



LISTEN
TO

BLIND

GOD'S

From fear to faith, chaos to peace, shade to light

VOICE &

TRUST

FAITH

HIM

NICOLE T. TERREL

SIX-WEEK FAITH RESET DIGITAL JOURNAL

INSPIRED BY BLIND FAITH

CREATED BY | NICOLE T. TERREL

COPYRIGHT © 2026 NICOLE T. TERREL
ALL RIGHTS RESERVED

Welcome

This is your 6-week faith reset in the form of a guided digital journal. This was created to help you intentionally rebuild your trust in God and restore spiritual discipline in your daily walk

Over the next few weeks, you will engage in scripture, honest reflection, prayer, surrender, and practical obedience. This is not about perfection, but alignment. Each page is designed to help you slow down, listen, and reset your rhythm with God so that your faith becomes steady, intentional, and deeply rooted.

Whether you are coming out of a difficult season, feeling spiritually distracted or simply longing for deeper consistency, this reset is an invitation to return.



“

“Wait on the Lord, Be of good courage.”

- Psalm 27:14 (KJV)

”

ARE YOU READY TO LEARN HOW THIS FAITH RESET WORKS?



First, start each day by reading the scripture slowly, reflect on the prompt with sincerity, and respond in the journal space provided. Do not rush the process. This reset is about consistency, not perfection.

Each week includes:

- 5 structured daily reset pages (Monday–Friday)
- 1 weekly reflection (completed over the weekend)
- Time to pause, process, and prepare for the next week

This reset is designed to build discipline without burnout. The weekends are intentional space – not missed days. Use the weekly reflections to measure growth, identify struggles, and recommit where needed.

Allow this journal to become a sacred space where distractions are set aside and alignment with God becomes your priority. By the end of these 6 weeks, you will have strengthened your spiritual foundation and rebuilt rhythms that carry forward into everyday life.

WEEKLY BREAKDOWN

05

DAYS 01 – 05

Week 1: Rebuilding Trust

21

DAYS 06 – 10

Week 2: Prayer Discipline

37

DAYS 11 – 15

Week 3: Scripture Reset

53

DAYS 16 – 20

Week 4: Surrender

69

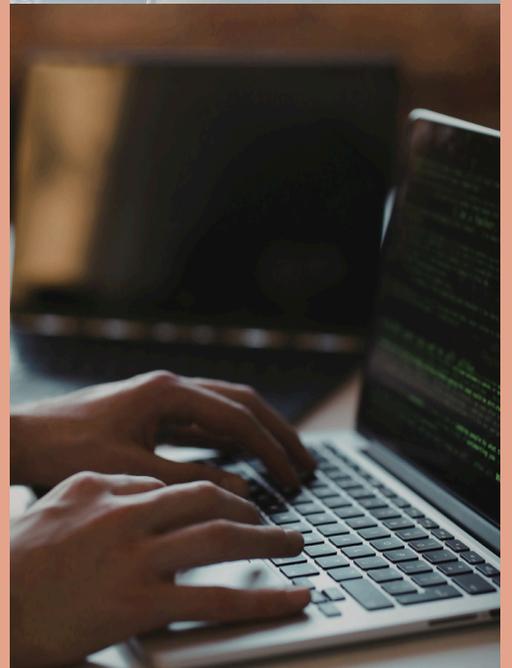
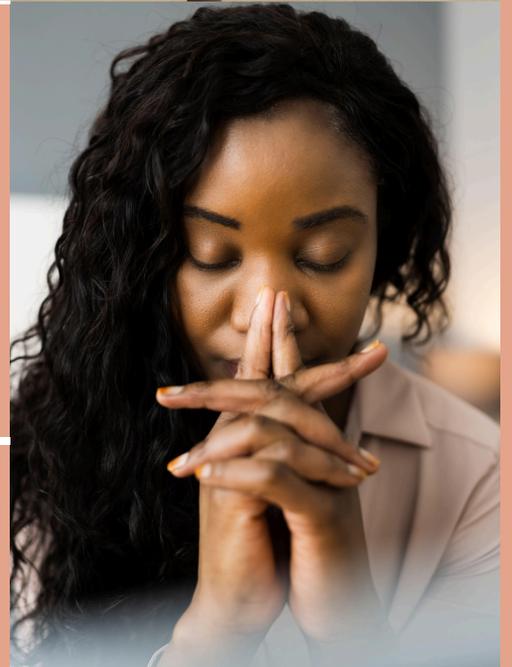
DAYS 21 – 25

