

30 DAY **Challenge** **JOURNAL FOR CHRISTIAN WOMEN**

Whispers Of Grace

ONE DAY AT A TIME

What we constantly think about, we attract to us and we find ourselves being drawn to that same thing. Good or bad, this principle or law is at work in all of our lives.

Establishing a 30-day challenge will empower you in so many ways, in your spiritual, mental and physical growth.



- We have each been given the gift of time.
- After our soul, time is the most valuable thing we have.
- What we do with the time we have been given is our responsibility.

How do you Spend your Time?

Like money we can spend time, but unlike money time cannot be stored up or saved. We cannot save or set aside time for a rainy day. Rather, each moment is right NOW so will you spend it wisely or waste it?

How we invest today will determine our tomorrows. The choices we make today will either be adding value to or stealing from our tomorrows.

Time, spent or invested in meditating on God's Word, and communing with him is never wasted. It's the greatest investment for your future, which provides the greatest dividend ever thought of.

God is able to do exceeding abundantly more than we can ask or even imagine. When the doctor gives a prescription it is usually for a course, for example, take 2 tables twice a day for 14 days and finish the course.

A 30 Day Challenge is a great way to set your life on a new course.



Recently I read that the majority of people have not read an entire book since they have left school. Many buy books with great intentions but never even get around to starting them, never mind finishing them. Some just flick quickly through and try to get the gist, saying “I’m not a great reader or I can’t concentrate!”

The brain is an organ just like the heart, it needs to be kept healthy and active. Just like we can’t feed our bodies’ junk food all the time and expect to have a healthy heart. We can’t feed our minds junk and expect to have a healthy brain. So it is a good thing to train your brain by forming good daily habits.

My Personal Testimony

After a back injury I knew I needed to rest, but with some gentle movement. I felt my upper body strength weaken and my legs also seemed very weak. I knew I needed to begin walking again.

To start with, I was only able to walk for 10 minutes. Yet I thought I have to start somewhere.

I set myself a challenge to walk 10 minutes; using the timer on my phone to measure how far I was walking, in those 10 minutes, each day, I was able to go a little bit further day by day. Then I increased the time and as I did the distance began to increase automatically.

I was achieving more and more in the same amount of time. I was still much slower than normal but I was improving. Some days were more painful than others, but my focus was on the time not the pain.

There came a time when I felt, Lord, I am ready for more improvement, I need your help to speed up this recovery. I thought I have been hindered for a whole year – NOW – it is time for breakthrough. I had even wondered and asked God “Why am I not completely healed, even after a year?” as I had received many healings before in shorter times.

I woke up one morning and my spirit was crying out “Lord, give me a prescription”. I immediately understood that I had been doing everything I knew to do, from past experiences BUT now was time for a new revelation.

I continued to ask God for his prescription regarding this healing. He answered my prayer.

You can find my book
“Breaking Limitations
One Day at a Time”
at www.whispers-of-grace.uk

Ask and you shall receive

A few nights later, I woke around 5am with an urgency to pray about a friend and their situation and once I had finished praying I heard – Audrey Go and read Proverbs 3 from the Amplified Bible. As I began to read it – like a fire being stirred up – it opened up to me. I knew this is my new prescription.

So, every morning alongside my usual meditation I added Proverbs 3. I read it, studied it, and wrote it, broke it down and began to digest it. I applied the 30-day Challenge and was determined to take this every morning like I would any prescription. I medicated on it, I talked about it and it was working. I set my goal to walk and also a change in my diet.

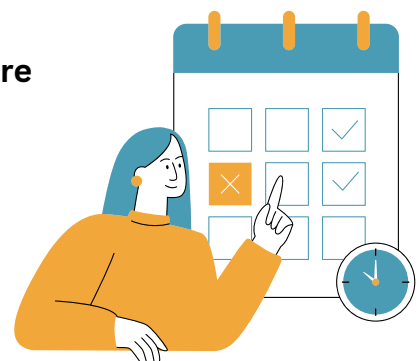
One Monday morning, on the second week my husband suggested going for a walk. We had not been for a walk together for over a year, because I was too slow, but without thinking – I said “yes, let’s go!”

