

PREPARING YOUR TEAM

DAY 1 - TRUSTING GOD'S
GUIDANCE IN BUILDING
YOUR SUPPORT SYSTEM

***"TRUST IN THE LORD WITH ALL YOUR HEART
AND LEAN NOT ON YOUR OWN
UNDERSTANDING; IN ALL YOUR WAYS SUBMIT
TO HIM, AND HE WILL MAKE YOUR PATHS
STRAIGHT." - PROVERBS 3:5-6***

**IN LIFE'S TOUGHEST MOMENTS, ESPECIALLY
WHEN FACING HEALTH CHALLENGES, WE'RE
OFTEN MET WITH DECISIONS THAT FEEL
WEIGHTY AND UNCERTAIN. WHO WILL WALK
WITH US THROUGH THIS JOURNEY? HOW WILL
WE FIND THE RIGHT SUPPORT? PROVERBS 3:5-6
CALLS US TO LEAN FULLY ON GOD, TRUSTING
HIM TO GUIDE US, EVEN IN CHOOSING THE
PEOPLE WHO WILL STAND BY US. TRUSTING IN
GOD MEANS SURRENDERING NOT ONLY OUR
FEARS AND DOUBTS BUT ALSO OUR NEED TO
CONTROL EVERY DETAIL, TRUSTING THAT HE
SEES AND KNOWS WHAT WE NEED MORE THAN
WE DO.**



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SELECTING THE RIGHT TEAM OF SUPPORT ISN'T JUST ABOUT CREDENTIALS OR EXPERTISE. IT'S ABOUT FINDING PEOPLE WHO RESONATE WITH YOUR HEART, WHO BRING COMFORT, COMPASSION, AND GENUINE UNDERSTANDING. THEY ARE INDIVIDUALS WHO REMIND YOU THAT YOU'RE NOT ALONE. AS YOU NAVIGATE THIS SEASON, REMEMBER THAT GOD IS WITH YOU, READY TO LEAD YOU TO THE PEOPLE WHO WILL BE SOURCES OF STRENGTH, ENCOURAGEMENT, AND LOVE.

PERHAPS YOU ALREADY HAVE PEOPLE WHO HAVE BEEN LIFELINES IN TIMES OF DIFFICULTY. OR MAYBE YOU'RE STILL SEARCHING FOR THOSE WHO WILL WALK ALONGSIDE YOU. EITHER WAY, THIS JOURNEY IS AN INVITATION TO PLACE EVERY DECISION IN GOD'S HANDS, ASKING HIM TO LEAD YOU TO THE RIGHT INDIVIDUALS WHO REFLECT HIS LOVE AND CARE. SEEK ADVICE FROM OTHERS WHO HAVE FACED SIMILAR CHALLENGES, AS THEY CAN BE INVALUABLE GUIDES. PRAY FOR DISCERNMENT AND PEACE, TRUSTING THAT GOD WILL BRING THE RIGHT PEOPLE INTO YOUR LIFE TO HELP YOU THROUGH THIS TIME.

REFLECT ON THESE QUESTIONS:

WHO ARE THE PEOPLE YOU KNOW YOU CAN LEAN ON IN TIMES OF TROUBLE? WHAT QUALITIES DO THEY EMBODY THAT BRING YOU PEACE AND CONFIDENCE?



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**ARE THERE AREAS WHERE YOU FEEL LACKING
IN SUPPORT, OR PERHAPS OVERWHELMED
BY UNCERTAINTY?**

**HOW CAN YOU INTENTIONALLY SEEK GOD'S
GUIDANCE, LETTING HIM LEAD YOU TO THOSE
WHO WILL OFFER GENUINE,
STEADFAST SUPPORT?**

**TODAY, SURRENDER YOUR DECISIONS TO GOD,
ASKING HIM FOR CLARITY AND INSIGHT AS YOU
BUILD A TEAM AROUND YOU. TRUST THAT HE
WILL LEAD YOU TO PEOPLE WHO WILL HELP
YOU CARRY THE LOAD WITH COMPASSION
AND STRENGTH.**

STATEMENT TO REMEMBER:

**IN EVERY STEP, GOD'S WISDOM AND
GUIDANCE ARE THE FOUNDATION FOR
BUILDING A TEAM OF TRUE SUPPORT.**

PRAYER:

**FATHER, THANK YOU FOR BEING MY GUIDE
AND MY STRENGTH. HELP ME TO FULLY TRUST
IN YOUR WISDOM AS I MAKE DECISIONS ABOUT
THOSE WHO WILL WALK ALONGSIDE ME. OPEN
MY EYES TO THE RIGHT PEOPLE, AND GIVE ME
PEACE IN THE PROCESS. SURROUND ME WITH
THOSE WHO WILL LIFT ME UP AND REFLECT
YOUR LOVE. AMEN.**



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PREPARING YOUR TEAM

DAY 2 - SEEKING DIVINE WISDOM IN UNCERTAIN TIMES

"IF ANY OF YOU LACKS WISDOM, YOU SHOULD ASK GOD, WHO GIVES GENEROUSLY TO ALL WITHOUT FINDING FAULT, AND IT WILL BE GIVEN TO YOU." - JAMES 1:5

UNCERTAINTY OFTEN FLOODS OUR MINDS WHEN WE FACE MAJOR LIFE DECISIONS. THE FUTURE FEELS UNCLEAR, AND QUESTIONS MOUNT ABOUT WHAT STEPS TO TAKE AND WHOM TO RELY ON. BUT IN MOMENTS LIKE THESE, JAMES 1:5 REMINDS US TO TURN TO GOD AS THE SOURCE OF ALL WISDOM. HE'S NOT ONLY WILLING TO GIVE US THE CLARITY WE SEEK BUT ALSO OFFERS IT GENEROUSLY AND WITHOUT HESITATION. GOD IS READY TO POUR HIS INSIGHT INTO OUR LIVES, TO LIGHT OUR PATH WITH HIS DIVINE UNDERSTANDING.



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CHOOSING THE PEOPLE WHO WILL SUPPORT YOU ON YOUR JOURNEY IS ONE OF THOSE SIGNIFICANT DECISIONS WHERE WISDOM IS VITAL. IT'S NOT JUST ABOUT FINDING COMPETENT INDIVIDUALS BUT THOSE WHOSE CARE AND COMPASSION REFLECT GOD'S HEART FOR YOU. AS YOU BUILD THIS SUPPORT NETWORK, CONSIDER SEEKING WISDOM FROM THOSE WHO HAVE WALKED SIMILAR ROADS. THEIR EXPERIENCES, INSIGHTS, AND ENCOURAGEMENT CAN OFFER YOU PERSPECTIVES THAT ONLY COME FROM LIVED EXPERIENCE. THROUGH PRAYER, ACTIVELY INVITE GOD'S GUIDANCE AS YOU NAVIGATE EACH DECISION. TRUST THAT HE WILL LEAD YOU TO THE INDIVIDUALS WHO WILL ENCOURAGE AND UPLIFT YOU AS YOU WALK THROUGH THIS SEASON.

THINK ABOUT PAST SITUATIONS WHERE YOU SOUGHT WISDOM AND FOUND GOD GUIDING YOU IN UNEXPECTED YET PERFECT WAYS. HIS VOICE MAY COME AS A QUIET CONVICTION, AN UNEXPECTED ANSWER, OR EVEN THROUGH THE ADVICE OF SOMEONE WHO'S BEEN PLACED IN YOUR LIFE FOR SUCH A TIME AS THIS.

REFLECT ON THESE QUESTIONS:

ARE THERE DECISIONS RIGHT NOW THAT FEEL OVERWHELMING? HAVE YOU ASKED GOD TO GRANT YOU WISDOM IN NAVIGATING THEM?



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WHO IN YOUR LIFE MIGHT OFFER WISE COUNSEL, ESPECIALLY THOSE WHO HAVE FACED SIMILAR EXPERIENCES?

HOW HAS GOD GUIDED YOU IN PREVIOUS DECISIONS, AND WHAT REASSURANCE DOES THIS GIVE YOU NOW?

TODAY, TAKE TIME TO PRAY FOR WISDOM IN YOUR CHOICES AND FOR A HEART OPEN TO GOD'S GUIDANCE. TRUST THAT AS YOU SEEK HIS INSIGHT, HE WILL PROVIDE CLARITY, PEACE, AND THE PEOPLE YOU NEED BY YOUR SIDE.

STATEMENT TO REMEMBER:

WHEN WE SEEK GOD'S WISDOM, HE GRACIOUSLY LIGHTS OUR PATH, GUIDING US TOWARD THOSE WHO WILL SUPPORT US BEST.

PRAYER:

LORD, THANK YOU FOR YOUR PROMISE TO GIVE WISDOM FREELY WHEN I ASK. AS I FACE IMPORTANT CHOICES, PLEASE ILLUMINATE THE PATH AND GUIDE ME TO THOSE WHO WILL TRULY CARE FOR AND SUPPORT ME. HELP ME TO TRUST YOUR INSIGHTS AND TO FIND PEACE IN YOUR PLANS. AMEN.



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DAY 3 - FINDING PEACE IN PRAYER AND CONNECTION

"DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS." - PHILIPPIANS 4:6-7

FACING UNCERTAINTY CAN BE OVERWHELMING, AND IT'S NATURAL TO FEEL ANXIETY CREEPING IN. PHILIPPIANS 4:6-7 OFFERS US A PRECIOUS INVITATION: RATHER THAN BEARING THIS BURDEN ALONE, WE'RE ENCOURAGED TO BRING EVERYTHING—EVERY WORRY, HOPE, AND NEED—TO GOD IN PRAYER. HE PROMISES US PEACE THAT SURPASSES UNDERSTANDING, A CALM THAT STEADIES US EVEN WHEN LIFE FEELS OUT OF CONTROL.



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AS YOU SEEK THE RIGHT TEAM FOR YOUR JOURNEY, REMEMBER THAT YOU DON'T HAVE TO CARRY THIS WEIGHT ALONE. INVITE YOUR LOVED ONES AND SUPPORTERS TO JOIN YOU IN PRAYER. THERE IS SOMETHING POWERFUL ABOUT UNITING WITH OTHERS BEFORE GOD, ALLOWING THEM TO SHARE IN BOTH YOUR BURDENS AND YOUR HOPES. LEANING ON YOUR SUPPORT NETWORK THIS WAY BRINGS YOU CLOSER, FOSTERING A DEEPER BOND AND OPENING THE DOOR FOR GOD'S PEACE TO WORK AMONG YOU.

COMMUNICATION WITH YOUR TEAM GOES BEYOND SIMPLY TELLING THEM WHAT YOU NEED—IT'S ALSO ABOUT LISTENING AND ALLOWING SPACE FOR UNDERSTANDING. SHARE YOUR CONCERNS, HOPES, AND EXPECTATIONS OPENLY WITH YOUR CAREGIVERS. LETTING THEM KNOW YOUR FEARS AND ANXIETIES HELPS THEM TO BETTER SUPPORT YOU, AND IT BUILDS A FOUNDATION OF TRUST AND MUTUAL RESPECT. THIS OPENNESS CREATES A MEANINGFUL CONNECTION, HELPING BOTH YOU AND YOUR TEAM TO WORK IN HARMONY AS YOU NAVIGATE THIS JOURNEY TOGETHER.

REFLECT ON THESE QUESTIONS:

ARE THERE SPECIFIC ANXIETIES WEIGHING ON YOU RIGHT NOW? HAVE YOU BROUGHT THESE TO GOD AND ASKED FOR HIS PEACE?



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HOW CAN YOU USE PRAYER TO STRENGTHEN THE RELATIONSHIPS WITH THOSE SUPPORTING YOU IN THIS JOURNEY?

HAVE YOU TAKEN THE TIME TO CLEARLY COMMUNICATE YOUR NEEDS AND CONCERNS WITH YOUR CAREGIVERS? HOW MIGHT THIS DEEPEN YOUR BOND?

TODAY, INVITE GOD'S PEACE INTO YOUR HEART AND MIND. PRAY FOR THE COURAGE TO COMMUNICATE OPENLY AND TO TRUST THAT, AS YOU DO, HE IS WORKING THROUGH EACH RELATIONSHIP AND EVERY PRAYER.

