

# *Run Free*

## A JOURNEY TO SOUL FREEDOM



**A powerful, printable journal that  
includes:**

- Daily scriptures
- Reflection prompts
- Prayer starters
- Encouraging declarations

**BY VICTORIOUS J**

---

# Run Free: A Journey to Soul Freedom

Dear Beloved,

Welcome to “Run Free: A Journey to Soul Freedom.” This 7-day devotional journal was prayerfully created to help you break free from everything that’s been trying to hold you back—so you can run your race with purpose, power, and peace in Christ JESUS.

This is more than just a devotional—it’s a sacred invitation. A personal call to leave behind fear, shame, bondage, comparison, and the lies of the enemy, and step into the freedom your soul has been longing for. Freedom isn’t just a feeling—it’s your inheritance. And whom the Son sets free is truly free indeed (John 8:36).

## *Over the Next 7 Days*

Allow yourself to slow down and be still. Allow the Holy Spirit to minister to your soul. Each day offers a focused theme, a key scripture, a word of encouragement, a prayer, and space to reflect. Whether you’re in a season of searching, healing, or rising, this is your moment to Run Free—because Christ has already won the victory for you.

Get ready to experience renewal in your spirit, restoration in your soul, and realignment in your walk. Let’s run this race together—one day, one step, one promise at a time.

You are loved. You are chosen. You are free.

With love & purpose,

The Resilience Runs Team

---

# Table of Contents

## Run Free: A Journey to Soul Freedom

### 7-Day Devotional Journal

1. Day 1: The Call to Freedom  
Scripture: Galatians 5:1
  2. Day 2: Letting Go of the Weights  
Scripture: Hebrews 12:1
  3. Day 3: Breaking Soul Ties & Strongholds  
Scripture: 2 Corinthians 10:4-5
  4. Day 4: You Are Not What You've Been Through  
Scripture: Isaiah 43:18-19
  5. Day 5: Grace to Run Again  
Scripture: Lamentations 3:22-23
  6. Day 6: Walking in Identity & Authority  
Scripture: 1 Peter 2:9
  7. Day 7: Living Free. Running Free.  
Scripture: John 8:36
-

# Day One



## **The Call to Freedom Scripture:**

Galatians 5:1 (NIV) "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

**Devotional:** Freedom is not a concept; it is a promise from Heaven. Jesus didn't die so we could live in chains. He came to destroy every yoke and break every bondage. Today, you are invited to receive and believe that Christ has already paid for your freedom. Whether it's fear, shame, addiction, insecurity, or doubt—it must bow to the name of Jesus. Your soul was not made for bondage, but for breakthrough.

**Prayer:** Lord Jesus, thank You for calling me into true freedom. Help me to release anything that's been weighing me down. Teach me how to walk in the freedom You already gave me. Today, I declare that I am no longer a slave. I am free in You. Amen.

**Journal Prompt:** What is one area of your life where you need to experience soul freedom today? Invite Jesus into it.

---

---

---

---

---



## Day Two



### Letting Go of the Weights Scripture:

Hebrews 12:1 (NIV) "Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

**Devotional:** Before we can run free, we must be willing to let go of the unnecessary weight. Sometimes, it's not sin holding us back—but burdens, comparisons, people-pleasing, or even past regrets. Jesus wants to lighten your load. Today, take inventory of what you're carrying. God wants to trade your heaviness for His strength and peace.

**Prayer:** Father, help me to identify the weights I've been carrying. Give me the courage to lay them down at Your feet. I trust You with my burdens. Thank You for giving me the grace to run freely and faithfully. In Jesus' name, Amen.

**Journal Prompt:** What's something you need to release to God today in order to run with more freedom?

---

---

---

---

---

## Day Three



### Breaking Soul Ties & Strongholds

Scripture: 2 Corinthians 10:4-5 (NIV) "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."

**Devotional:** Soul ties are connections—emotional, mental, even spiritual—that bind us to people, memories, or past experiences. Strongholds are mindsets that keep us stuck. But God has given you the authority to break every ungodly tie and tear down every mental wall. You don't have to stay connected to what hurt you. Jesus came to make you whole.

**Prayer:** Lord, in Your name, I break every soul tie and stronghold that's keeping me bound. I renounce every lie I've believed and receive the truth of Your Word. Fill me with peace and give me the mind of Christ. Amen.

**Journal Prompt:** Are there any people, thoughts, or experiences you need to disconnect from today? Write them down and surrender them to God.

---

---

---

---

---

# Day Four



## You Are Not What You've Been

**Through Scripture:** Isaiah 43:18–19 (NIV)

"Forget the former things; do not dwell on the past. See, I am doing a new thing!"

**Devotional:** The enemy loves to label us by our past. But God is the Author of your future. What you went through doesn't define who you are. In Christ, you are redeemed, restored, and renewed. You are not broken beyond repair. Today, God invites you to release the past and embrace the new thing He is doing in you.

**Prayer:** Jesus, thank You for giving me a fresh start. Help me to see myself the way You see me—whole, chosen, and free. I release the pain of my past and make room for the new. I am not what I've been through—I am who You say I am. Amen.

**Journal Prompt:** What lies have you believed about yourself because of your past? What does God's Word say about who you are?

---

---

---

---

---

# Day Five



## Grace to Run Again Scripture:

Lamentations 3:22-23 (NIV) "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."

**Devotional:** Maybe you've stopped running. Maybe you've tripped, fallen, or even quit. But here's the good news: God's grace gives you the power to start again. His mercy resets every morning. Don't let shame keep you stuck. Rise again. Run again. Grace is running toward you.

**Prayer:** Lord, I receive Your mercy and grace today. Thank You for not giving up on me. Help me to let go of shame and embrace Your loving arms. I choose to get back up and run the race You've set before me. In Jesus' name, Amen.

**Journal Prompt:** Have you been avoiding your race out of shame or fear? What does God want to restart in your life?

---

---

---

---

---

# Day Six



## Walking in Identity & Authority

**Scripture:** 1 Peter 2:9 (NIV) "But you are a chosen people, a royal priesthood, a holy nation, God's special possession."

**Devotional:** You were made for more than survival—you were made to walk in spiritual authority. When you know who you are in Christ, everything changes. Fear loses its grip. Comparison fades. You don't have to chase validation, because God has already chosen and approved you. Rise up in your identity. Walk boldly in your calling.

**Prayer:** Father, remind me daily of who I am in You. I reject every false identity and embrace the truth of Your Word. I am royalty, called, and chosen. Teach me how to walk in my God-given authority and purpose. Amen.

**Journal Prompt:** Write a declaration about who you are in Christ. Speak it over yourself daily.

---

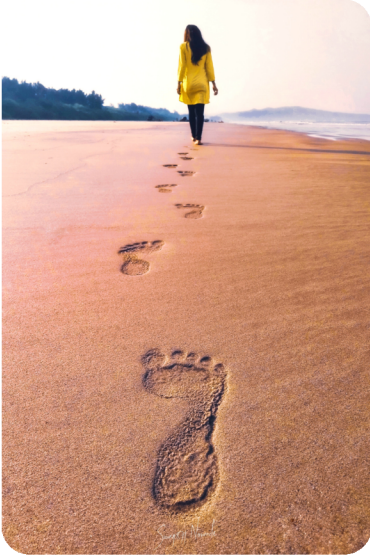
---

---

---

---

# Day Seven



## **Living Free. Running Free. Scripture:**

John 8:36 (NIV) "So if the Son sets you free, you will be free indeed."

**Devotional:** This is the moment of activation. Freedom is not just an idea—it's a lifestyle. You were made to live free, love fully, and run boldly. Today, reflect on what God has done in your soul over the past 7 days. Let this be the beginning of a new chapter. No more running from—you're running toward. Toward purpose. Toward joy. Toward Jesus.

**Prayer:** Thank You, Jesus, for setting me free. I declare that I will live in the fullness of Your love, power, and purpose. Let my life reflect Your freedom. Help me to run my race well and lead others to Your light. In Your holy name, Amen.

**Journal Prompt:** What has changed in your heart this week? How will you continue to walk in soul freedom?

---

---

---

---

---



## Conclusion: Keep Running Free

Beloved, you've completed 7 powerful days of soul-renewing truth. But remember—this is only the beginning. The journey of freedom in Christ is daily, and each step is an invitation to run deeper into His presence, His promises, and His purpose for you.

Your story is not finished. Every day, you get to choose freedom. Every moment, you get to invite the Holy Spirit to strengthen you. Don't stop running. Don't stop believing. You were made to live free and help others find freedom too. Let your life be the evidence that Jesus still sets people free. Now, go run with purpose. Run with joy. Run Free.



**“May the Lord direct your hearts into God’s love and Christ’s perseverance.”**  
— 2 Thessalonians 3:5 (NIV)



**Info@resilienceruns. com**

**www.resilienceruns.com**

*Thank you!*

---