

Week Four

FROM REACTION
TO INTENTION

From Reaction to Intention

Life often pulls us into autopilot – reacting to stress, to pressure, to the swirl of demands around us. But God has not given you a spirit of fear. He has given you power, love, and a sound mind.

Reaction is impulsive, rooted in fear and fueled by chaos. Intention is steady, rooted in faith and guided by the Spirit. When you pause instead of panic, breathe instead of rush, you create space to respond with wisdom and peace.

This week is about trading reflex for rhythm – moving from quick reactions to calm, intentional responses. Each pause is an opportunity to choose differently: to listen, to love, to act with purpose.

You don't have to live at the mercy of every trigger or demand. In Christ, you are equipped to respond, not react. To walk in intention, not overwhelm. And to anchor your days in the Spirit's gentle guidance instead of fear.

Week 4 From Reaction to Intention

SCRIPTURE

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

– 2 Timothy 1:7

Fear pushes you to react. Faith invites you to respond with intention.

God has not given you fear – He has given you power, love, and a sound mind.

When life feels chaotic, you don't have to be ruled by panic or pressure. You can pause, breathe, and choose a different way.

This week is about anchoring your days with calm intention – not driven by fear, but guided by His Spirit.

date:

Monday Devotional

SCRIPTURE

“For God has not given us a spirit of fear...”

– 2 Timothy 1:7a

Fear doesn't come from God. It may rise up, but it doesn't define you – because it's not from Him.

Recognizing what doesn't belong to you is the first step to letting it go.

You can choose not to claim fear as your identity.

Fear is not from God, and it doesn't define you.

PLAN

daily

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Where I saw God today

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WORD OF THE DAY

TODAY I AM GRATEFUL FOR

NON NEGOTIABLES FOR TODAY

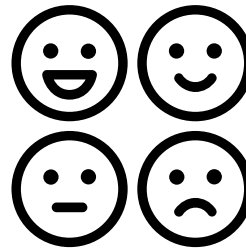
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STRESS LEVEL

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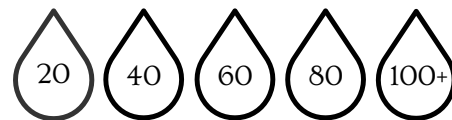
MOVEMENT



RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Tuesday Devotional

SCRIPTURE

“...but of power...”

– 2 Timothy 1:7b

God’s Spirit gives you power – not the kind that controls others, but the strength to stand firm.

When fear whispers “you can’t,” power reminds you that through Christ, you can.

Living in His power means fear doesn’t get the final word.

In Christ, you are stronger than fear.

PLAN

daily

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Where I saw God today

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HABITS

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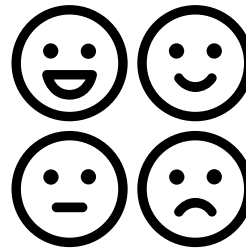
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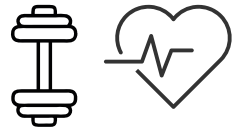
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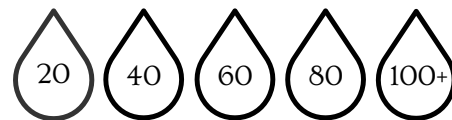
MOVEMENT



RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Wednesday Devotional

SCRIPTURE

“...and of love...”

– 2 Timothy 1:7c

Love is the opposite of fear. Fear shrinks and isolates, but love expands and connects.

God’s Spirit fills you with love that steadies your heart and directs your actions.

When you respond with love, fear loses its grip.

Love drives out fear every time.

PLAN

daily

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Where I saw God today

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HABITS

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SNACKS/MISC

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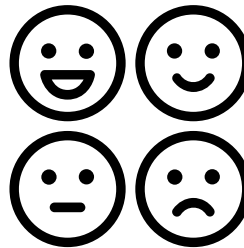
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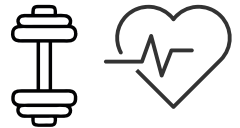
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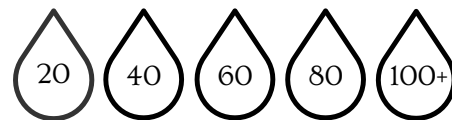
MOVEMENT



RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Thursday Devotional

SCRIPTURE

“...and of a sound mind.”

