

UNDERSTANDING YOUR DIAGNOSIS

DAY 1 - TRUSTING GOD'S PLAN IN UNSEEN WAYS

"AND WE KNOW THAT IN ALL THINGS GOD WORKS FOR THE GOOD OF THOSE WHO LOVE HIM, WHO HAVE BEEN CALLED ACCORDING TO HIS PURPOSE." - ROMANS 8:28

LIFE'S MOST CHALLENGING MOMENTS OFTEN LEAVE US QUESTIONING WHY WE FACE SUCH TRIALS, ESPECIALLY WHEN THEY FEEL UNFAIR OR OVERWHELMING. YET ROMANS 8:28 OFFERS US A PROFOUND ASSURANCE: GOD CAN TAKE EVEN THE MOST CHALLENGING CIRCUMSTANCES AND WEAVE THEM INTO SOMETHING BEAUTIFUL FOR OUR GOOD. THIS DOESN'T MEAN THAT OUR PAIN ISN'T REAL OR THAT OUR STRUGGLES AREN'T DIFFICULT, BUT IT DOES MEAN THAT GOD IS PRESENT, WORKING PURPOSEFULLY IN WAYS WE MAY NOT YET UNDERSTAND.

WHEN YOU'RE IN A SEASON OF HARDSHIP, LIKE BATTLING ILLNESS, FINDING PURPOSE IN THE PAIN CAN ANCHOR YOUR SOUL.



Cottonwood Creek
— CHURCH —

PERHAPS YOU'VE EXPERIENCED MOMENTS OF PEACE AMIDST THE CHAOS OR UNEXPECTED ENCOURAGEMENT FROM THOSE AROUND YOU. THESE ARE SIGNS OF GOD'S HAND AT WORK—REMINDEES THAT YOU'RE NOT ALONE AND THAT HIS PLAN IS STILL UNFOLDING, EVEN IN THE DARKEST TIMES.

REFLECT ON THESE QUESTIONS:

WHAT UNEXPECTED BLESSINGS OR SOURCES OF COMFORT HAVE COME YOUR WAY RECENTLY, EVEN DURING CHALLENGING TIMES?

HOW CAN YOU NURTURE A SPIRIT OF TRUST IN GOD, HOLDING HOPE WHEN THE PATH SEEMS UNCLEAR?

WHAT SPECIFIC STEPS CAN YOU TAKE TODAY TO ACKNOWLEDGE AND CELEBRATE THE WAYS GOD HAS ALREADY SHOWN UP IN YOUR JOURNEY?

TODAY, ASK GOD TO HELP YOU SEE GLIMPSES OF HIS GOODNESS, EVEN IN YOUR CURRENT CHALLENGES. PRAY FOR THE STRENGTH TO TRUST THAT HE'S AT WORK IN EVERY DETAIL, GUIDING YOU TOWARD A GREATER PURPOSE THAN ANY MOMENTARY STRUGGLE.



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STATEMENT TO REMEMBER:

**GOD IS ACTIVELY WORKING FOR OUR GOOD,
TRANSFORMING EVEN THE DARKEST MOMENTS
INTO BLESSINGS BEYOND WHAT WE CAN SEE.**

PRAYER:

**LORD, THANK YOU FOR WORKING EVERYTHING
TOGETHER FOR MY GOOD, EVEN WHEN I CAN'T
SEE THE COMPLETE PICTURE. HELP ME TO
TRUST IN YOUR PURPOSE AND TO FIND PEACE
IN KNOWING THAT YOU ARE WITH ME
THROUGH EVERY STEP. GIVE ME EYES TO SEE
THE BLESSINGS AROUND ME AND THE
COURAGE TO FACE EACH DAY WITH HOPE.
AMEN.**



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DAY 2 - RELEASING WORRY, EMBRACING PEACE

"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 MINDS IN CHRIST JESUS." - PHILIPPIANS 4:6-7