I walked and talked the whole time about what God was revealing to me from Proverbs 3. When we arrived back at the car my husband said “Look, you never slowed down or struggled once – even on the hill” and joked that he didn’t have to wait for me even once. We even went for another walk that afternoon.

I can’t explain, how, but I can tell you that his Word was working in me mightily. My focus had shifted from what I couldn’t do, to what I could do.

I can only tell you the results. All Praise and Glory to our God – who gives us strength!

With the Peace of God, we can achieve so much more



The most difficult tasks can be achieved with such ease when we have the Peace of God.

We can work hard or we can work smart and with the wisdom of God – we will work smart.

Some people have trained themselves that the only way to get anything accomplished is by hard work and stress. Thinking the more time they put into something the more they will get the job done. They may get the job done but at what cost?

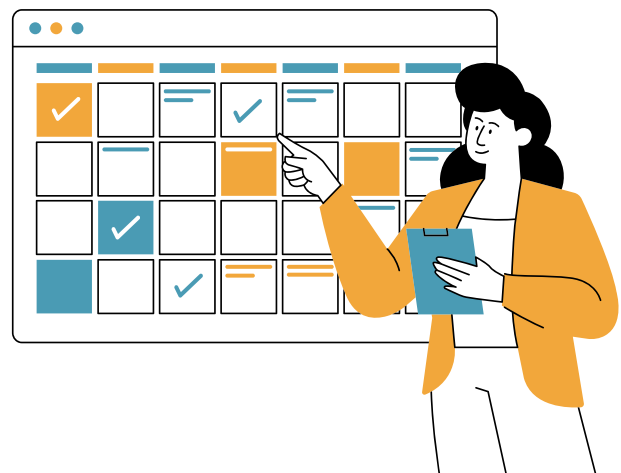
Has it cost them, loss of sleep, loss of friendships, and loss of time with family and or loss of health?

STOP – PAUSE – THINK

Are you sick and tired of stress?

Are you exhausted mentally and physically?

DO YOU NEED A PRESCRIPTION FROM YOUR HEAVENLY FATHER?



There is a more excellent way according to scriptures like these

Isaiah 26 v 3 (AMP)

“You will keep in perfect and constant peace the one whose mind is steadfast [that is, committed and focused on You—in both inclination and character], Because he trusts and takes refuge in You [with hope and confident expectation].

Matthew 6 v 25 (NIV)

Jesus taught “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes”

Matthew 6 v 27 (AMP)

And who of you by worrying can add one hour to [the length of] his life?

John 14 v 26-27 (NIV)

But the Advocate, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have told you. Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled; do not be afraid.

Philippians 4 v 6-7 (AMP)

Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God.



The 1st Rule of a 30 Day Challenge is that you must do it for 30 days in a row.

The first time I set myself this challenge it took me a total of 48 days to complete it. Simply, because I had not disciplined myself to keep to anything consistently. I was allowing situations and other people to influence and dictate my actions and my time.

So, if you break it one day - go back to day 1. I have allowed a few extra days just in case.

By following a set plan, and writing down your goals each day, helps to keep you focused and disciplined. It seems a small action BUT it is very powerful.

The 2nd Rule - STAY BALANCED - you must choose 1 challenge in each these 3 areas:-

- Spiritual
- Mental
- Physical



I suggest keeping it simple to begin with. Consistency is the Key.

For example, Something physical could be making your bed every morning before you leave your bedroom.



For women it is very tempting to get our girlfriends to join us in a new venture. We like to talk about our plans and what we are doing. BUT I highly recommend, that you do this for yourself by yourself.

This is not that you can't tell your best friend what you are doing. But try to keep this as personal as possible. Think of it as a secret diary.

It is always better, to wait until someone asks " You have been looking great recently what have you been doing?" than trying to explain yourself before you have achieved any results.

STOP – PAUSE – THINK

Before you throw yourself into your 30 days, take the time to STOP and ask the Holy Spirit to show you what you really need.

Is there something you have been praying about but haven't seen any change?

PAUSE and THINK - what do I want to achieve?