Week 5: Obedience

85

DAYS 26 – 30

Week 6: Spiritual Strength and Consistency



WEEK
01

Day 1

Trust Beyond Feelings

*“Trust in the Lord with all
Thine heart; and lean not unto
Thine own understanding.”*

Proverbs 3:5



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, teach me to trust You beyond how I feel.

REFLECTION PROMPT Where have I allowed my emotions to override what I know about God's character?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 2

Trust Without Understanding

*"For my thoughts are not
your thoughts, neither are
my ways your ways."*

Isaiah 55:8



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, help me trust Your wisdom above my need for answers.

REFLECTION PROMPT What situation am I trying to fully understand before I choose to trust?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 3

Trust After Disappointment

*"Many are the afflictions of
the righteous: but the Lord
delivereth him out of them all."*

Psalms 34:19



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, help my trust where disappointment has wounded it.

REFLECTION PROMPT How has past disappointment shaped the way I approach God now?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 4

Trust in Silence

*Be still, and know that I
am God..."*
Psalm 46:10



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, give me peace when I do not hear immediate answers.

REFLECTION PROMPT When God seems silent, what assumptions do I make about Him?

Day 5

Trust in Delay

"...though it tarry, wait for it; because it will surely come, it will not tarry."

Habakkuk 2:3



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, strengthen my faith while I wait on Your timing.

REFLECTION PROMPT What promise or prayer feels delayed, and how am I responding to the wait?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

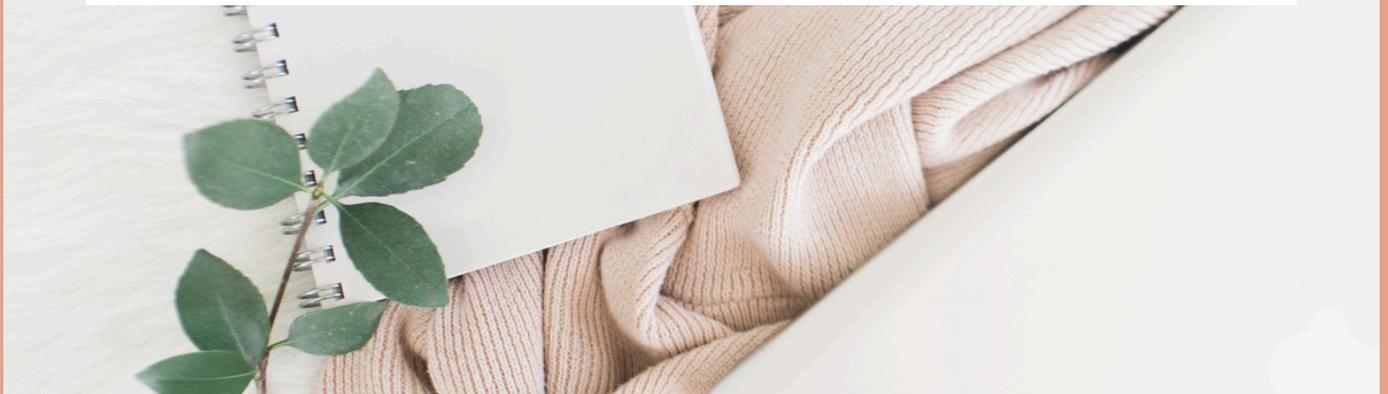
Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Trust

Weekly Reflection

*"In all thy ways
acknowledge Him, and He
shall direct thy paths."*

Proverbs 3:6



REFLECTION PROMPT Where has my trust deepened this week, and where am I still resisting? What situation requires me to trust God more intentionally next week?

A large white rectangular area provided for writing the reflection response.

WEEK
02

Day 6

Pray When Distracted

“Pray without ceasing.”
1 Thessalonians 5:17



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, teach me to guard my prayer time intentionally.

