miss the blessings right in front of me. Amen.

Keep It Real Challenge:

Write down 5 small things you’re grateful for today. Not the big stuff—the tiny, often overlooked ones.

Journal This:

- What’s one thing I’ve been overlooking that I can thank God for today?
- How does gratitude shift the way I see my current season?

Closing Encouragement:

Even in a season that feels silent, God is still showing up in the details. Don’t sleep on the small things—there’s glory in your ordinary. You’re still loved. Still seen. And sis, you’re still glowing.

Day 3: Letting Go of Control

Scripture: “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” — **Proverbs 3:5-6 (NIV)**

The Messy Truth:

Let’s talk about that invisible clipboard we keep—checking boxes, making lists, planning everybody’s life like we the CEO of outcomes. If you’ve ever found yourself rearranging everything to avoid disappointment, micromanaging God’s timeline, or losing sleep over how to “fix” it all, sis... welcome to the control freak club.

We don’t mean to play God. But control feels safe. It feels like protection. If we’re honest, some of us don’t trust God because the last time we did, life fell apart. So now we hustle harder, plan tighter, and panic when things don’t go our way. Control becomes our coping mechanism. But it also becomes our prison.

The Glow-Up Lesson:

Letting go of control isn’t about being passive—it’s about being positioned. Positioned in surrender. Positioned in faith. When we lean not on our own understanding, it’s because our understanding can’t see the whole picture. We’re out here trying to build the puzzle without the box top. But God sees every piece. Every delay. Every detour. Every tear.

Sis, God doesn’t need your blueprint—He is the blueprint. When you finally release the grip, you make room for peace. And clarity. And alignment. You stop striving and start receiving.

Trust me, the glow-up begins when your fists unclench.
Control feels like power, but surrender brings peace.
If you have to force it, it’s not faith.
Letting go isn’t giving up—it’s giving it to God.

Glow-Up Prayer:

God, you know I love a good plan. But sometimes my plans are built on fear, not faith. Help me release the need to manage everything. Show me what it means to truly trust You. Even when I don’t understand. Even when it hurts. I’m letting go—and I’m letting You lead. Amen.

Keep It Real Challenge:

Pick one thing today you’ve been obsessing over. Write it down. Then out loud, say: “God, I release this to You.” (And when your mind tries to snatch it back, say it again.)

Journal This:

- What am I trying to control that’s costing me peace?
- What would trusting God with this actually look like?

Closing Encouragement:

You don’t have to carry it all. You were never meant to. Your surrender is not weakness—it’s your superpower. You are still loved, still guided, and baby girl... God’s still writing your story better than you ever could.

Day 4: Trusting God's Timing

Scripture: “There is a time for everything, and a season for every activity under the heavens.” — **Ecclesiastes 3:1 (NIV)**

The Messy Truth:

Ain't nothing like waiting on God to make you feel like the forgotten friend in the group chat. Like, Lord... did You not see my last five prayers? Hello? We treat God like Amazon Prime—praying on Monday and expecting delivery by Wednesday. But faith don't come with tracking numbers.

It's hard watching everybody else get what you've been praying for. Engagements, promotions, healing, clarity. Meanwhile, you're over here with questions and crickets. Waiting feels like punishment when we don't understand the purpose. And that's when the bitterness creeps in. The doubt. The comparisons. The temptation to “help” God out (hello, Ishmael situations 🙄).

The Glow-Up Lesson:

But listen, sis—God is not late. He's intentional. There's a rhythm to His grace. A divine pace to your purpose. Some doors stay closed because you're still being built to walk through them. Some delays are divine protection in disguise. His timing is about preparation, not punishment.

When we try to rush God, we end up settling for less than what He planned. Trusting His timing means believing He knows what you need, when you need it—even if it's not what you want right now. Let Him develop you in the dark. Let Him stretch your faith in the slow. Trust me, the glow hits different when you're fully ready for what's next.

- Delayed doesn't mean denied—it means developed.
- God's silence isn't rejection; it's preparation.
- Don't let your timeline talk you out of your testimony.

Glow-Up Prayer:

God, I'm tired of waiting—but I don't want to rush what You're still writing. Help me trust Your timing more than my own feelings. Remind me that what's for me won't miss me—and that You're still working, even when I can't see it. Amen.

Keep It Real Challenge:

Write a letter to your future self. Thank God in advance for the thing you're waiting on. Seal it up and put it somewhere safe.

Journal This:

- What have I been impatient about lately?
- How can I shift from frustration to faith in this area?