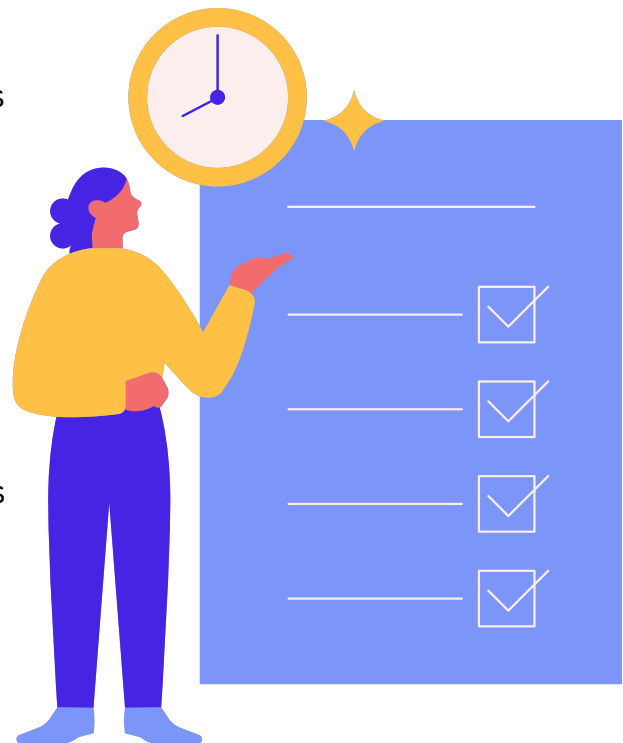
NOTHING CHANGES UNTIL WE CHANGE

It is amazing how small changes can cause a ripple effect that causes the BIG changes.

Our spiritual growth is knowledge dependant. Encountering God in a personal and intimate way through His Word and by the power of his Holy Spirit.

Ask the Holy Spirit to give you a verse or verses. Write these out each day, pray them and meditate upon them.

Remember, we are a Spirit, we have a Soul and we live in a Body. This means that we can pray from morning to night but there are somethings that we have to put into practice, in order for our prayers to be answered.



GIVE YOUR FAITH ACTION

Use it or loose it.

After I had injured my back, I knew I was losing strength in my legs and arms, because I wasn't as active as I had been before. I had to give my faith action by starting to walk. At first it wasn't easy, but I had set myself to walk for 10mins. That wasn't very much, and I didn't get very far, but it was a start and it was all I needed.

So set yourself a goal to DO some kind of physical exercise. No matter how small it may seem. Start at your own level. You will surprise yourself.



Walking is great for your mental health as well as your physical health.

But choose something just for your mind. Maybe reading a book or writing a book.

One of the greatest things for your mind is meditation and journaling.

Do you know your Life's Purpose?

This is a good place to begin. As you are writing your scripture, setting your daily goals, allow the Holy Spirit to inspire your thoughts.

It is good to write your thoughts down. At first, you might not recognise the voice of the Holy Spirit, but as you keep setting the time aside to be still, to listen and to be open - you will come to know His voice more and more.

EACH DAY

1. Write out your scripture verse.
2. Write out your daily goals.
3. Write your thoughts for that day.



Daily Habit No. 1 -

of people who know their destiny and purpose

THEY ARE INTENTIONAL ABOUT HOW THEY BEGIN THEIR DAY

People with purpose don't just roll out of bed and hope for the best. They begin each day with a clear intention, often through meditation, journaling, or simply taking a few moments to visualize their goals. This practice helps them stay focused and aligned with their purpose throughout the day.

SEE this action as having a road map or a compass for your daily journey, and you will always be moving in the right direction.

Always talk to God - before talking to men!

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

Space for Creativity
(Doodles, Illustration, Text,etc)

[illegible]

HOW DID YOU DO YESTERDAY?



Daily Habit No. 2 - of people who know their destiny and purpose

THEY LOOK AFTER THEMSELVES

People of purpose understand that they can't pour from an empty cup. They make time for activities that nourish their body, mind, and soul, whether it's exercise, reading, or enjoying nature.

This isn't selfish; it's necessary for pursuing their purpose. By taking care of themselves, they ensure they have the energy and clarity to tackle their most important work. Having plenty of energy and excitement for life that will overflow to others.

Remember you can't give what you don't have!

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

Space for Creativity
(Doodles, Illustration, Text,etc)

[illegible]

HOW DID YOU DO YESTERDAY?