REFLECTION PROMPT What distractions most often interrupt my prayer life?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 7

Honest Prayer

"Pour out your heart
before Him: God is a
refuge for us."

Psalm 62:8



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, give me courage to pour out my real thoughts to You.

REFLECTION PROMPT Where have I been praying politely instead of honestly?

Day 8

Praying Scripture

“Call unto me, and I will
answer thee, and shew thee
great and mighty things...”

Jeremiah 33:3



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, help me pray in alignment with Your word.

REFLECTION PROMPT How often do I let Your word shape the way I pray?

Day 9

Interceding for Others

*"...Pray one for another,
that ye may be healed..."*

James 5:16



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, expand my heart beyond my own needs.

REFLECTION PROMPT Who needs my consistent prayer right now?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 10

Listening in Prayer

*"I will hear what God the
Lord will speak..."*

Psalm 85:8



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, quiet my spirit so I can hear You clearly.

REFLECTION PROMPT When was the last time I sat quietly to listen after praying? When I quiet myself, what is God telling me?

JOURNAL

DATE

MO TU WE TH FR SA SU

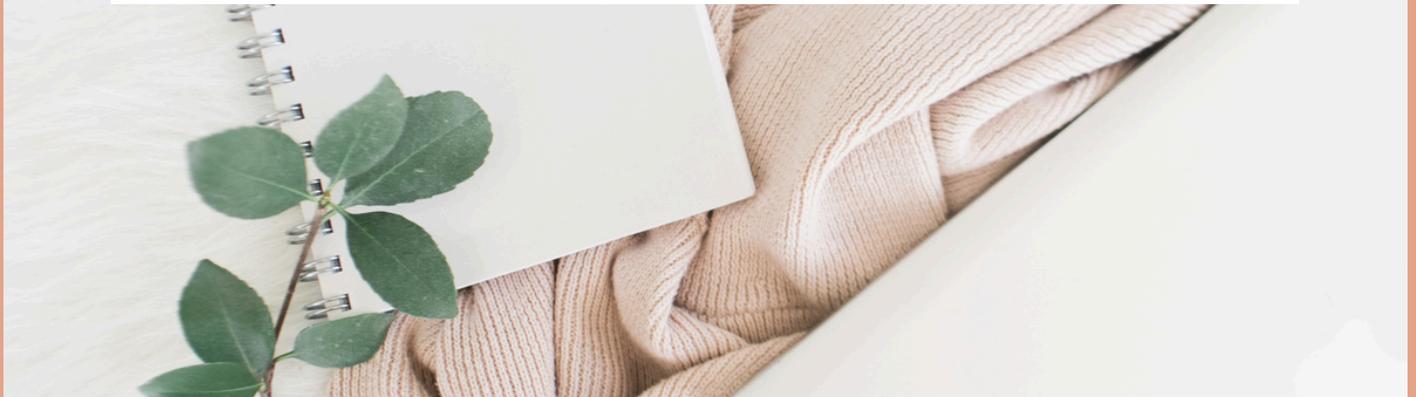
GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Prayer Discipline

Weekly Reflection

*“Continue in prayer, and
watch in the same with
Thanksgiving...”*
Colossians 4:2



REFLECTION PROMPT How has my consistency in prayer changed over the past 5 days? What distraction(s) must I actively remove to protect my prayer life?

WEEK
03

Day 11

Hunger for the Word

"...Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

Matthew 4:4



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, increase my appetite for Your word.

REFLECTION PROMPT Do I hunger for scripture daily, or only in crisis?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 12

Studying, Not Skimming

*“Study to show thyself
approved unto God...”*
2 Timothy 2:15



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, slow me down so I truly absorb what I read.