Closing Encouragement:

You're not behind, and you're not forgotten. Your story is unfolding exactly how God planned it. Keep showing up. Keep believing. You're still chosen, still growing, and your moment is coming—right on time.

Day 5: Overcoming Worry

Scripture: “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” — **Matthew 6:34 (NIV)**

The Messy Truth:

Worry is a full-time job with no benefits and a toxic boss—you. You ever lay in bed running through every worst-case scenario like it's your side hustle? That one “what if” spirals into 37 different tragedies before your feet even hit the floor. And don't let your phone buzz wrong—you already planning your downfall like, “Welp, that's it. I'm doomed.”

Worry has us living in tomorrow's fear with today's energy. We try to “figure it out” so we can feel in control, but all we do is exhaust ourselves. It steals sleep. Kills joy. Makes your chest feel tight even when nothing's technically wrong. And the wild part? Most of the stuff we worry about never even happens.

The Glow-Up Lesson:

Jesus knew we'd struggle with this. That's why He hit us with the reminder: stay in today. You don't need to solve Thursday's drama on a Tuesday. Worry multiplies problems that don't even exist yet. But peace? Peace shows up when you bring your mind back to the moment and trust that God's already in the next one.

Overcoming worry isn't about ignoring your problems—it's about shifting your focus. Instead of rehearsing what could go wrong, rehearse what's already gone right. Instead of carrying it all, cast it on the One who already knows the outcome. Sis, if God takes care of the birds and the flowers, what makes you think He forgot about you?

- Worry is worship in the wrong direction.
- If it's out of your hands, put it in God's.
- Your peace is too expensive to rent out to fear.

Glow-Up Prayer:

Lord, my mind be doing the most. I try to plan, predict, and protect myself, but it just makes me tired. Help me release the things I can't control. Help me stay in today and trust You with tomorrow. Remind me I don't have to carry what You already promised to handle. Amen.

Keep It Real Challenge:

Every time a worry pops up today, write it down and say: “God, this is Yours now.” (Make a list. Rip it up if you have to. Get it out your system.)

Journal This:

- What's one thing I've been worrying about constantly?
- What would trusting God with that actually look like?

Closing Encouragement:

You are not weak because you worry—you're human. But you also have access to peace that don't make sense. Breathe deep, sis. God is already in tomorrow. And you? You're still chosen, still protected, and still walking in purpose.

Day 6: Who God Says I Am

Scripture: “But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.” — **1 Peter 2:9 (NIV)**

The Messy Truth:

Some days, you don’t even recognize the woman in the mirror. Life has tried to rename you so many times: Unworthy. Too much. Not enough. Failure. Invisible. Damaged goods. And after hearing those lies for long enough—from people, from your own mind, from your past—you start to believe them.

Social media got us comparing our behind-the-scenes to everybody else’s highlight reel. And then comes the inner critic: “Why can’t I be like her? Why am I still struggling? Maybe I’m just not called.” Sis. That’s not God talking. That’s the enemy trying to mute your identity so you never walk in your purpose.

The Glow-Up Lesson:

God already named you—chosen, royal, holy, His. That means before the heartbreak, before the mistake, before the label—they were already wrong about you. He called you out of darkness, not because you’re flawless, but because you’re His. You’re not an accident, not a project, not a problem to be fixed. You’re a daughter.

When you start standing on who God says you are instead of what life says you’ve been through, everything shifts. The way you talk. The way you walk. The way you stop settling for less. The glow-up is internal first. You don’t have to earn it—you just have to own it.

- You are not your past—you are His promise.
- Your identity is not up for debate.
- Chosen isn’t a feeling. It’s a fact.

Glow-Up Prayer:

God, remind me who I am. On the days when I feel lost, overlooked, or not enough, pull me back into Your truth. Help me reject the lies I’ve carried for too long. I want to walk like I believe what You said about me. Amen.

Keep It Real Challenge:

Write down 3 lies you’ve believed about yourself—and next to each one, write the truth from God’s Word. Keep it where you can see it.

Journal This:

- What false labels have I been carrying?
- How would my life look different if I truly believed I was chosen?

Closing Encouragement:

You are not random, forgotten, or replaceable. You are God’s daughter, handcrafted with purpose and crowned with grace. Walk in it. You’re still chosen. Still loved. And girl, you’re just getting started.

Day 7: Joy Comes in the Morning

Scripture: “For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.” — **Psalms 30:5 (NIV)**

The Messy Truth:

Some nights feel like they'll never end. And I'm not just talking about the clock. I'm talking about the kind of nights when you cry so hard you fall asleep in your tears. When grief pulls up a chair like an uninvited guest. When anxiety tap-dances on your chest at 3 a.m. Nights where the silence is loud and your thoughts are even louder.

We don't talk enough about these seasons—the long ones, the dark ones. The ones where you fake smiles at work and say “I'm good” at church, but inside, you're numb. You're not waiting on a man or a miracle—you're just praying for a moment to breathe.

The Glow-Up Lesson:

Sis, hear me: the night won't last forever. God's promise is not that you won't cry, but that your tears have a timeline. Joy will come. It might not arrive loud or fast—it might tiptoe in through a sunrise, a laugh, a random reminder that you're still here and still held.

God knows how to flip the script. He turns mourning into dancing, ashes into beauty, and heavy hearts into healed testimonies. Don't rush the night, but don't forget the morning is coming. It always does. And when it does, you'll shine with a kind of joy the night could never steal.

- Darkness has an expiration date.
- Tears are temporary—joy is promised.
- Even if today hurts, tomorrow holds hope.

Glow-Up Prayer:

God, I don't always feel joy. Some days I'm just surviving. But I believe You. I believe that joy is coming. Give me the strength to hold on through the night and the heart to receive joy when it breaks through. Let me smile again, for real. Amen.

Keep It Real Challenge:

Do one joyful thing today, even if it feels small. Play your favorite song. Laugh out loud. Dance in the kitchen. Let joy sneak in.

Journal This:

- What has my “night” season looked like lately?
- How have I seen glimpses of joy trying to reach me?

Closing Encouragement:

You've made it through nights you thought would break you. And look—you're still standing. That alone is a win. Keep your eyes on the horizon, sis. Morning's coming. You're still here. Still chosen. Still covered.

Day 8: When Anger Rises

Scripture: “Don’t sin by letting anger control you. Think about it overnight and remain silent.” — **Psalms 4:4 (NLT)**

The Messy Truth:

Let’s not act brand new—sometimes you just wanna snap. Not the cute “I’m slightly irritated” kind, but the “I could really flip this table, Lord” kind. That slow burn when someone disrespects you. That tight-chested rage when life feels unfair. That heat behind your eyes when someone keeps crossing a boundary like they don’t know who you used to be.

Anger isn’t the enemy. It’s a signal. But when we ignore it, bury it, or let it lead the conversation? That’s when we say things we can’t unsay, throw shade that don’t glorify God, or hold grudges that poison us more than them. And whew—don’t let it be church hurt or family drama. That kind of anger will have you side-eyeing people during praise and worship.

The Glow-Up Lesson:

God never said “don’t feel anger.” He said don’t let it control you. Because when anger is in the driver’s seat, grace gets thrown out the window. But when you pause—when you take it to God before taking it to group chat—that’s power. That’s growth.

Ask yourself: what’s underneath this anger? Is it hurt? Disappointment? Rejection? That’s where healing begins. You can be honest with God about your fury—He can handle it. And the more you let Him hold it, the less it holds you. Sis, anger is real, but it doesn’t have to ruin your peace or your witness.

- You can feel anger without feeding it.
- Not every offense needs a reaction—some need release.
- Holding onto rage doesn’t protect you; it punishes you.

Glow-Up Prayer:

God, I’m mad. And I’m trying not to let it eat me alive. Show me what’s underneath this anger. Help me respond, not react. Teach me how to process this in Your presence so I don’t pass it on to others. I want peace more than payback. Amen.

Keep It Real Challenge:

Take 10 minutes today to write out what’s making you angry. Don’t edit it. Just be real. Then, pray over it—and if you’re ready, tear it up.

Journal This:

- What or who has made me angry lately?
- What do I need to heal from under that anger?

Closing Encouragement:

You’re not “too emotional”—you’re human. But you’re also wise enough to pause, healed enough to choose peace, and strong enough to lay that anger at God’s feet. You’re still chosen. Still growing. Still covered in grace.

Day 9: Battling Anxiety

Scripture: “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.” — **Philippians 4:6-7 (NIV)**

The Messy Truth:

Anxiety be out here throwing hands at 7am. Your eyes barely open and your brain already sprinting—what if this happens? What if that doesn't work out? Did I lock the door? Is that a lump? Why hasn't she texted back? It's like your mind got Wi-Fi and the devil got the password.

We live in a world that runs on stress. Hustle culture, bad news on loop, deadlines, bills, body image pressure, relationships that feel like puzzles with missing pieces. Even in the middle of “good” things, anxiety will whisper, don't get too comfortable. It's exhausting trying to plan for peace when your mind won't sit still.

The Glow-Up Lesson:

But the Word doesn't say “never feel anxious”—it says don't stay anxious. God knew we'd have moments where fear and worry tag-team us. But He also gave us a weapon: prayer. Not performative prayer. Not fancy prayer. Just real, raw, “Lord, help me breathe” prayer.

Every time you present your fear to Him, He presents His peace to you. And His peace? It don't make sense. It's the type of peace that shows up while the situation's still messy. When the diagnosis isn't clear, when the job still ain't come through, when your kids still acting up—but somehow you're not unraveling.

- Prayer is the pressure valve for anxiety.
- Peace isn't logical, it's spiritual.
- When anxiety knocks, answer with faith.

Glow-Up Prayer:

God, I'm overwhelmed. My thoughts are loud, and my heart feels heavy. I need Your peace—the kind that doesn't even make sense. Help me to breathe. To trust You with the stuff I can't control. Cover my mind, Lord. Guard my heart. Amen.

Keep It Real Challenge:

Take a walk, stretch, or sit in silence for 10 minutes today. Don't scroll. Don't fix anything. Just be. Let your body and soul catch up with your spirit.

Journal This:

- What has been triggering my anxiety lately?
- What would it look like to give this to God in prayer?

Closing Encouragement:

Sis, you're not losing it—you're just in a battle. And you're not fighting alone. God is guarding your mind, holding your heart, and walking you into peace. You're still chosen. Still carried. And still covered, even in the chaos.

Day 10: Loneliness Isn't the End

Scripture: “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.” — **Deuteronomy 31:6 (NIV)**

The Messy Truth:

There's a type of loneliness that hits even when the room is full. You can be surrounded by people, posting and laughing, but still feel like no one really sees you. That “do they even notice I'm struggling?” kind of loneliness. That “I always show up for them, but where they at for me?” kind. It's not just about being alone—it's about feeling invisible, unheard, left behind.

And let's not even start on the nights when your phone's dry, the silence is loud, and your thoughts start lying to you: Maybe you're hard to love. Maybe you're too much. Maybe nobody really cares. That isolation will have you questioning your worth, your calling, even your faith.

The Glow-Up Lesson:

But God never dipped when the crowd did. He's the One who stays when everybody else gets tired. The One who whispers, I see you, daughter, when you feel like a ghost in your own story. His Word says He will never leave you—and baby girl, He meant it.

Loneliness might visit, but it doesn't get to live rent-free in your soul. That feeling? It's not final. Use it as a reminder to press into the One who's always present. Let the quiet draw you closer to the God who doesn't need noise to speak. And don't confuse hidden with forgotten—sometimes God isolates you to elevate you.

- Alone doesn't mean abandoned.
- Hidden doesn't mean forgotten.
- God's presence is not a backup plan—it's the whole promise.

Glow-Up Prayer:

Lord, I feel it—this ache of being unseen, of doing life solo. But remind me that You are near, even when no one else is. Wrap me in the truth that I'm not forgotten. Help me see this season not as punishment, but as preparation. I trust You with my lonely. Amen.

Keep It Real Challenge:

Text someone you've been missing or thinking about. Be the love you've been needing. And let that vulnerability be a seed, not a setback.

Journal This:

- When have I felt the most lonely lately?
- What would it mean to let God meet me in that space?

Closing Encouragement:

This feeling won't last forever, sis. God is closer than your next breath, and your circle is not your source—He is. You're still loved. Still chosen. Still covered, even in the quiet.

Day 11: Fighting Fear

Scripture: “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)**

The Messy Truth:

Fear is sneaky. It don't always come loud and obvious like horror movies and panic attacks. Sometimes it's that hesitation before applying. That shrinking when you should speak up. That “what if” whisper when you're about to say yes to the very thing you prayed for. Fear makes you question yourself, question God, and settle for safe when God called you to more.

You ever felt paralyzed in your purpose? Like you know what God told you to do, but your hands shaking and your heart racing like, “What if I fail? What if they laugh? What if it doesn't work?” Fear don't just block blessings—it robs you of the joy of obedience. And let's be real... most of the time, it ain't even the fear of failure—it's the fear of being seen trying.