Daily Habit No. 3 - of people who know their destiny and purpose

People of purpose love to learn.

People who've found their purpose are often voracious learners. They read, take courses, and seek out new experiences that broaden their perspective.

This habit of lifelong learning keeps them growing and evolving in their purpose. They understand that the world is constantly changing, and staying relevant means staying curious and open to new ideas.

Remember what Jesus said "Come unto me, all who are weary and I will give you rest, take my yoke upon you and LEARN ALL ABOUT ME..."

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

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(Doodles, Illustration, Text,etc)

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 4 -
of people who know their destiny and purpose

People of purpose stay in an attitude of gratitude.

They take time to appreciate what they have and the progress they've made, rather than constantly chasing the next big thing. This practice grounds them in the present and helps maintain a positive outlook.

It is good to give thanks to the LORD, to sing praises to the Most High Psalm
92 v 1

DAY _____

Date: _____

My Daily Verse

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 5 -

of people who know their destiny and purpose

People of purpose surround themselves with positive and like minded people.

People of purpose carefully choose and protect their social circle. They're drawn to relationships with people who inspire, challenge, and support them. They understand that who you spend time with influences who you become. These relationships provide encouragement, accountability, and sometimes the necessary reality checks to keep them on track.

As iron sharpens iron, so a friend sharpens a friend. Proverbs 27 v 17 NLT

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 6 -
of people who know their destiny and purpose

People of purpose set and review their goals regularly.

Goal-setting isn't just a New Year's resolution; it's a regular practice. They set short-term and long-term goals aligned with their purpose and review them frequently. This habit helps them stay focused and measure their progress. It also allows them to adjust their course when necessary, ensuring they're always moving towards their ultimate vision.

DAY _____

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 7 -

of people who know their destiny and purpose

People of purpose create time for reflection.

Reflection is a crucial habit for maintaining clarity of purpose. They regularly take time to think deeply about their actions, decisions, and experiences. This might involve journaling, meditation, or simply sitting quietly with their thoughts. Through reflection, they gain insights that help refine their path and deepen their understanding of their purpose.

DAY _____

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 8 - of people who know their destiny and purpose

People of purpose do everything with intention.

Being present in the moment is a key habit of purposeful people. They strive to be fully engaged in whatever they're doing, whether it's work, conversation, or leisure. This intention helps them find meaning in everyday experiences and stay connected to their purpose. It also helps them manage stress and maintain balance in their lives.

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

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(Doodles, Illustration, Text,etc)

[illegible]

HOW DID YOU DO YESTERDAY?



Daily Habit No. 9 -
of people who know their destiny and purpose

People of purpose step out in faith.

People who've found their purpose aren't afraid to step out of their comfort zone. They understand that growth often requires taking risks. However, these aren't reckless leaps; they're calculated moves based on careful consideration. This willingness to take smart risks allows them to seize opportunities that align with their purpose and push their boundaries.

DAY _____

Date: _____

My Daily Verse

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 10 -
of people who know their destiny and purpose

People of purpose are givers.

Service is a key component of a purposeful life. These people make a habit of giving back, whether through volunteering, mentoring, or simply helping people in their daily lives. This habit of service not only makes a positive impact on the world but also reinforces their sense of purpose and connection to something larger than themselves.

DAY _____

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HOW DID YOU DO YESTERDAY?

**Have you kept to each day
or have you had to start again?**

DAY _____

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 1 -

of people who know their destiny and purpose
DON'T DO

People of purpose DON'T compare themselves with others.

No two paths are identical, and just because yours takes some different twists and turns doesn't mean it won't turn out to be equally as amazing as someone else. Focus on yourself rather than what everyone else is doing.

FIND YOUR LANE AND STAY IN IT!

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

Space for Creativity
(Doodles, Illustration, Text,etc)

[illegible]

HOW DID YOU DO YESTERDAY?



Daily Habit No. 2 -

of people who know their destiny and purpose
DON'T DO

People of purpose DON'T hold unto the past - they let it go.

Everyone makes mistakes, but dwelling on what has happened won't accomplish anything but making you feel rubbish and holding you back in life. Accept that you're human and that you'll mess up sometimes. Learn the lessons your mistakes can teach you, vow to do better in the future, and move on. You'll be much happier.