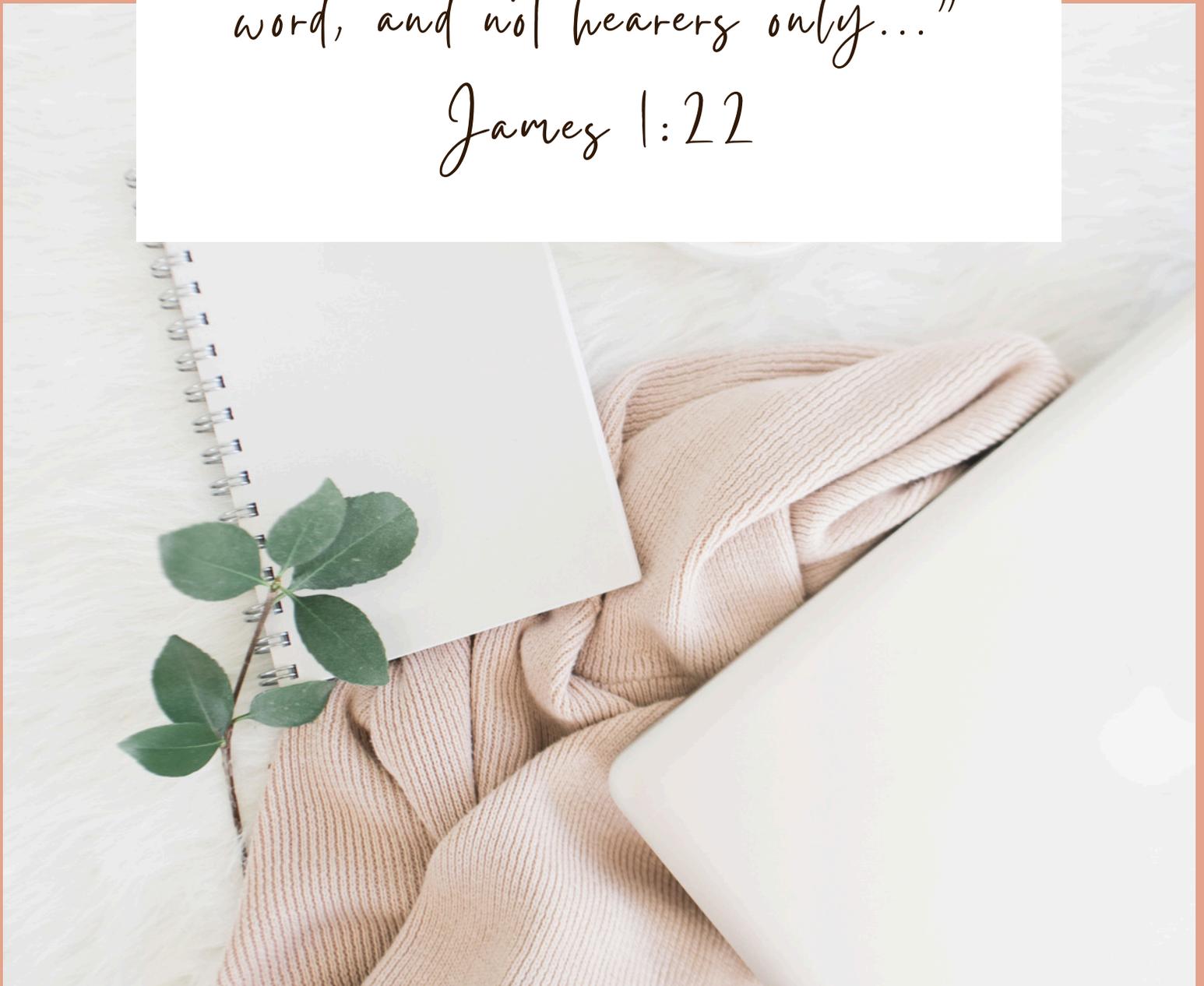
REFLECTION PROMPT Am I rushing through scripture or allowing it to transform me?

Day 13

Obey What You Read

"But be ye doers of the word, and not hearers only..."

James 1:22



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, give me courage to act on what convicts me.

REFLECTION PROMPT What truth have I read before but delayed obeying?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 14

Meditate on Scripture

*"...Meditate therein day and
night..."*

Joshua 1:8



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, help your word remain in my thoughts.

REFLECTION PROMPT What verse(s) do I need to carry with me throughout the day?

Day 15

Immediate Application

“...Blessed are they that
hear the word of God, and
keep it.”
Luke 11:28



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, move me from inspiration to action.

REFLECTION PROMPT How can I apply today's scripture before this day ends?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Scripture Reset

Weekly Reflection

"For the word of God is quick, and powerful..."

Hebrews 4:12



REFLECTION PROMPT What scripture has challenged or corrected me most this week? How will I continue engaging the word beyond surface reading?

WEEK
04

Day 16

Letting Go of Control

"A man's heart deviseth his way: but the Lord directeth his steps."

Proverbs 16:9



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, loosen my hold and increase my surrender.

REFLECTION PROMPT Where am I gripping tightly instead of trusting fully?

Day 17

Releasing Outcomes

*“Commit thy way unto the
Lord; trust also in Him and
He shall bring it to pass.”*

Psalm 37:5



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, help me release results and trust Your plan.

REFLECTION PROMPT What outcome am I trying to manage instead of leaving to You?

Day 18

Forgiving Fully

"... Forgiving one another,
even as God for Christ's
sake hath forgiven you."

Ephesians 4:32



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, soften my heart where bitterness lingers.

REFLECTION PROMPT Is there someone I have partially forgiven but still hold resentment toward?

Day 19

Surrendering Pride

"Humble yourselves in the sight of the Lord, and He shall lift you up."

James 4:10



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, teach me humility that honors You.

REFLECTION PROMPT How has pride quietly influenced my decisions?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

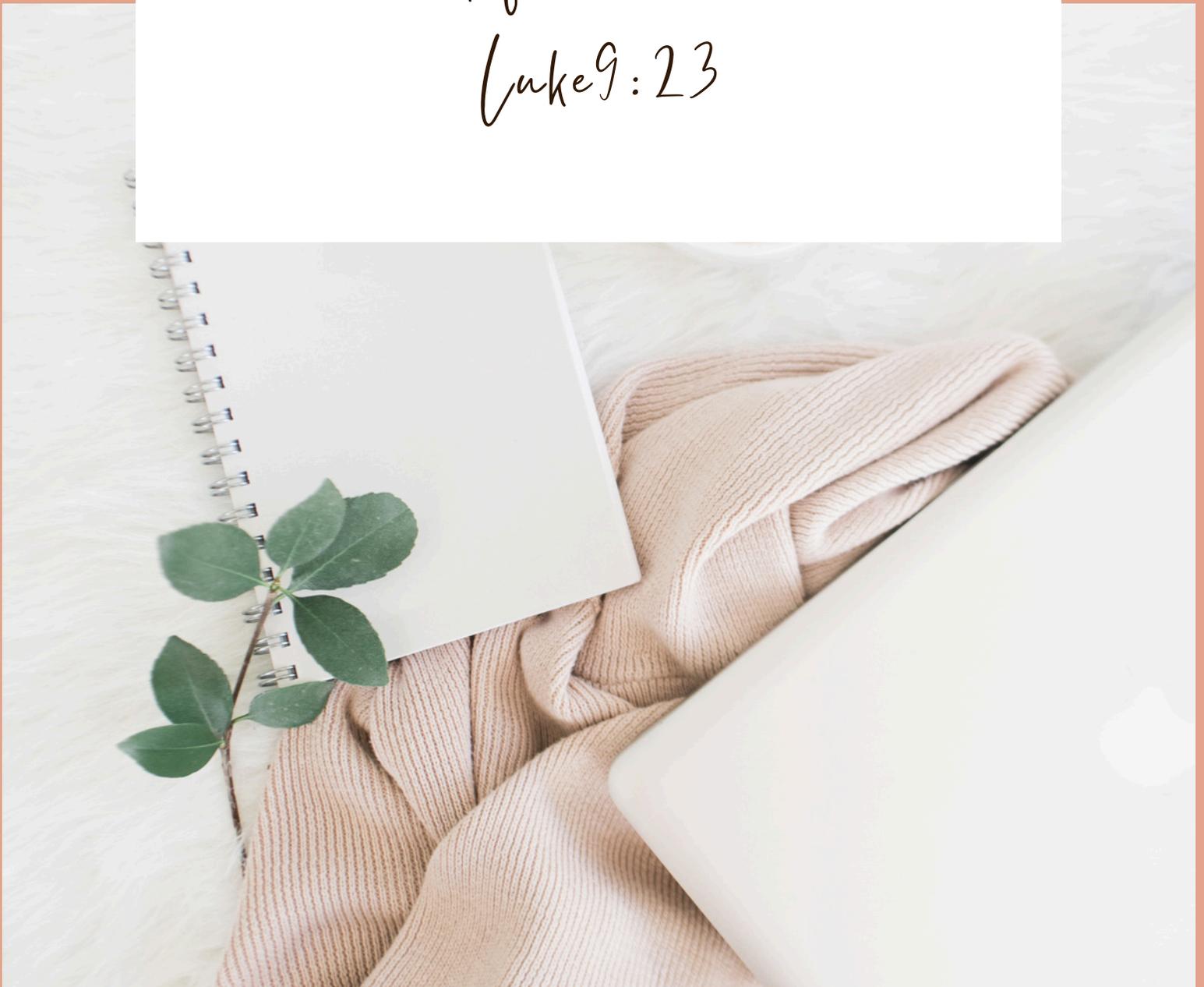
Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 20