STATEMENT TO REMEMBER:

GOD'S PEACE GUARDS OUR HEARTS WHEN WE SURRENDER OUR ANXIETIES TO HIM, CREATING SPACE FOR DEEPER CONNECTION AND SUPPORT.

PRAYER:

LORD, THANK YOU FOR THE GIFT OF PEACE THAT COMES FROM BRINGING MY WORRIES TO YOU. HELP ME TO COMMUNICATE MY NEEDS OPENLY AND TO LEAN ON THE SUPPORT YOU'VE PLACED AROUND ME. GIVE ME THE COURAGE TO TRUST YOU WITH EVERY DETAIL, AND LET YOUR PEACE FILL MY HEART. AMEN.



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PREPARING YOUR TEAM

DAY 4 - EMBRACING GOD'S CARE THROUGH COMMUNITY

"CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU." - 1 PETER 5:7

LIFE'S CHALLENGES OFTEN BRING US FACE-TO-FACE WITH ANXIETIES THAT CAN FEEL ALL-CONSUMING. YET, 1 PETER 5:7 REMINDS US OF A BEAUTIFUL TRUTH: WE CAN CAST EVERY WORRY, EVERY FEAR, AND EVERY QUESTION ONTO GOD BECAUSE HE GENUINELY CARES FOR US. GOD'S LOVE IS NOT DISTANT BUT DEEPLY PERSONAL, REACHING INTO THE MOST PAINFUL AND UNCERTAIN MOMENTS OF OUR LIVES. YOUR SUPPORT TEAM IS A TANGIBLE EXTENSION OF THAT DIVINE CARE. WHEN YOU ALLOW OTHERS TO SHARE IN YOUR JOURNEY, YOU'RE OPENING YOURSELF TO THE LOVE AND SUPPORT GOD PROVIDES THROUGH COMMUNITY.



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IT'S TEMPTING TO SHOULDER BURDENS ALONE, BUT HEALING OFTEN REQUIRES THAT WE LEAN ON THOSE AROUND US. EACH PERSON ON YOUR TEAM OFFERS A UNIQUE PERSPECTIVE, ENCOURAGEMENT, OR SKILL, ALL WORKING TOGETHER TO REMIND YOU THAT YOU'RE NOT WALKING THIS PATH IN ISOLATION.

THINK OF YOUR SUPPORT NETWORK AS GOD'S WAY OF SURROUNDING YOU WITH HIS LOVE—PEOPLE WHO ARE THERE TO HOLD YOU UP WHEN YOU FEEL WEAK, TO LISTEN WHEN YOU NEED TO TALK, AND TO BE HIS HANDS AND FEET IN YOUR LIFE. REACHING OUT FOR HELP DOESN'T SHOW WEAKNESS; IT DEMONSTRATES STRENGTH, FAITH, AND TRUST IN THE WAY GOD HAS DESIGNED US TO LEAN ON ONE ANOTHER.

REFLECT ON THESE QUESTIONS:

HOW DO YOU CURRENTLY LEAN ON THOSE AROUND YOU, AND ARE THERE WAYS YOU COULD INVITE EVEN MORE SUPPORT?

ARE THERE BURDENS OR ANXIETIES YOU ARE HOLDING ONTO THAT NEED TO BE RELEASED TO GOD?

WHO IN YOUR LIFE HAS GOD PLACED TO BE A SOURCE OF COMFORT, STRENGTH, OR WISDOM IN THIS SEASON?



TODAY, PRAY FOR THE COURAGE TO RELEASE YOUR ANXIETIES TO GOD AND TO EMBRACE THE SUPPORT HE'S PLACED AROUND YOU. ASK FOR A HEART THAT'S OPEN TO RECEIVING LOVE AND HELP FROM THOSE HE'S PROVIDED, AND FOR EYES TO SEE HIS CARE REFLECTED THROUGH THEM.

STATEMENT TO REMEMBER:

GOD'S CARE OFTEN COMES THROUGH THE PEOPLE HE PLACES IN OUR LIVES; EMBRACING SUPPORT IS A WAY OF TRUSTING IN HIS LOVE.