The Glow-Up Lesson:

But here's the truth: Fear may show up, but it don't get the mic. God didn't promise we'd never feel fear—but He did promise to be with us in it. He said, “Do not fear because I'm with you.” That means you don't have to be brave by yourself. You don't have to fake confidence—you just have to walk with the One who's never lost.

Courage isn't the absence of fear—it's moving anyway. It's showing up scared but still showing up. And when you move with God, He strengthens you on the journey. That fear? It may not disappear immediately, but it doesn't get to determine your direction.

- Fear is loud, but God is louder.
- Courage isn't confidence—it's obedience.
- You can't hold hands with fear and purpose at the same time.

Glow-Up Prayer:

God, fear has been trying to run my life. I confess—I've let it stop me too many times. But today, I choose faith. Even if I'm scared. Even if my voice shakes. Strengthen me. Walk with me. Remind me that You've already gone before me. Amen.

Keep It Real Challenge:

Do one thing scared today. Big or small. Apply. Speak up. Submit the thing. Fear doesn't get to decide.

Journal This:

- Where has fear been holding me back lately?
- What would I do differently if I believed God was holding my hand?

Closing Encouragement:

Fear might knock, but it doesn't get to live here. You're bolder than you think and stronger than you feel. Step scared, sis—you're still chosen, still held, and still called to do big things with God.

Day 12: Releasing Shame & Guilt

Scripture: “Therefore, there is now no condemnation for those who are in Christ Jesus.” — **Romans 8:1 (NIV)**

The Messy Truth:

Shame is a beast. It'll have you walking around smiling with a soul full of secrets. Guilt is the weight we carry, but shame? Shame tells you you are the weight. You made one mistake, and now you're stuck thinking you're unworthy, unfixable, or just plain broken. And don't let it be that one thing—the secret you never told anyone about, the addiction you kicked but still think defines you, the affair, the financial failure, the ugly fight you started.

Shame isolates. It convinces you you're the only one. That if people really knew, they'd walk away. That if God really knew (spoiler: He does), He'd be disappointed. So we keep performing. Overachieving. Pleasing. Or worse—hiding. Pretending. Dimming ourselves down. Because deep down we believe the lie: “I'm not enough. I'm too much. I'm not lovable.”

The Glow-Up Lesson:

But here's the gospel truth: God didn't just forgive you—He freed you. He didn't come for perfect people. He came for the broken, the bruised, the ones with baggage. You. And **Romans 8:1** shuts shame all the way down—if you're in Christ, there is no condemnation. None. Not for your past. Not for your choices. Not even for the thing you still cry about in secret.

That thing you did? It's covered. That moment you regret? It's under grace. God doesn't define you by your lowest moment—so why are you still wearing it like a name tag? Take it off. Sis, you can walk in freedom now. Guilt may remind you of who you were, but grace reminds you who you are.

- Shame is a liar. Grace tells the truth.
- You are not what you did—you are who He says you are.
- Jesus didn't die for perfect stories. He died for yours.

Glow-Up Prayer:

God, I've carried this shame too long. I've let it speak louder than Your truth. But today, I release it. I give You my guilt, my secrets, my fears. Help me believe I'm truly forgiven. Help me walk like I'm free. Amen.

Keep It Real Challenge:

Write a letter to yourself from a place of grace. Speak to your younger self, or your past self, and remind her: “You are still loved. You are still chosen.”

Journal This:

- What shame or guilt have I been secretly holding onto?
- What would change if I truly believed I was free?

Closing Encouragement:

Girl, you are not damaged goods. You are redeemed, restored, and still part of God's plan. Don't let shame sit where grace belongs. You're still chosen. Still held. Still worthy of love.

Day 13: When Discouragement Drains You

Scripture: “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” — **Galatians 6:9 (NIV)**

The Messy Truth:

Sometimes you're not tired because you're lazy—you're tired because you've been trying for so long. Praying, showing up, doing the right thing, trying to stay hopeful... and still nothing. Still single. Still stuck. Still underpaid. Still no breakthrough in sight. And honestly? You're over it.

Discouragement doesn't always come with a loud crash. Sometimes it creeps in quietly. When you keep being faithful and feel like it's not working. When people say “just keep going” but they don't see the tears you cry after everyone else goes to sleep. That kind of discouragement is heavy. It makes you want to throw up your hands and say, “What's the point?”

The Glow-Up Lesson:

But **Galatians 6:9** is the reminder: don't grow weary. Why? Because your harvest is coming. Sis, you're not crazy for believing. You're not foolish for still hoping. You're sowing seeds in a season that feels empty but is actually pregnant with promise. The enemy wants you to quit right before it's about to hit.

God sees every “yes” you've whispered through tears. Every seed of kindness, obedience, faithfulness—He hasn't missed one. And the glow-up? It's being faithful even when you're frustrated. That's where strength is built. That's where the roots go deep. And girl, when the harvest comes, it'll all make sense.

- Don't confuse silence with absence. God is still working.
- Discouragement is a detour, not a dead end.
- What you water in faith, God grows in grace.

Glow-Up Prayer:

God, I'm tired. I've been showing up, but my heart is heavy. I need fresh hope. Breathe on my faith. Remind me why I started. Remind me that You're still writing my story—and that the harvest is still coming. I trust You, even tired. Amen.

Keep It Real Challenge:

Encourage someone else today. Text or call a friend and speak life into them. Sometimes pouring out helps refill you too.

Journal This:

- Where have I felt most discouraged lately?
- What truth do I need to cling to in this weary place?

Closing Encouragement:

You're closer than you think. Don't quit in the middle of your miracle. You're still chosen. Still seen. And sis... the harvest is already on its way.

Day 14: Hope Restored

Scripture: “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” — **Romans 15:13 (NIV)**

The Messy Truth:

Hope is hard to hold onto when you’ve been disappointed. When life keeps hitting, dreams stay delayed, and every door feels closed—it gets real easy to stop expecting anything good. Not because you don’t believe in God, but because you’re afraid of being let down again.

We start to guard our hearts from hope instead of guarding them with it. You stop praying bold prayers. Stop getting excited. Stop believing for more. Because numb feels safer than vulnerable. But sis... hope deferred doesn’t mean hope destroyed. That flicker in your heart? It’s still there. It just needs a little oxygen.

The Glow-Up Lesson:

Romans 15:13 doesn’t just ask you to hope—it tells you where it comes from: the God of hope. That means you don’t have to manufacture it. You just have to make room for it. He wants to fill you. With joy. With peace. With something that can’t be shaken by your current circumstances.

Restoring hope isn’t about ignoring the pain—it’s about choosing to believe that pain doesn’t have the final word. It’s looking at your dry places and saying, “God, breathe again.” It’s trusting that even if the story didn’t unfold how you thought, it’s still being written by the Author of resurrection. You don’t just serve a promise-keeper—you serve a hope reviver.

- You’re allowed to hope again.
- God’s not done just because you’re drained.
- Healing starts when you believe something good is still coming.

Glow-Up Prayer:

God, I’ve stopped hoping in some areas because I was scared. But I miss believing. I miss dreaming. I miss the version of me that expected good things. Restore that in me. Fill me with a hope that lasts. Let joy and peace rise up again. Amen.

Keep It Real Challenge:

Make a hope list today. Write down three things you’re going to believe God for again—even if they scare you.

Journal This:

- Where have I given up hope?
- What would it feel like to start hoping again, even if it’s slow?

Closing Encouragement:

This is not the end of your story—it’s just the end of this chapter. And what’s next? Glory. Growth. Goodness. You’re still chosen. Still rising. Still called to shine—even after all you’ve been through.

Today's Devotional

date: _____

Cflow Through What You Feel

Gratitude

WEEK OF :

MONTH :

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTE :

QUOTE :

Sis, you did that.

You showed up for 14 days. You sat with the truth. You let God meet you in your real-life emotions. That's not small. That's holy. Whether you cried through some days or laughed out loud at others, I hope you felt seen. And more importantly, I hope you remembered this: your feelings are valid, but they don't define you.

God is in your story—not just in the polished parts, but in the chaos, the questions, the comeback, and even the quiet. You don't have to fake strength to be favored. You are already loved, already chosen, already enough. Let this be the beginning of deeper healing. Keep journaling. Keep showing up. Keep choosing hope, even on the hard days.

And when it gets heavy again (because life be life-ing), come back to these pages. Come back to the truth. God isn't done with you—not even close.

We glowing through everything we go through from now on.

Proud of you, always.
Love You 

Mimi

✨ Keep Glowing ✨

Sis, this is just the beginning.
You don't have to stop here.

You've had 7 days of truth,
healing, and freedom—
but imagine what 60 days could do.

**Glow Through What You Feel:
60 Days of Emotional Freedom**
is your next step to go deeper,
heal stronger, and shine brighter.

👉 Start the 60-Day Journey—
it's only just beginning.

Start the 60 Day Journey

Because your story isn't over—
it's only just beginning.