Surrendering Comfort

*"... Take up his cross daily,
and follow me."*

Luke 9:23



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, give me courage to follow You beyond comfort.

REFLECTION PROMPT What comfort zone is keeping me from obedience?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

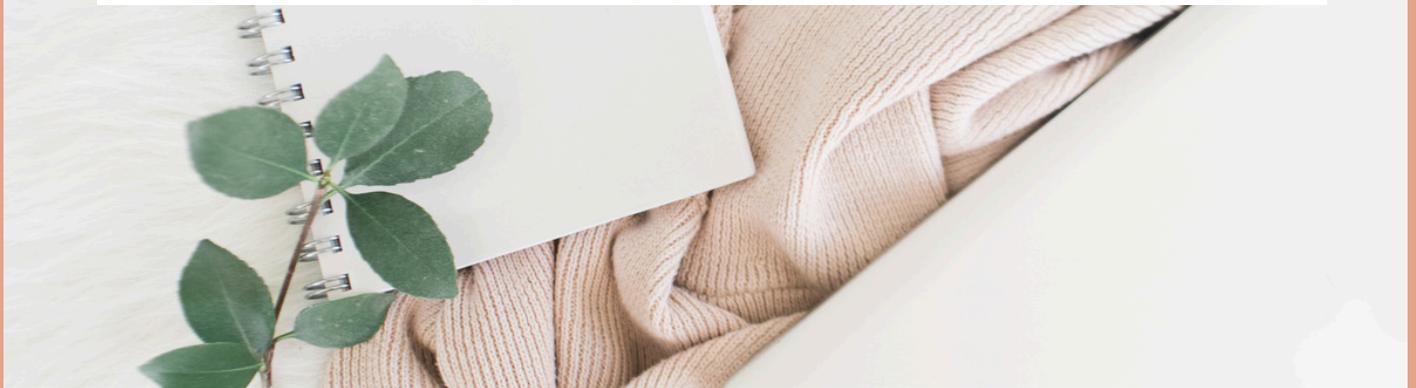
Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Surrender

Weekly Reflection

*“Commit thy works unto the
Lord, and thy thoughts shall
be established.”*

Proverbs 16:3



REFLECTION PROMPT What have I truly surrendered, and what am I still holding tightly? How has surrender shifted my peace or perspective?

A large, empty white rectangular area intended for writing a reflection.

WEEK
05

Day 21

Obey Small Instructions

*"For who hath despised the
day of small thing?"
Zechariah 4:10*



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, make me faithful in small things.

REFLECTION PROMPT Have I overlooked small acts of obedience because they felt insignificant?

Day 22

Delayed Obedience

*"...Fear God, and keep
His commandments..."*
Ecclesiastes 12:13



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, help me obey promptly.

REFLECTION PROMPT Where have I delayed obedience while waiting for better timing?

Day 23

Courageous Obedience

*"Be strong and of a good
courage, fear not..."*

Deuteronomy 31:6



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, strengthen me to move despite fear.