IN TIMES OF UNCERTAINTY, IT'S NATURAL TO FEEL WEIGHED DOWN BY WORRY. BUT PHILIPPIANS 4 REMINDS US THAT GOD INVITES US TO TURN OUR FEARS INTO PRAYERS, TO BRING EVERY ANXIOUS THOUGHT BEFORE HIM. WHEN WE PRAY, RELEASING OUR CONCERNS TO GOD, WE CREATE SPACE FOR HIS PEACE—A PEACE THAT STANDS AS A SHIELD, PROTECTING OUR HEARTS AND MINDS FROM BEING OVERWHELMED. THIS PEACE DOESN'T DEPEND ON PERFECT CIRCUMSTANCES; INSTEAD, IT FLOWS FROM TRUSTING IN A PERFECT GOD WHO LOVES US.



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HAVE YOU EVER NOTICED THAT YOUR WORRIES SEEM LIGHTER AFTER SPENDING TIME IN PRAYER? THIS IS GOD'S PROMISE AT WORK, GUIDING YOU TO A PLACE OF INNER CALM EVEN WHEN OUTER STORMS RAGE ON. PRAYER TRANSFORMS OUR PERSPECTIVE, REMINDING US WE DON'T FACE OUR CHALLENGES ALONE. THROUGH IT, WE CAN TAKE OUR EYES OFF THE FEAR AND FOCUS ON THE ONE WHO HOLDS EVERYTHING TOGETHER.

REFLECT ON THESE QUESTIONS:

HOW CAN YOU MAKE PRAYER A CENTRAL PART OF YOUR DAILY LIFE, EVEN DURING THE BUSIEST MOMENTS?

WHAT SPECIFIC FEARS OR WORRIES CAN YOU RELEASE TO GOD TODAY?

IN WHAT WAYS HAS PRAYER CHANGED YOUR OUTLOOK ON DIFFICULT SITUATIONS IN THE PAST?

TODAY, THANK GOD FOR THE PEACE HE FREELY OFFERS AND ASK FOR THE STRENGTH TO TRUST HIM WITH YOUR DEEPEST CONCERNS. LET HIS PEACE REPLACE YOUR WORRY, GROUNDING YOU IN HOPE AND RESILIENCE.



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STATEMENT TO REMEMBER:

**GOD'S PEACE IS A GIFT, GUARDING OUR
HEARTS AND MINDS WHEN WE RELEASE OUR
ANXIETIES TO HIM IN PRAYER.**

PRAYER:

**LORD, THANK YOU FOR INVITING ME TO COME
WITH ALL MY WORRIES AND FEARS. HELP ME
TO LET GO OF WHAT I CANNOT CONTROL AND
TRUST IN YOUR POWER AND LOVE. FILL MY
HEART WITH YOUR PEACE, AND GUIDE MY
THOUGHTS AS I WALK THROUGH TODAY WITH
FAITH INSTEAD OF FEAR. AMEN.**



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DAY 3 - EMBRACING YOUR WORTH

***"I PRAISE YOU BECAUSE I AM FEARFULLY AND
WONDERFULLY MADE; YOUR WORKS ARE
WONDERFUL, I KNOW THAT FULL WELL."
- PSALM 139:14***

**IT'S EASY TO QUESTION OUR VALUE OR
PURPOSE IN MOMENTS OF HARDSHIP,
ESPECIALLY DURING ILLNESS. YET, PSALM 139:14
SPEAKS A POWERFUL TRUTH: EACH OF US IS
CREATED WITH CARE, INTENTION, AND WORTH.
WHEN GOD FORMED YOU, HE KNEW EVERY
DETAIL, EVERY STRENGTH, AND EVERY UNIQUE
QUALITY THAT MAKES YOU WHO YOU ARE. YOU
ARE HIS MASTERPIECE, DESIGNED TO REFLECT
HIS LOVE AND PURPOSE—EVEN IN THE MOST
CHALLENGING SEASONS.**

**REFLECTING ON YOUR IDENTITY AS GOD'S
CREATION CAN PROVIDE A RENEWED SENSE OF
HOPE DURING TIMES OF SUFFERING. THINK
ABOUT THE QUALITIES AND STRENGTHS GOD
HAS INSTILLED IN YOU.**



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MAYBE HE HAS GIVEN YOU A RESILIENT SPIRIT, A COMPASSIONATE HEART, OR A FAITH THAT PERSEVERES. THESE ATTRIBUTES ARE NOT ONLY FOR YOUR JOURNEY BUT CAN ALSO SERVE AS A SOURCE OF ENCOURAGEMENT FOR OTHERS. YOUR LIFE, COURAGE, AND HOPE CAN REVEAL GOD'S LOVE TO THOSE AROUND YOU.

REFLECT ON THESE QUESTIONS:

WHAT GIFTS HAS GOD PLACED WITHIN YOU THAT CAN CARRY YOU THROUGH THIS JOURNEY?

HOW MIGHT YOUR STORY INSPIRE OTHERS FACING SIMILAR CHALLENGES?

WHAT DOES IT MEAN TO YOU TODAY TO BE "FEARFULLY AND WONDERFULLY MADE"?

TODAY, THANK GOD FOR CREATING YOU WITH PURPOSE AND ASK HIM TO HELP YOU SEE YOURSELF THROUGH HIS EYES—AS VALUED, LOVED, AND CRAFTED FOR HIS GLORY.

STATEMENT TO REMEMBER:

GOD MADE ME WITH CARE AND INTENTION; I AM HIS MASTERPIECE, WORTHY AND LOVED.

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PRAYER:

**LORD, THANK YOU FOR CREATING ME WITH
PURPOSE AND FOR KNOWING ME
COMPLETELY. HELP ME TO TRUST IN MY
WORTH AS YOUR CHILD, ESPECIALLY DURING
TIMES OF DOUBT. SHOW ME HOW TO USE THE
GIFTS YOU'VE PLACED IN ME TO FACE TODAY'S
CHALLENGES AND TO BE A LIGHT FOR
OTHERS. AMEN.**



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DAY 4 - RENEWED STRENGTH THROUGH HOPE

"BUT THOSE WHO HOPE IN THE LORD WILL RENEW THEIR STRENGTH. THEY WILL SOAR ON WINGS LIKE EAGLES; THEY WILL RUN AND NOT GROW WEARY, THEY WILL WALK AND NOT BE FAINT." - ISAIAH 40:31

WHEN LIFE'S TRIALS PRESS DOWN HEAVILY, IT'S NATURAL TO FEEL DRAINED AND WEARY. YET ISAIAH 40:31 OFFERS A POWERFUL REMINDER: THOSE WHO PLACE THEIR HOPE IN THE LORD WILL FIND RENEWED STRENGTH. GOD'S PROMISE IS ENDURANCE AND UPLIFT, WHERE OUR RELIANCE ON HIM TRANSFORMS OUR JOURNEY FROM EXHAUSTION TO ONE FILLED WITH RESILIENCE AND RENEWED HOPE.

CONSIDER HOW YOU MIGHT REINVIGORATE YOUR FAITH TODAY. THROUGH PRAYER, SCRIPTURE, OR THE SUPPORT OF FRIENDS AND LOVED ONES, YOU CAN SHIFT YOUR FOCUS BACK TO GOD'S ENDLESS POWER RATHER THAN YOUR LIMITATIONS.



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**WHEN WE LEAN INTO GOD'S STRENGTH, WE
BECOME GROUNDED AND CAPABLE,
EMPOWERED TO RISE ABOVE EVEN THE MOST
CHALLENGING SITUATIONS.**

REFLECT ON THESE QUESTIONS:

**WHAT DOES PLACING YOUR HOPE IN GOD
LOOK LIKE IN THIS SEASON OF LIFE?**

**HOW CAN YOU CULTIVATE INNER STRENGTH
THROUGH FAITH PRACTICES THAT
SUSTAIN YOU?**

**IN WHAT WAYS CAN COMMUNITY AND
SUPPORT SERVE AS A SOURCE OF RENEWAL?**

**THANK GOD FOR HIS PROMISE TO RESTORE
YOUR STRENGTH WHEN YOU TRUST HIM.**

STATEMENT TO REMEMBER:

**GOD IS MY STRENGTH AND SOURCE OF HOPE,
ENABLING ME TO RISE ABOVE
ANY CHALLENGES.**

PRAYER:

**LORD, I THANK YOU FOR YOUR PROMISE OF
STRENGTH AND ENDURANCE. HELP ME FULLY
PLACE MY HOPE IN YOU AND TRUST IN YOUR
POWER TO CARRY ME THROUGH. RENEW MY
SPIRIT AND UPLIFT MY HEART SO I MIGHT FACE
EACH DAY WITH COURAGE AND PEACE. AMEN.**



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DAY 5 - TRUSTING IN GOD'S PLAN FOR THE FUTURE

*"FOR I KNOW THE PLANS I HAVE FOR YOU,"
DECLARES THE LORD, "PLANS TO PROSPER YOU
AND NOT TO HARM YOU, PLANS TO GIVE YOU
HOPE AND A FUTURE." - JEREMIAH 29:11*

WHEN LIFE PRESENTS OBSTACLES OR WHEN OUR PATH SEEMS UNCLEAR, IT'S REASSURING TO KNOW THAT GOD HAS A PURPOSE FOR EACH OF US. JEREMIAH 29:11 REMINDS US THAT GOD'S PLANS ARE FILLED WITH HOPE AND A FUTURE, EVEN WHEN WE FACE STRUGGLES OR SEASONS OF UNCERTAINTY. IN HIM, WE FIND A DEEP-SEATED ASSURANCE THAT WE ARE NEVER ALONE AND THAT EVERY TWIST AND TURN IS PART OF A PURPOSEFUL, DIVINE STORY.

TAKE A MOMENT TODAY TO CONSIDER HOW GOD'S PROMISE OF HOPE HAS IMPACTED YOUR JOURNEY. ARE THERE AREAS IN YOUR LIFE WHERE YOU CAN LET GO AND TRUST HIS PLANS?



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EMBRACING GOD'S PURPOSE CAN FILL EACH DAY WITH RENEWED JOY AND CONFIDENCE, KNOWING THAT HE IS ORCHESTRATING EVERY DETAIL, WHETHER VISIBLE TO US OR NOT.

REFLECT ON THESE QUESTIONS:

WHAT ARE YOUR HOPES FOR THE FUTURE, EVEN AMIDST CURRENT CHALLENGES?

HOW DOES KNOWING GOD HAS A PURPOSE FOR YOUR LIFE INFLUENCE HOW YOU FACE TRIALS?

WHAT SMALL STEPS CAN YOU TAKE TO LEAN INTO GOD'S PLANS DAILY?

THANK GOD FOR HIS STEADFAST PLANS, HIS CARE, AND HIS PRESENCE IN EVERY SEASON.

STATEMENT TO REMEMBER:

GOD HAS PLANS FOR MY LIFE FILLED WITH HOPE AND PURPOSE, EVEN IN UNCERTAIN TIMES.

PRAYER:

LORD, THANK YOU FOR THE PROMISE OF HOPE AND A FUTURE. HELP ME TO LEAN ON YOUR PLANS FOR MY LIFE, TRUSTING THAT YOU ARE IN CONTROL. STRENGTHEN MY FAITH AND GUIDE ME TO FIND PURPOSE, EVEN IN DIFFICULT MOMENTS. AMEN.



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