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 3 -

of people who know their destiny and purpose

DON'T DO

People of purpose DON'T talk badly to themselves about themselves.

The way you talk to yourself matters. If you're constantly putting yourself down or focusing on your flaws, it's no wonder you feel like a failure. If you wouldn't talk to your friends (or let anyone else talk to your friends) the way you talk to yourself, it's clear there's a problem here.

Find out what God says about you and agree with him. He is never wrong!

DAY _____

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My Daily Verse

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 4 -

of people who know their destiny and purpose
DON'T DO

People of purpose DON'T set unrealistic expectations.

Setting the bar too high can set you up for disappointment. That's not to say that you should underestimate yourself or not shoot for the stars, but you should break things down into more manageable and realistic chunks so that you're not expecting yourself to go from zero to 100 overnight – and feeling devastated when it doesn't happen.

The same rule applies to others. Don't set unrealistic or high expectations on others around you.

Be graceful to others as God has been graceful to you!

DAY _____

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 5 -

of people who know their destiny and purpose
DON'T DO

People of purpose DON'T expect other people to validate and reassure them all the time.

Your worth doesn't depend on anyone else's approval, and the sooner you realise that, the happier you'll be. Relying on everyone else to make you feel good about your life and your choices is only going to make you feel insecure when it doesn't come.

Knowing that we are forgiven and accepted by our Heavenly Father, sets us free to find our true identity.

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 6 -

of people who know their destiny and purpose
DON'T DO

People of purpose DON'T procrastinate.

Procrastination might stave off anxiety in the immediate, but it only makes you feel guilty, ashamed, and stuck in the end. If you know what you want, start putting together a concrete plan of how to get there, and then get going. Even the smallest bit of progress is better than none at all.

DAY _____

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 7 -

of people who know their destiny and purpose
DON'T DO

People of purpose DON'T focus on what they don't have and appreciate what they do have.

Recognising how blessed you are to have so many wonderful things/people in your life makes you realise that you're not doing so bad, after all. It's hard to feel like a failure when you consider all the abundance in your life.

Remember to count your blessings and name them one by one.

DAY _____

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 8 - of people who know their destiny and purpose **DON'T DO**

People of purpose DON'T surround themselves with negative people.

The company (inner circle/close friends) you keep can have a massive impact on your mental health. If you're surrounded by people who constantly complain, criticise, or bring you down, it's time to re-evaluate those relationships. Surround yourself with positive and supportive people.

You'll be shocked at what a difference it makes to your mindset.

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

Space for Creativity
(Doodles, Illustration, Text,etc)

[illegible]

HOW DID YOU DO YESTERDAY?



Daily Habit No. 9 -

of people who know their destiny and purpose
DON'T DO

People of purpose DON'T see failure AS A FAILURE but as the learning opportunity it actually is.

Failure is not the opposite of success; it's a vital step on the way there. There's literally no one at the top of their field who didn't hear 'no' more than a few times along the way. Don't see a single closed door as the end of the road — learn and improve from your failures, then use them to propel you forward.

DAY _____

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HOW DID YOU DO YESTERDAY?



Daily Habit No. 10 -

of people who know their destiny and purpose
DON'T DO

People of purpose DON'T look for perfection, BUT ARE focused on progress instead.

Perfection is an illusion — it literally doesn't exist, and insisting on it will just leave you frustrated, anxious, and feeling like nothing you do is ever good enough. Focus on progress, not perfection. Celebrate your wins, no matter how small, and acknowledge the effort you're putting in.

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

Space for Creativity
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[illegible]

HOW DID YOU DO YESTERDAY?

DAY _____

Date: _____

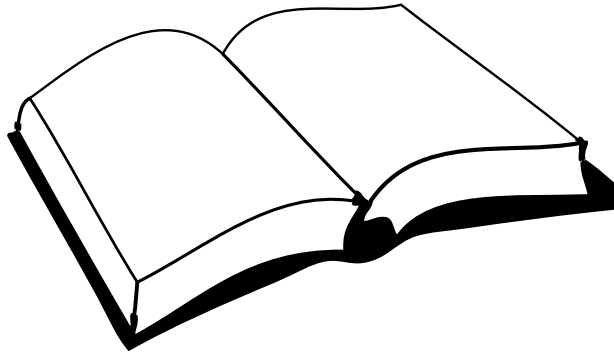
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HOW DID YOU DO YESTERDAY?