PRAYER:

LORD, THANK YOU FOR CARING SO DEEPLY ABOUT ME. HELP ME TO CAST MY WORRIES ONTO YOU AND TO LEAN ON THE SUPPORT YOU'VE GIVEN THROUGH THOSE AROUND ME. GIVE ME THE COURAGE TO ASK FOR HELP AND THE WISDOM TO RECOGNIZE THOSE WHO ARE HERE TO WALK THIS JOURNEY WITH ME. AMEN.



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DAY 5 - FINDING STRENGTH IN GOD, OUR TRUE HELP

"I LIFT UP MY EYES TO THE MOUNTAINS—WHERE DOES MY HELP COME FROM? MY HELP COMES FROM THE LORD, THE MAKER OF HEAVEN AND EARTH." - PSALM 121:1-2

AS YOU REACH THE END OF THIS DEVOTIONAL JOURNEY, TAKE A MOMENT TO REFLECT ON THE PROFOUND TRUTH IN PSALM 121. IN TIMES OF UNCERTAINTY, FATIGUE, OR FEAR, OUR HELP ULTIMATELY COMES FROM GOD. HE IS UNCHANGING, UNSHAKEABLE, AND DEEPLY INVESTED IN OUR WELL-BEING. AS YOU CONTINUE TO ASSEMBLE YOUR SUPPORT TEAM, REMEMBER THAT GOD, WHO CREATED ALL THINGS, IS ALSO THE ONE GUIDING EACH CHOICE, EACH STEP, AND EACH RELATIONSHIP ON THIS JOURNEY.



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WITH EACH DECISION YOU MAKE AND EACH PERSON YOU INVITE INTO YOUR LIFE, YOU'RE BUILDING A TEAM WITH GOD AT THE CENTER—A FOUNDATION THAT WILL NOT FAIL. YOUR WILLINGNESS TO ALLOW OTHERS TO WALK ALONGSIDE YOU SPEAKS NOT ONLY OF HUMILITY AND TRUST BUT OF COURAGE. THIS ACT OF FAITH REMINDS THOSE AROUND YOU OF THE POWER OF COMMUNITY AND THE UNWAVERING HELP WE HAVE IN GOD. WHEN YOUR STEPS FEEL UNSTEADY, LOOK TO HIM AS YOUR STRENGTH, KNOWING THAT HE LEADS YOU WITH PURPOSE AND LOVE.

REFLECT ON THESE QUESTIONS:

HAS YOUR UNDERSTANDING OF “HELP” CHANGED DURING THIS JOURNEY, AND HOW HAS GOD SHOWN HIMSELF TO BE PRESENT IN YOUR LIFE?

ARE THERE ANY FINAL STEPS YOU NEED TO TAKE TO FEEL FULLY SUPPORTED?

HOW CAN YOU SHOW APPRECIATION TO THOSE WHO HAVE STOOD BY YOU, REFLECTING GOD'S LOVE AND FAITHFULNESS IN YOUR LIFE?



TODAY, PRAY FOR THE ABILITY TO RELY DEEPLY ON GOD AS YOUR ULTIMATE SOURCE OF STRENGTH. GIVE THANKS FOR EACH PERSON WHO HAS SUPPORTED YOU, AND ASK FOR WISDOM TO SHOW GRATITUDE IN MEANINGFUL WAYS.

STATEMENT TO REMEMBER:

TRUE HELP COMES FROM GOD, WHO WORKS THROUGH THE PEOPLE HE PLACES IN OUR LIVES, GUIDING US EACH STEP OF THE WAY.

PRAYER:

LORD, THANK YOU FOR BEING MY HELP, MY STRENGTH, AND MY GUIDE. I LIFT MY EYES TO YOU, KNOWING THAT EVERY GOOD GIFT, EVERY PERSON WHO STANDS WITH ME, COMES FROM YOUR HAND. HELP ME TO LEAN ON YOU FULLY AND TO EXPRESS GRATITUDE TO THOSE WHO HAVE SUPPORTED ME WITH LOVE AND CARE. AMEN.



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