

BLIND

FEAR
FAITH
CHAOS
PEACE
SHADE
LIGHT

FAITH

NICOLE T. TERREL



3-DAY FAITH RESET
SAMPLE DIGITAL JOURNAL

INSPIRED BY BLIND FAITH

CREATED BY | NICOLE T. TERREL

Awareness. Alignment. Intention
Inspired by Blind Faith

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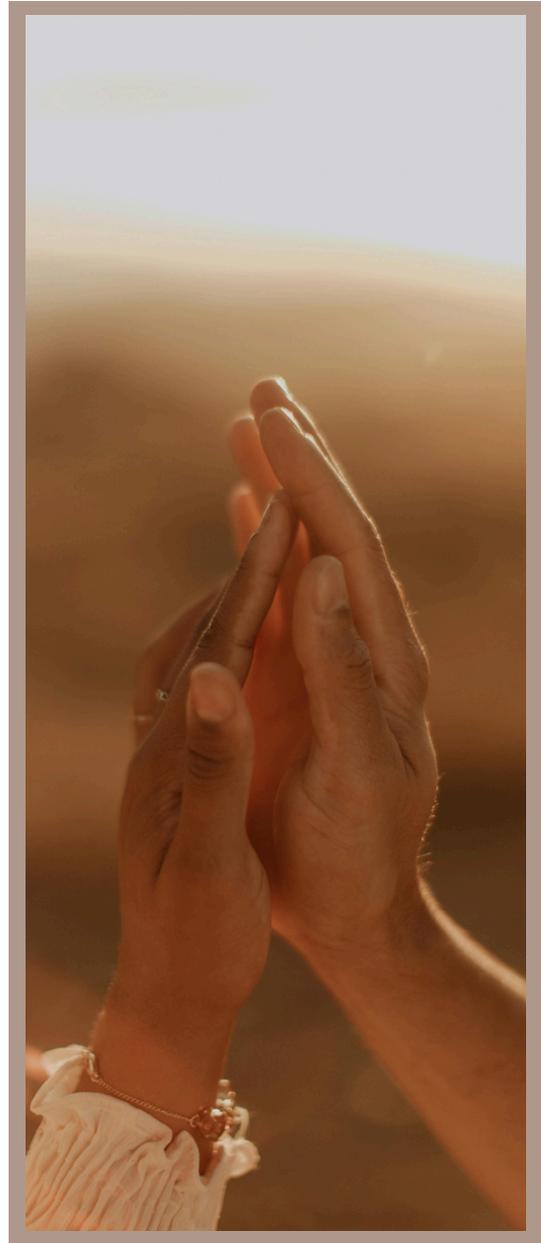
Welcome

This is your **Three Day Faith Reset**. This short reset is an intentional pause.

Over the next three days, you will slow down, reflect honestly, and realign your heart with God. This is not about perfection. It is about awareness. It is about alignment. It is about intention. You don't need six weeks to begin rebuilding rhythm. You just need a starting point.

Whether you are coming out of a difficult season, feeling spiritually distracted, or simply sensing that your consistency has weakened, this reset is your invitation to return.

Take these three days seriously. Read slowly. Reflect honestly. Pray intentionally.



“

“Be still, and know that I am God.”

- Psalm 46:10 (KJV)

”

Where Am I Right Now?

“Search me, O God, and Know my heart: try me, and know my thoughts.”
-Psalm 139:23 (KJV)

01

REFLECTION: Awareness is the beginning of alignment.
Before faith grows stronger, it must be examined honestly.

Where have you drifted? Where have you been consistent? Where have you been reacting instead of trusting?

God cannot strengthen what we pretend does not exist.
Today is about clarity and not condemnation

02

JOURNAL PROMPTS:

What has distracted me spiritually lately?

Where does my faith feel strong right now?

03

PRAYER FOCUS:

Lord, give me honest awareness without shame. Show me where I am so I can realign with you. In Jesus' Name, Amen.

What Am I Trusting?

“Trust in the Lord with all thine heart; And lean not unto thine own understanding.”

-Proverbs 3:5 (KJV)

01

REFLECTION: Alignment requires surrender. Sometimes we say we trust God, but we are still managing outcomes. We pray, but we still cling. We ask for direction, but we resist adjustment.

True alignment means asking:
What am I holding tightly that God is asking me to release?

02

JOURNAL PROMPTS:

What situation am I trying to control?

If I fully trusted God, what would change in my response?

03

PRAYER FOCUS:

Lord, realign my trust. Help me release what I am gripping and rest in Your direction. In Jesus' Name, Amen.

What Will I Do Differently?