Psalm 135:3

Hallelujah, for the LORD is good; sing praises to His name, for it is lovely.

Psalm 147:1

Hallelujah! How good it is to sing praises to our God, for praise is pleasant and lovely.

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

Space for Creativity
(Doodles, Illustration, Text,etc)

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HOW DID YOU DO YESTERDAY?

Colossians 4:6 ESV / 16

***Let your speech always be gracious, seasoned with salt, so that you
may know how you ought to answer each person.***

DAY _____

Date: _____

My Daily Verse

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HOW DID YOU DO YESTERDAY?

Ephesians 5:15-21 ESV

15 Look carefully then how you walk, not as unwise but as wise, 16 making the best use of the time, because the days are evil. 17 Therefore do not be foolish, but understand what the will of the Lord is. 18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, 19 addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, 20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another out of reverence for Christ.

DAY _____

Date: _____

My Daily Verse

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HOW DID YOU DO YESTERDAY?

Proverbs 3:5-7 ESV

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil.

DAY _____

Date: _____

My Daily Verse

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Space for Creativity
(Doodles, Illustration, Text,etc)

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HOW DID YOU DO YESTERDAY?

Proverbs 4:7 ESV

The beginning of wisdom is this: Get wisdom, and whatever you get, get insight.

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

Space for Creativity
(Doodles, Illustration, Text,etc)

[illegible]

HOW DID YOU DO YESTERDAY?

Proverbs 2:1-9 ESV

My son, if you receive my words and treasure up my commandments with you, making your ear attentive to wisdom and inclining your heart to understanding; yes, if you call out for insight and raise your voice for understanding, if you seek it like silver and search for it as for hidden treasures, then you will understand the fear of the Lord and find the knowledge of God. ...

DAY _____

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Space for Creativity
(Doodles, Illustration, Text,etc)

[illegible]

HOW DID YOU DO YESTERDAY?

COLOUR YOUR WORLD

Remember even on a cloudy and dark day the sun is still shining.
Everything may appear grey and dull but the colour is still there.



DAY _____

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My Goals and Intention:

Space for Creativity
(Doodles, Illustration, Text,etc)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

HOW DID YOU DO YESTERDAY?

Proverbs 1:5

*A wise man will hear and increase in learning,
And a man of understanding will acquire wise counsel,*

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

Space for Creativity
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HOW DID YOU DO YESTERDAY?

Download this month's
FREE EBOOK AT
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DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

Space for Creativity
(Doodles, Illustration, Text,etc)

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HOW DID YOU DO YESTERDAY?

Proverbs 24:5
A wise man is strong,
And a man of knowledge increases power.

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

Space for Creativity
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HOW DID YOU DO YESTERDAY?

James 1:5

But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him.

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

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HOW DID YOU DO YESTERDAY?

Proverbs 12:15

**The way of a fool is right in his own eyes,
But a wise man is he who listens to counsel.**

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

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HOW DID YOU DO YESTERDAY?

2 Timothy 3:16

**All Scripture is inspired by God and profitable for teaching, for
reproof, for correction, for training in righteousness;**

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

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HOW DID YOU DO YESTERDAY?

Proverbs 19:20

**Listen to counsel and accept discipline,
That you may be wise the rest of your days.**

DAY _____

Date: _____

My Daily Verse

My Goals and Intention:

Space for Creativity
(Doodles, Illustration, Text,etc)

[illegible]

About the Author

I have been a born again spirit filled Child of God for many years. I can testify to so many amazing healings and experiences that I have encountered through the knowledge of God's presence, his Word and his Spirit. My passion is to share what God has done for me and to encourage others to find that same freedom from religion, fear and every other chain that limits them.

I believe that God has a good plan and purpose for every person. God sent you to this earth on purpose with a purpose.

You do not decide that purpose but you must discover it.



Find out more at
www.youtube.com/@whispersofgrace

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Our Aim is to teach and share the principles of God's Word and Truth that make us free and empowers us to experience his purpose in our lives.

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Beauty in Brokenness

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