– 2 Timothy 1:7d

GA sound mind means clarity, peace, and steadiness. Fear clouds judgment, but God brings calm focus.

When anxiety rises, His Spirit helps you think clearly and walk wisely.

Peace in your mind is evidence of His presence.

God has given you a calm and steady mind.

PLAN

daily

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Where I saw God today

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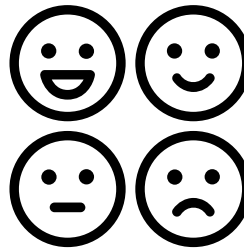
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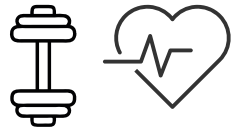
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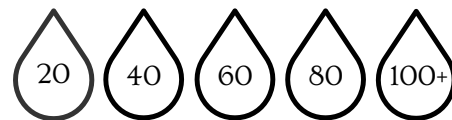
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RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Friday Devotional

SCRIPTURE

“When I am afraid, I put my trust in you.”

– Psalm 56:3

Fear is not a sign of failure – it’s a signal to turn to God. Trust shifts your focus from the problem to His presence.

Each time fear rises, you have an opportunity to redirect it into faith.

Trust transforms fear into courage.

Fear is the doorway to trust.

PLAN

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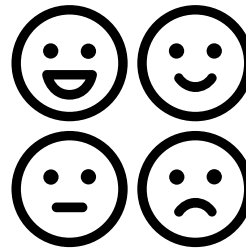
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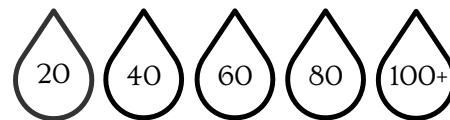
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RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Saturday Devotional

SCRIPTURE

“Peace I leave with you; my peace I give you.”

– John 14:27

Jesus offers you His peace – not temporary calm, but a lasting gift.

Fear may still knock, but peace is your inheritance. You don't have to give fear control of your heart.

His peace steadies you even in the storm.

Peace is your inheritance – claim it.

PLAN

daily

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HABITS

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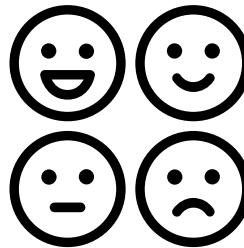
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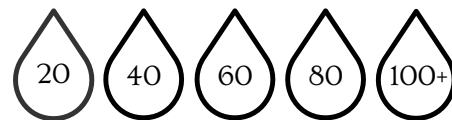
MOVEMENT



RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Sunday Devotional

SCRIPTURE

“The Lord is my light and my salvation—whom shall I fear?”

– Psalm 27:1

When God is your light and salvation, fear loses its power. Nothing has authority over you greater than Him.

Courage doesn't mean you never feel fear – it means you move forward in faith anyway.

God's presence makes you fearless.

With God as your light, you have nothing to fear.

PLAN

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HABITS

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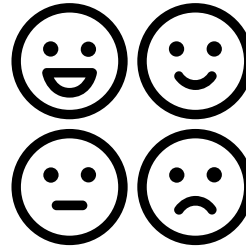
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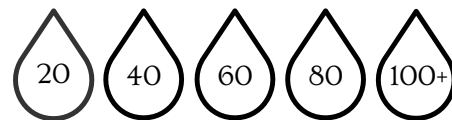
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RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

Week 4 Reflection

FROM REACTION TO INTENTION

“FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR, BUT OF POWER AND OF LOVE
AND OF A SOUND MIND.”

– 2 TIMOTHY 1:7

MY WINS THIS WEEK

THIS WEEK I EXPERIENCED PROGRESS IN

MY CHALLENGES THIS WEEK

A CHALLENGE I FACED WAS

THIS WEEK TAUGHT ME

WHERE I SAW GOD AT WORK

THIS WEEK I NOTICED GOD'S STRENGTH IN

ONE TIME I PAUSED INSTEAD OF
REACTING:

ONE AREA WHERE FEAR STILL
SHOWED UP:

ONE WAY I LEANED INTO GOD'S SPIRIT:

ONE INTENTION I'LL CARRY INTO
NEXT WEEK:

MOVEMENT THAT ENERGIZED ME:

REST THAT RENEWED ME:

