

WORDWEALTH DEVOTIONAL

**21-DAY MEDIA FAST** 

He must increase, but I must decrease. — John 3:30

### Introduction:

The Word Wealth reading plan is more than a tool—it's an invitation. An invitation to step away from the constant scroll, the alerts, the distractions and the noise. To put down your phone and pick up something far more eternal: the living Word of God.

For the next 21 days, we're fasting from media— not just to detach but to reconnect. To clear space in our minds and hearts for what matters most. To remember how to be still again. This isn't about checking a box or reaching a goal. It's about realignment. It's about anchoring yourself in truth and learning to hear His voice— not through another app, but in the quiet place where God still speaks.

Each day you'll reflect on a single word and verse— a simple prompt designed to lead you gently back to Him. You don't have to do this perfectly. You just have to show up with a willing heart. Because the world may be loud, but your soul was made for peace. And Jesus is ready to meet you in the stillness.

### What to Expect:

We live in a world where there's an app for everything, yet our souls are more distracted than ever. We've traded face-to-face connection for constant scrolling. Rest for noise. Presence for performance. But it hasn't made us more whole— it's made us more worn out.

The Word Wealth devotional and reading plan is designed to help us unplug from the world and reconnect with what truly matters: God, His Word, His creation and His people. For the next 21 days, we're choosing to step away from the digital world and return to rhythms we knew before technology took over. We're doing simple things again— writing Scripture by hand, going on walks, lingering in silence, creating with our hands and listening with our hearts. We're creating space for God to move.

Each day will focus on a single word rooted in Scripture— a word to help center your mind and guide your heart. You'll read a short devotional, meditate on a Bible verse and be invited into a simple screen-free activity. These words aren't just to be read— they're meant to be remembered, tucked deep into your heart. To help with that, you'll also find practical guidance on how to memorize Scripture. This journey isn't about perfection. It's about presence. It's about waking up to what's real again. Less of me. More of Him.

### Every day, you'll find:

#### A Word of the Day

A single word grounded in Scripture to help center your thoughts and help you recall the verse.

#### A Bible Verse

One carefully chosen verse that connects to that word—ideal for memorizing, meditating and applying.

#### A Short Devotional Thought

A few gentle words to help you breathe deep, shift your focus and draw near to God.

#### A Memorize the Verse Prompt

Simple encouragement to tuck God's Word in your heart—through repetition, writing or creative tools.

#### **A Screen-Free Activity**

A simple, tech-free idea to help you be fully present in the moments that matter—with the Lord, with loved ones and with your own heart.

### **01** Surrender

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. – Romans 12:1

Surrender is the starting point for spiritual renewal. It's not about giving up in defeat— it's about opening your hands in trust. When we surrender to God, we're saying, "I trust You more than I trust my own plans." It's not always easy, but it's always worth it. True rest comes when we release control and allow the Lord to lead.

#### Today, ask yourself:

What am I still gripping tightly that God is inviting me to lay down?

#### Memorize the Verse

Write Romans 12:1 by hand. Tape it to your mirror, tuck it in your Bible or place it in your car. Let it stay with you today.

#### **Screen-Free Activity**

Take a quiet moment to write a note to God. Be honest with Him—what are you surrendering in this season? What have you been holding onto that needs to released? When you're done, fold it and place it somewhere meaningful— your Bible, a journal or a drawer. Let it be your offering. A simple act that says, "this is yours now, God.

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Dear Heavenly Father,

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### 02 Decrease He must increase, but I must decrease. – John 3:30

These words from John aren't just a statement of humility they're a roadmap for real discipleship. Following Jesus means learning to step back, to quiet the ego, to live with less self and more Savior. This isn't about disappearing— it's about making space for something greater.

#### Today, ask the Holy Spirit to show you:

What needs to decrease in me so that Christ can increase?

#### Memorize the Verse

Say John 3:30 aloud 3–5 times today. Then write it down and keep it w here you'll see it often— your bathroom mirror, coffee station or your nightstand. Let it interrupt your usual rhythm.

#### **Screen-Free Activity**

Declutter something small. Choose one drawer, one folder or one corner of your home and simplify it. As you do, say aloud: "He must increase, I must decrease." Let your hands reflect what your heart is praying.

### 03 Abide Abide in me, and I in

Abide in me, and I in you. As the branch cannot bear fruit by itself unless it abides in the vine, neither can you, unless you abide in me." – John 15:4

Abiding isn't about doing more—it's about staying close. Jesus invites us to remain with Him the way a branch remains connected to the vine. Not occasionally. Not only when we feel strong... but always. When we abide, we don't force fruit— we bear it naturally because His life flows through us.

Abiding looks like inviting Jesus into the ordinary. When you make your coffee, talk to Him. When you fold laundry, worship Him. When your mind wanders, bring it back to Him —not in guilt, but in grace. You don't need to chase God down. You only need to remain where He already is—with you. Amen!

#### Let this be your prayer today:

Jesus, I want to remain in You.

#### **Memorize the Verse**

Write John 15:4 slowly & thoughtfully. Underline the phrase that stands out most to you. Ask the Lord to make it alive in your heart today.

#### **Screen-Free Activity**

Take a walk with Jesus. No phone. No earbuds. Just you and the Lord. Talk to Him as you go. Let your steps become prayers and your silence become a place He speaks.

### **04** Stillness

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

Stillness can feel foreign in a world addicted to motion. We're trained to respond, to produce, to scroll and to fill the silence. But stillness is where we hear Him. It's where the soul exhales. God rarely shouts over the noise and we rarely slow down to listen.

Stillness is more than the absence of movement; it's the presence of peace. It's permission to pause. To stop reaching. To stop fixing. To simply be with God. Not performing. Not proving. Just present.

Being still isn't about doing nothing— it's about doing one thing: knowing that He is God. Letting Him take up space. Letting your spirit settle in His sovereignty. In your stillness today, let God remind you that He is near.

#### Ask yourself:

What does stillness reveal about the condition of my heart?

#### Memorize the Verse

Write Psalm 46:10 below. Repeat it slowly, letting each phrase sink in: "Be still..." "...and know..." "...that I am God."

#### **Screen-Free Activity**

Find a quiet spot and do nothing for five full minutes. No music. No distractions. No plans. Just sit. Breathe. Be. Let the silence be a sacred invitation to simply be with God.

# 05 Trust

Trust in the Lord with all your heart and lean not on your own understanding." – Proverbs 3:5

Trust isn't tested when life makes sense—it's tested when it doesn't. God doesn't ask us to understand everything. He asks us to trust Him in everything. And that kind of trust often begins where our understanding ends.

Trust is letting go of the need to have all the answers. It's saying, "Even if I don't see the path clearly, I trust the One who's leading me."

Sometimes, the bravest thing you can do is stop overthinking and start believing again. God sees more than you do. He's not confused. He's not distant. He's not late. He's trustworthy.

#### Ask yourself:

What area of your life are you still trying to control? Can you hand it back to Him— even if it's just for today?

#### Memorize the Verse

Write Proverbs 3:5 below. Circle the phrase that challenges you the most— "with all your heart" or "lean not on your own understanding"? Spend time meditating on that part today.

#### **Screen-Free Activity**

Write a "trust list." List 3 things that feel uncertain or out of your control. Then write "God, I trust You with this" beside each one. Tuck the list in your Bible or prayer journal as a reminder to release what you cannot carry alone.

#### Example:

Marriage or relationship struggles

God, I trust You with this

## 06 Listen

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.' – Isaiah 30:21

To love God is to listen to Him. And to listen is to obey. Jesus said, "If you love Me, you will keep My commands." (John 14:15) That means obedience isn't legalism— it's love in action. But how can we obey a voice we're not listening for? In a world of noise, it's easy to live on autopilot scrolling, reacting and rushing from one thing to the next. But love slows down. Love pays attention. God isn't hiding. He's speaking through Scripture, through gentle conviction, through peace that interrupts our anxiety and even through silence that invites us deeper. If you've been walking closely with Him, keep going. If you've been drifting, don't stay distant. The God who speaks is also the God who restores. He doesn't need perfect people. He's looking for willing hearts, hearts that listen and respond.

#### **Pray:**

"Father, tune my heart to Your voice and help me obey what You say because I love You."

#### Memorize the Verse

Write Isaiah 30:21 below. Underline the phrase: "This is the way; walk in it." Let it guide your steps today as you practice listening and responding.

#### **Screen-Free Activity**

Turn off all background noise for 30 minutes. No music, no podcasts, no TV. Let silence fill the space. Invite the Lord into it. Carry a journal nearby— He may whisper something worth writing down.

## 07 Receive

For from His fullness we have all received, grace upon grace. – John 1:16

Sometimes we're so busy doing for God that we forget how to simply receive from Him. We try to earn what He's already given. We strive for worth, love, and peace—when they've been freely poured out from the beginning. Many of us live like we have something to prove to God. We subconsciously seek to be "good enough," to make-up for our mistakes but God doesn't love you because of what you do— He loves you because of who He is. He's not withholding. He's not waiting for you to get it all together. He gives from His fullness—again and again. Grace upon grace, amen! To receive simply means to stop resisting. It means letting God be generous. Letting Him speak life over you, even when you feel unworthy. Letting His grace soften the places where you've been hard on yourself. You don't have to prove anything. You don't have to hustle for what's already yours. Open your heart and receive.

#### **Pray:**

"God, help me to stop striving and receive what You've already given me—grace upon grace."

#### Memorize the Verse

Write out John 1:16 slowly. Pause on the phrase "grace upon grace." Say it out loud every time you catch yourself trying to earn God's love.

#### **Screen-Free Activity**

Take a short walk outside without your phone. Breathe deeply. Let the sun, the breeze or the sound of nature remind you: God is generous with beauty, with life and with His presence. Let Him meet you as you walk and receive.

## **08** Yield

Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to Him as an instrument of righteousness. — Romans 6:13

Yielding to God isn't just a one-time act—it's a daily choice to let Him lead. Each day, we offer ourselves to something— our desires, distractions or fears. But God invites us to offer ourselves to Him: every part, every moment, every motive. Yielding doesn't mean disappearing. It means aligning. It's not weakness—it's worship. It's saying, "Not my will, but Yours," and choosing to trust Him with the outcome. When we yield, we trade control for peace. We stop striving and start walking with the One who leads with love. You've already been brought from death to life. Now offer that life back to Him not out of duty but out of love.

#### Ask yourself:

Is there any area of my life I've been holding back from God? What would it look like to fully yield it to Him today?

#### Memorize the Verse

Write Romans 6:13 in your journal or on a piece of paper. Circle the phrase: "offer every part of yourself to Him." Let that become your quiet prayer throughout the day.

#### **Screen-Free Activity**

Choose one part of your routine to yield to God today. Maybe it's your morning, your commute, your lunch break or even your bedtime. Turn off your phone during that time and ask: "Lord, how can I give this moment to You fully?"

## 09 Restore

He restores my soul. He leads me in paths of righteousness for His name's sake. – Psalm 23:3

Life wears us down—physically, emotionally, spiritually. But God doesn't just notice your exhaustion. He meets you in it. He's not a taskmaster demanding more effort. He's a Shepherd who slows you down, leads you beside still waters and gently restores your soul. Restoration is not earned. It's not something you unlock by doing everything right. It's a gift. A sacred exchange that happens when we choose to stop striving and start resting in Him. You don't need to fix yourself first. You don't have to muster up the strength you don't have. You simply need to return to the One who restores you—faithfully, patiently, completely. He's not far. He's right here, offering rest.

#### Ask yourself:

What parts of me feel depleted right now? Where might God be inviting me to be restored?

#### Memorize the Verse

Take a moment today to say Psalm 23:3 out loud. Linger on the words: "He restores my soul." Let that phrase settle in and carry you through the day.

#### **Screen-Free Activity**

Find a quiet, comfortable place to sit—away from distractions. Close your eyes. Rest your head. Take a few deep breaths. Let your body be still and your heart soften. You don't have to say much. Just be with Him. Let Him restore what's been worn thin.

# 10 Obey

"If you love Me, keep My commands." - John 14:15

Obedience isn't about control. It's about love. Jesus didn't say, "If you're afraid of Me, obey Me." He said, "If you love Me, keep My commands." We obey not to earn His love but because we've been loved beyond measure. It's a response not a requirement. And yet obedience costs us something. It often means letting go of what's convenient, popular or easy. It asks for humility. For trust. For surrender. But what we gain is far greater: Peace. Closeness. Purpose. Freedom. Obedience draws us into deeper intimacy with God because the more we walk in His ways, the more we walk in step with His heart.

#### Ask yourself:

Is there anything God has asked you to do that you've been resisting?

#### Memorize the Verse

Write John 14:15 below. Then say it aloud each time you begin a task today. Let love be the reason you obey.

#### **Screen-Free Activity**

Clean out a space today—your car, a junk drawer, your purse, a shelf. As you remove what doesn't belong, ask God to help you clear out anything in your heart that's standing in the way of obedience.

### 111 Humble yourselves before the Lord, and He will lift you up. – James 4:10

Humility is not thinking less of yourself— it's thinking of yourself less. It's choosing to take the lower place not out of shame but out of trust in the One who sees you. In a world obsessed with self-promotion and being right, humility looks like radical surrender. It looks like listening before speaking, repenting quickly, and honoring others even when it costs you. God doesn't humiliate— He honors humility. He draws near to the lowly and lifts them in due time. Humility doesn't weaken you; it frees you. It makes space for God to move because you're no longer filling the room with yourself.

#### Ask yourself today:

Where might pride be closing me off from God's presence and what would humility look like in that place?

#### Memorize the Verse

Say James 4:10 out loud today. Focus on the words: "He will lift you up." Let them remind you that God always honors the heart that bows low.

#### **Screen-Free Activity**

Do a quiet act of service for someone without telling them. Fold their laundry, clean up after dinner, write an encouraging note or pray for them. Let humility show up in love, not just words.

## 12 Refocus

Let us fix our eyes on Jesus, the author & perfecter of our faith.. – Hebrews 12:2

We don't usually set out to drift— we just get distracted. One moment we're focused on Jesus and the next we're buried in noise, urgency and endless scrolling. But faith grows where focus lives. Refocusing isn't about guilt. It's about grace. It's choosing to lift your eyes again— to see Jesus more clearly than the chaos around you.

Whatever is competing for your attention today, pause and ask: Is this drawing me closer to Him or pulling me away?

You don't have to fix everything—just fix your eyes.

#### Pray:

"Jesus, help me to refocus on You. Quiet the noise inside and around me so I can see You clearly."

#### **Memorize the Verse**

Speak Hebrews 12:2 aloud. Focus on the phrase: "Fix our eyes on Jesus." Let it refocus your heart anytime your thoughts start to drift.

#### **Screen-Free Activity**

Declutter one physical space—your nightstand, desk or kitchen table. Do it slowly and prayerfully. Let the physical clearing make room for spiritual clarity too.

### **13** Remember

I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. – Psalm 77:11

Sometimes the most powerful thing you can do for your faith is simply... remember. When life feels uncertain or heavy, it's easy to forget what God has already done. We start to doubt, drift and disconnect. But remembering roots us again.

Look back. Where has God been faithful? Where did He carry you, speak to you, surprise you, forgive you?

Your story is full of moments that prove He's been near. Call them to mind. Let your memory stir up your trust. God's past faithfulness is evidence of His present nearness.

#### Ask yourself:

What's one time I clearly saw God move in my life? How can remembering that renew my faith today?

#### Memorize the Verse

Say Psalm 77:11 aloud today. Focus on the words: "I will remember." Let them guide your heart back to the God who's never left.

#### **Screen-Free Activity**

Pull out an old journal, photo album or keepsake box—without using your phone. Spend time looking through it slowly. Let the memories remind you of where God has brought you. Then, take a moment to share one of those memories with someone. Talk about His goodness. Let gratitude lead the conversation.

### **14** Repent

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord. – Acts 3:19

Repentance isn't about shame. It's about freedom. It's not God trying to make you feel bad— it's Him inviting you to come home. To turn from what's weighing you down and return to what restores your soul. True repentance isn't just saying sorry. It's a change of direction— turning away from sin and back toward the heart of God. And the result is refreshing! A clean slate. A clear conscience. A softened heart. The Father is always ready to receive you, not with crossed arms but with open ones.

#### Pray:

"God, show me where I've strayed. I want to turn back to You— fully, honestly and with a heart that's ready to change."

#### **Memorize the Verse**

Speak Acts 3:19 aloud. Focus on the words: "times of refreshing may come." Let that promise remind you why repentance is a gift.

