

FROM CHAOS TO CLARITY

**A 7-DAY MIND
RENEWAL JOURNEY**

PRESENTED BY THE TRUTH DEFEATS THE
LIES PODCAST IN PARTNERSHIP WITH
AUTHOR VICTORIOUS TELEO

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ABOUT THE PARTNERSHIP



Grace & Destiny

We're two women from two generations with one mission, to help you rise in truth and break free from every lie. At Resilience Runs, we're a Christ-centered sisterhood pursuing healing, purpose, and breakthrough through the undefeated power of God's Word.

We're not feminists or activists —just women who love Jehovah, running from the past into a future full of faith, truth, and grace.

Come grow with us. Because the Truth defeats.

Because The Truth Defeats the Lies.

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Victorious Teleo

Victorious Teleo is a Christian author, speaker, and Kingdom encourager on a mission to ignite faith, release love, and lead women into the freedom only found in Jesus.

Her name reflects her calling—to walk in Christ's finished work (teleo) and empower others to do the same.

Through devotionals, blogs, and bold messages of freedom, she helps women embrace their identity, overcome life's battles, and live rooted in purpose and faith.

"It is finished. Now live free."

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LET'S TALK ABOUT IMPORTANCE OF WOMEN HEALTH

WRITTEN BY: VICTORIOUS TELEO

IN PARTNERSHIP WITH RESILIENCE RUNS

DAY 1 RENEWING YOUR MIND

SCRIPTURE: ROMANS 12:2 – “BE TRANSFORMED BY THE RENEWING OF YOUR MIND...”

Devotional: Your mind is a battlefield. But God gives us the power to rewire it with His Word. Renewal means exchanging old, broken thought patterns for divine truth. Today is your reset. Invite the Holy Spirit to lead your thoughts.

Affirmation: I am being transformed by the truth of God's Word. I think like Christ.

Reflection Questions: What patterns of thinking do I need to surrender today? How can I intentionally invite God into my thought life?

Journal Prompt: Today, God is renewing my mind in this area...

DAY 2: BREAKING AGREEMENT WITH LIES

**SCRIPTURE: JOHN 8:44 – “...HE IS A
LIAR AND THE FATHER OF LIES.”**

Devotional: The enemy has lied to you about your worth, your purpose, your identity. But when you agree with God’s truth, every lie loses power. Today, renounce the lies you’ve believed and replace them with His promises.

Affirmation: I no longer agree with the lies of the enemy. I believe what God says about me.

Reflection Questions: What lie have I carried that is not from God? What scripture contradicts that lie?

Journal Prompt: Today, I break agreement with this lie...

DAY 3: EMBRACING GOD’S TRUTH

SCRIPTURE: JOHN 8:32 – “THEN YOU WILL KNOW THE TRUTH, AND THE TRUTH WILL SET YOU FREE.”

Devotional: Truth is not just knowledge; it’s a Person. JESUS is the Truth. When you invite Him into your pain, confusion, or doubt, He leads you into freedom. Embrace His truth today and feel chains break.

Affirmation: I walk in truth and live in freedom.

Reflection Questions: How does God's truth change the way I see myself? What is one truth I can speak over my life today?

Journal Prompt: One truth God is teaching me today is...

DAY 4: SHIFTING IDENTITY

SCRIPTURE: 2 CORINTHIANS 5:17 – “IF ANYONE IS IN CHRIST, THE NEW CREATION HAS COME...”

Devotional: Your past does not define you, your Savior does. Your mistakes do not name you — your Father does. Step into your true identity: beloved, chosen, redeemed, victorious. Let the labels of the past fall off today.

Affirmation: I am who God says I am. I am new, whole, and free.

Reflection Questions: What identity am I still carrying that isn't from God? Who does God say I am in this season?

Journal Prompt: Today, I choose to walk in this identity...

DAY 5: LIVING TRANSFORMED

SCRIPTURE: 2 TIMOTHY 1:7 – “GOD HAS NOT GIVEN US A SPIRIT OF FEAR, BUT OF POWER, LOVE, AND A SOUND MIND.”

Devotional: Transformation is not overnight, but it is guaranteed when we partner with God. Living transformed means we operate in power, walk in love, and think with clarity. It's time to live out what you believe

Affirmation: I have a sound mind. I live boldly and love deeply.

Reflection Questions: What area of my life needs transformation? How has God already begun to shift me?

Journal Prompt: Today, I choose to walk in this identity...

DAY 6: POWER OF THE SPOKEN WORD

SCRIPTURE: PROVERBS 18:21 – “DEATH AND LIFE ARE IN THE POWER OF THE TONGUE...”

Devotional: Your words build your world. Speak life. Declare healing, joy, peace, and purpose. Use your voice as a weapon of truth. Heaven responds when faith is spoken.

Affirmation: I declare life over every part of my story.

Reflection Questions: What words do I need to stop speaking? What declarations can I make today?

Journal Prompt: Today, I speak life into...

DAY 7: WALKING IN VICTORY

SCRIPTURE: ROMANS 8:37 – “IN ALL THESE THINGS WE ARE MORE THAN CONQUERORS THROUGH HIM WHO LOVED US.”

Devotional: Victory is your birthright in Christ. Not just survival — conquering. Not just coping — thriving. It’s time to walk in that truth daily. You are never fighting alone. Walk in the victory that was purchased for you.

Affirmation: I am victorious in Christ. I walk boldly into my calling.

Reflection Questions: What does living in victory look like in my life? Where have I allowed defeat to settle?

Journal Prompt: My next victory will be...

NOTES + REFLECTIONS

- **WHAT GOD SPOKE TO ME TODAY:**
- **LIES I LET GO OF:**
- **TRUTH I'M HOLDING ON TO:**
- **MY FAITH FOCUS THIS WEEK:**
- **PRAISE REPORT:**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

10 TRUTH DECLARATIONS FOR THE MIND

- **I HAVE THE MIND OF CHRIST.**
- **I REJECT CONFUSION AND RECEIVE CLARITY.**
- **I THINK GOD’S THOUGHTS ABOUT ME.**
- **I CAST DOWN EVERY LIE OF THE ENEMY.**
- **I BELIEVE I AM LOVED AND CHOSEN.**
- **I SPEAK LIFE OVER MY FUTURE.**
- **I WALK IN PEACE AND DIVINE ORDER.**
- **I AM MENTALLY STRONG AND SPIRITUALLY GROUNDED.**
- **I EMBRACE JOY AND RELEASE FEAR.**
- **I AM NOT MY PAST. I AM GOD’S MASTERPIECE.**

10 SCRIPTURES TO DECLARE OUT LOUD

- **ROMANS 12:2**
- **JOHN 8:32**
- **2 TIMOTHY 1:7**
- **ISAIAH 26:3**
- **PROVERBS 3:5-6**
- **ROMANS 8:37**
- **PHILIPPIANS 4:13**
- **JEREMIAH 29:11**
- **PSALM 91:1**
- **EPHESIANS 6:11**

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