REFLECTION PROMPT What step of obedience feels uncomfortable but necessary?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

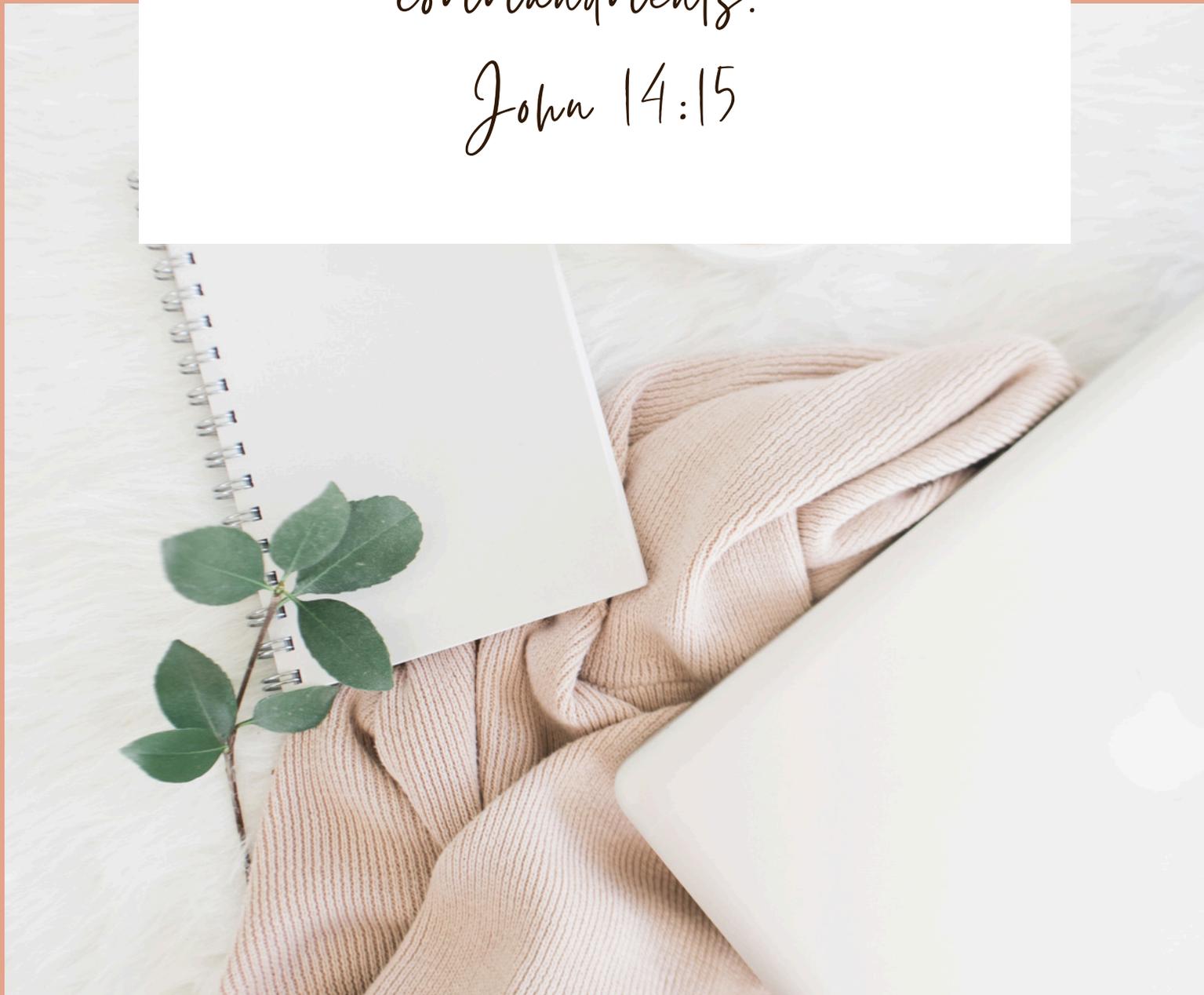
Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 24

Obedience Over Emotion

*"If ye love me, keep my
commandments."*

John 14:15



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, anchor my obedience in love, not feelings.

REFLECTION PROMPT How often do I let my emotions override Your instructions?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 25

Faithful Consistency

*"...let us not be weary in
well doing..."*

Galatians 6:9



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, build spiritual endurance within me.

REFLECTION PROMPT What discipline do I struggle to maintain consistently?

Obedience

Weekly Reflection

"...Behold, to obey is better than sacrifice, and to hearken than the fat of rams."

1 Samuel 15:22



REFLECTION PROMPT Where did I choose obedience over convenience this week? What instruction from God requires immediate follow-through?

Blank white space for reflection.

WEEK
06

Day 26

Endurance

*"...Afterward it yieldeth the
peaceable fruit of
righteousness..."*
Hebrews 12:11



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, help me endure without growing weary.

REFLECTION PROMPT Where am I tempted to give up spiritually?

Day 27

Guarding Discipline

*"But I keep under my
body and bring it into
subjection..."*

1 Corinthians 9:27



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, guard the habits You are forming in me.

REFLECTION PROMPT What habits threaten the discipline I'm building?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 28

Spiritual Maturity

*"...May grow up into him
in all things..."*

Ephesians 4:15



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, continue shaping me into Your own image.

REFLECTION PROMPT In what ways have I matured spiritually this month?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Day 29

Leading Yourself Well

*“Keep Thy heart with all
diligence...”*

Proverbs 4:23



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, teach me to steward my heart wisely.

REFLECTION PROMPT Am I leading my own heart intentionally, or reacting daily?

Day 30

Living Reset Beyond 30 Days

*"For we walk by faith, not
by sight."*

2 Corinthians 5:7



DAILY REFLECTION

DATE

MO TU WE TH FR SA SU

TODAY, I **FELT GRATEFUL** WHEN...

MY **DAILY AFFIRMATION** IS:

PRAYER FOCUS Lord, establish lifelong discipline beyond these 6 weeks.

REFLECTION PROMPT What rhythms must continue after this reset ends?

JOURNAL

DATE

MO TU WE TH FR SA SU

GO DEEPER HERE

Some days will stir more than a few lines can hold. This extra page is your space to sit longer, write freely, pray honestly, and process without limitation.

Spiritual Strength

Weekly Reflection

*"As ye have therefore
received Christ Jesus the
Lord, so walk ye in Him."
Colossians 2:6*



REFLECTION PROMPT What discipline has become part of my rhythm rather than an effort? What commitment will carry this reset into my daily life moving forward?

A large, empty white rectangular area provided for writing a reflection or response to the prompt above.

CONTINUE

The Journey



Stay Connected with the Author

Nicole Terrel 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.

Connect with me online:

- <https://lolagets85.shop>
- <https://www.facebook.com/nicole.terrel.32>
- <https://www.youtube.com/@lolagets85>
- <https://www.instagram.com/lolagets85>

Subscribe to receive exclusive community news:

- <https://forms.office.com/r/2HSwxQ1qEe>

CLOSING

Prayer



Father, in the name of Jesus, I thank you for every person who has walked through this reset. Thank you for meeting them in quiet moments, strengthening them in weak places, and restoring what felt inconsistent or fragile. Thank you for renewing their hunger for Your word, deepening their prayer life, and rebuilding their trust in You. I pray that the discipline formed in these 6 weeks would not fade. Establish it. Seal it.

Lord, let obedience become natural, surrender become steady, and trust become unshakable. Guard their heart. Order their steps. Strengthen their spirit. Where doubt once lived, let confidence continue to rise. Where inconsistency once lingered, let faithfulness take root.

Let what was started in these pages continue beyond them. Let their walk be stronger, their hearing clearer, and their obedience quicker. May everything done in this journal bring glory to You.

In Jesus' Name, Amen.

Thank you!

Thank you for committing to this 6-week faith reset. The fact that you completed this journey says something about your hunger for God and your desire to grow.

This journal was never about checking boxes. It was about rebuilding rhythm. It was about strengthening trust. It was about choosing obedience over convenience and surrender over control. If you have made it to this page, you have done more than fill in reflections —you have made space for alignment.

Thank you again for showing up; even on the days it felt difficult, even on the days your discipline wavered, or on the days you didn't feel spiritual enough. Carry what you've built here forward. Protect it. Guard it. Continue in it.



“

Be ye steadfast, unmovable, always abounding...”

- 1 Corinthians 15:58 (KJV)

”