#### **Screen-Free Activity**

Go for a short walk alone without your phone. Ask God to bring to light anything you need to turn from. Let the walk become a quiet return step by step—into His grace.

### 15 Pray Pray without ceasing. – 1 Thessalonians 5:17

Prayer isn't about saying the right words—it's about staying close to the right Person. You don't need a perfect script. You just need a willing heart. Prayer is how we breathe spiritually. It keeps us connected, grounded and awake to God's presence. It's not reserved for quiet rooms or holy moments—it belongs in the middle of real life. In the car, at the sink, in the grocery store, while folding clothes— He's with you. Prayer is conversation, not performance. It's reaching for Him in the middle of the ordinary and finding He's already there.

#### Ask yourself:

What part(s) of my everyday life can become a place of prayer?

#### **Memorize the Verse**

Say 1 Thessalonians 5:17 aloud a few times today. Let the phrase "Pray without ceasing" stay with you like breath—gentle and constant.

#### **Screen-Free Activity**

Choose a simple, hands-on task today—like folding laundry, snapping green beans, doing dishes, or taking a quiet walk and turn it into a time of prayer. Talk to God while you work. Thank Him, ask Him, listen to Him. Let prayer become part of your rhythm, not just your routine.

# 16 Seek

You will seek Me and find Me when you seek Me with all your heart. – Jeremiah 29:13

God isn't hiding from you—He's waiting for you. He wants to be found, not just noticed in passing. But seeking takes intention. It means turning your attention, your time and your heart fully toward Him. We seek a hundred things every day: answers, approval, comfort and success. But only One satisfies. To seek God is to desire Him more than what He can give. It's to hunger for His presence above quick fixes and temporary peace. It's to run after Him like He's the treasure because He is. And the promise? You'll find Him.

#### Pray:

"God, I want to seek You with all my heart. Help me to let go of anything that competes for my attention."

#### Memorize the Verse

Write Jeremiah 29:13 below. As you write, speak the words aloud. Let them settle into your mind and heart as a prayer.

#### **Screen-Free Activity**

Hide a small object somewhere in your home or yard, then invite a friend, child or spouse to find it. As they search, think about the joy and energy that come with seeking. Let it remind you that God wants to be found and He delights in revealing Himself to you. Amen!

### **17** Rejoice

Rejoice in the Lord always. I will say it again: Rejoice! - Philippians 4:4

Joy isn't something we wait to feel, it's something we choose to practice. Paul wrote these words from prison, not at a party. Rejoicing isn't just about happy circumstances. It's about anchoring your heart in a faithful God who never changes. To rejoice is to return to joy again and again. It's not about pretending everything is okay. It's about pausing long enough to remember that God is good even still. He is near. He hasn't changed. True rejoicing comes from returning to what's unshakably good—even when life isn't. Rejoicing is an act of resistance in a weary world. It says, "My hope isn't based on what I see— it's based on who He is." And He is good! Amen.

#### Ask yourself:

What can I rejoice in today—not because everything is easy, but because God is still good?

#### Memorize the Verse

Write the verse below. Say it out loud as you do and let it shape the posture of your heart.

#### **Screen-Free Activity**

Make a short list of 4 things that bring you joy— then go do one of them. It could be baking, walking, singing, playing a board game or sitting in the sun. Let it be a small celebration of the joy God offers you.



# 18

### Wait

But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. – Isaiah 40:31

Waiting can feel like silence, like nothing is happening. But often, it's in the waiting that God is doing His deepest work. He uses it to prepare us, purify our motives and stretch our faith. Waiting reveals what we truly believe about God whether we trust His heart even when we can't trace His hand. The delay isn't denial. And the pause isn't punishment. God moves at the pace of love, not pressure. If you're in a season of waiting, you're not forgotten—you're being formed. And He loves you so.

#### Ask yourself:

Where in your life is God inviting you to stop striving and start trusting? Write about it below.

#### Memorize the Verse

Speak Isaiah 40:31 aloud as you sip or walk today. Let its rhythm remind you: God strengthens those who wait on Him.

#### **Screen-Free Activity**

Make a cup of tea or coffee and sit with it in complete stillness until you finish it. No phone, no multitasking. Use that time to practice waiting and invite God into the quiet.

### **19** Cling My soul clings to You

My soul clings to You; Your right hand upholds me. – Psalm 63:8

To cling to God is to choose dependence on the One who holds everything together. It's not weakness—it's wisdom. It's recognizing that no matter how strong or capable we are, we were never meant to carry life alone. It's choosing to stay close when life is loud. It's grabbing hold of truth when lies try to pull you under. It's trusting that His presence is stronger than your pressure. Clinging isn't about fear—it's about faith. And the more we cling to Him, the more we realize He's the one holding us all along.

#### Ask yourself:

What are you clinging to right now? Is it bringing you peace or pulling you away from God?

#### Memorize the Verse

Say Psalm 63:8 aloud a few times today. Let the words "My soul clings to You" echo in your heart as a prayer of trust.

#### **Screen-Free Activity**

Stand barefoot on solid ground—on your porch, in the dirt, or in the grass—and breathe deeply. Feel the strength beneath your feet. Let it remind you that God is your steady foundation— the One you can cling to no matter what shakes around you.

# 20 Rest

Come to Me, all you who are weary and burdened, and I will give you rest. – Matthew 11:28

Rest is more than sleep. It's a sacred surrender—a laying down of what we carry so we can receive what only God can give. Jesus doesn't say, "Come to Me and I'll give you more to do." He says, "Come to Me, and I will give you rest." Not escape. Not distraction but rest. Rest for your soul. Rest that restores your mind, slows your breath, and reminds your heart: You're not in charge. You're not alone. You're not meant to live on empty. When you rest in Him, you remember: He's strong enough to carry what you've been holding.

#### Ask yourself:

What have you been carrying that you need to lay down today?

#### Memorize the Verse

Whisper Matthew 11:28 as a breath prayer throughout the day. "Come to Me... I will give you rest." Let that truth become your place of peace.

#### **Screen-Free Activity**

Search for a soft instrumental worship playlist on your phone—then press play and put your phone face down. Sit or lie down in a quiet space and let the music fill the room, not your mind. Let it lead you into stillness. No scrolling, no multitasking. Just breathe, listen and be with God for 10–20 minutes. This isn't about doing something. It's about letting yourself be undone in His peace.

# 21 Dwell One thing I ask from

One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek Him in His temple. – Psalm 27:4

We weren't made to just visit God on Sundays. We were made to dwell—to live daily, deeply and consistently in His presence. Dwelling with God isn't about being perfect. It's about being present. It's about setting your heart's home in Him—through joy and sorrow, through clarity and confusion. It's about keeping company with the One who never leaves. David didn't ask for success, safety, or even answers. He asked for God. "To dwell… to gaze… to seek." That's the posture of someone who's tasted and seen God's goodness and refuses to settle for anything less.

#### Ask yourself:

What does it look like to dwell in God's presence—not just today but in the days ahead?

#### Memorize the Verse

Choose one phrase from Psalm 27:4 to carry with you. Write it on a sticky note or index card and place it where you'll see it daily. Let it remind you: You have a place in God's presence—and He wants you to stay.

#### **Screen-Free Activity**

Create a space in your home where you can intentionally dwell with God. This could be a chair by a window, a corner with a blanket and Bible or even a spot outside. Make it a place you return to not out of duty but delight.

### The Journey Doesn't End Here

You've quieted the noise. You've pressed into His Word. You've made space for His voice, His presence and His leading. This wasn't just a fast from media. It was a fast for something greater — for stillness, for healing, for clarity and for more of Him.

And while the 21 days are over, the invitation still stands: Dwell. Remain. Abide. Keep coming back to the place where peace is real and truth is alive. You may not have done every day perfectly. That's okay. God wasn't asking for perfection— just your time. So pause here. Breathe deep. Thank Him for what He's done in you. And ask Him to keep doing it, every day forward.

As you return to your normal rhythms, may they not be normal anymore. May they be filled with awareness, with intention and with His peace. May the Word you've hidden in your heart become the light that guides your steps. You were made to dwell with God. And how sweet it is to know He delights to dwell with you too.

### Closing Prayer

Dear Heavenly Father,

Thank You for meeting me in the quiet. Thank You for being faithful to speak even when the world is loud. Teach me to keep choosing stillness. To keep coming back. To cling to You, to walk with You and to dwell in Your presence all the days of my life. Let this not be the end, but a new beginning.

In Jesus' name, Amen.

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