“But be ye doers of the word, and not hearers only, deceiving your own selves.”

-James 1:22 (KJV)

01

REFLECTION: Awareness without action changes nothing. Alignment without intention fades quickly.

Faith grows through rhythm, discipline, and through daily obedience in small ways.

Today is about deciding what continues beyond this reset.

02

JOURNAL PROMPTS:

What spiritual discipline needs rebuilding?

What small act of obedience can I commit to this week?

03

PRAYER FOCUS:

Lord, move me from reflection to rhythm. Establish discipline that outlives emotion. In Jesus' Name, Amen.

CLOSING *Prayer*



Father, in the name of Jesus,

Thank You for meeting me in these quiet moments. Thank You for the awareness You revealed, the areas You gently corrected, and the alignment You are restoring in my heart.

Where I have drifted, draw me back.

Where I have been distracted, refocus me.

Where I have been hesitant to trust, strengthen my confidence in You.

Lord, Guard what has been started here. Let obedience become steady and faith become intentional. Order my steps and anchor my heart in You. Let what began in these three days continue with consistency.

In Jesus' Name, Amen.

Thank you!

Thank you for taking this reset seriously. If these three days helped you slow down, reflect honestly, and realign your trust, imagine what six intentional weeks could do for your continued faith journey.

The full **Six-Week Faith Reset Journal** expands on this process with:

- Structured daily reflection
- Weekly deep-dive evaluations
- Guided prayer focus
- Scripture-based alignment
- Intentional spiritual discipline building

This is not about checking boxes. It is about rebuilding rhythm with Christ.

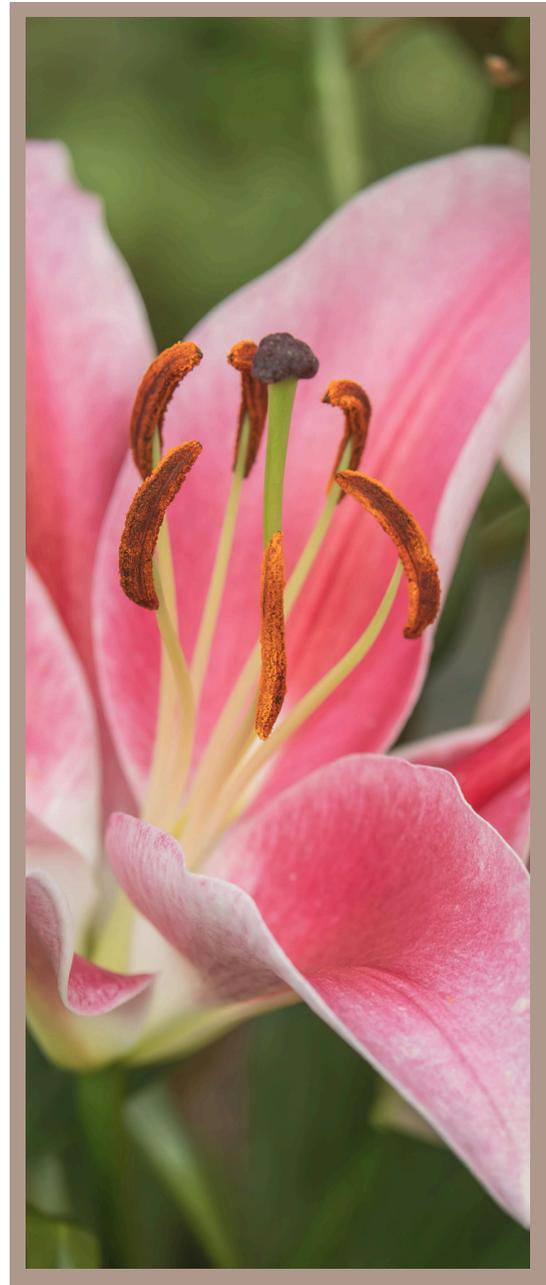
Continue your reset here:

lolagets85.shop/bookstore

Stay consistent.

Stay intentional.

Stay aligned.



“

“For we walk by faith, not by sight.”

- 2 Corinthians 5:7 (KJV)

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CONTINUE

The Journey



Stay Connected with the Author

Nicole T. Terrel, a.k.a. LolaGets85; is a woman of Apostolic faith, firmly rooted in the oneness of God and the life-transforming power of Jesus Christ. She is a wife, a mother, and a purpose-driven leader whose life has been shaped by seasons of surrender, resilience, and unwavering trust in God. With a heart for encouragement and a passion for helping others walk boldly with Christ, Nicole writes from lived experience—where faith was tested, refined, and ultimately strengthened.

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