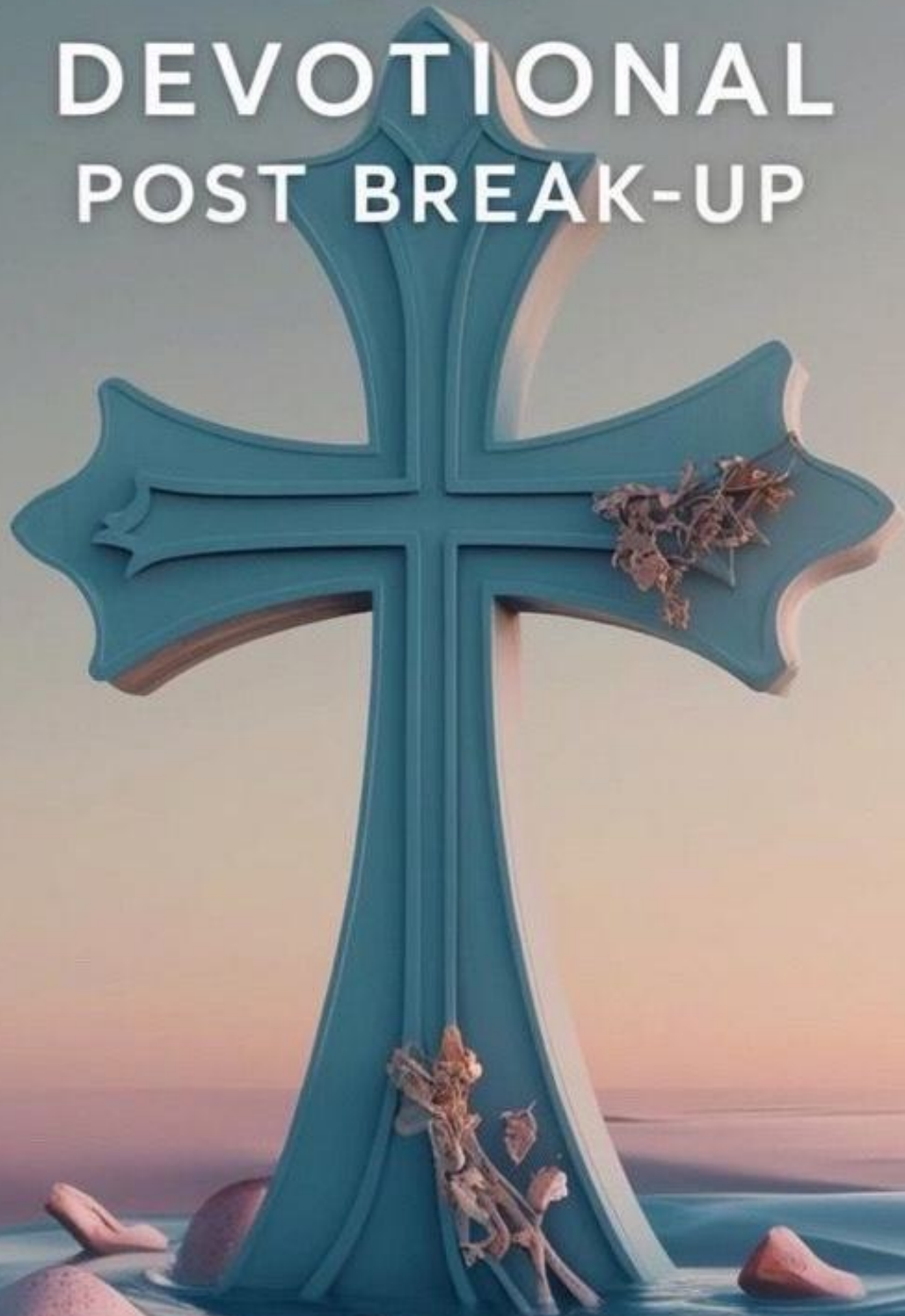


30 DAY DEVOTIONAL POST BREAK-UP



WITH LOVE
MELISA CERON GONZALEZ



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Published by Melisa Ceron Gonzalez

I N T R O D U C T I O N

Breaking up can be a deeply painful experience, leaving you feeling lost and overwhelmed. This devotional is designed to help you navigate through the emotional turmoil and find solace in your faith. Through prayer and reflection, you'll discover a path towards healing and renewed purpose.

Be encouraged to lean on God's wisdom and support as you work through your feelings. His love will guide you through this difficult time, helping you to rebuild your life and find joy once again.

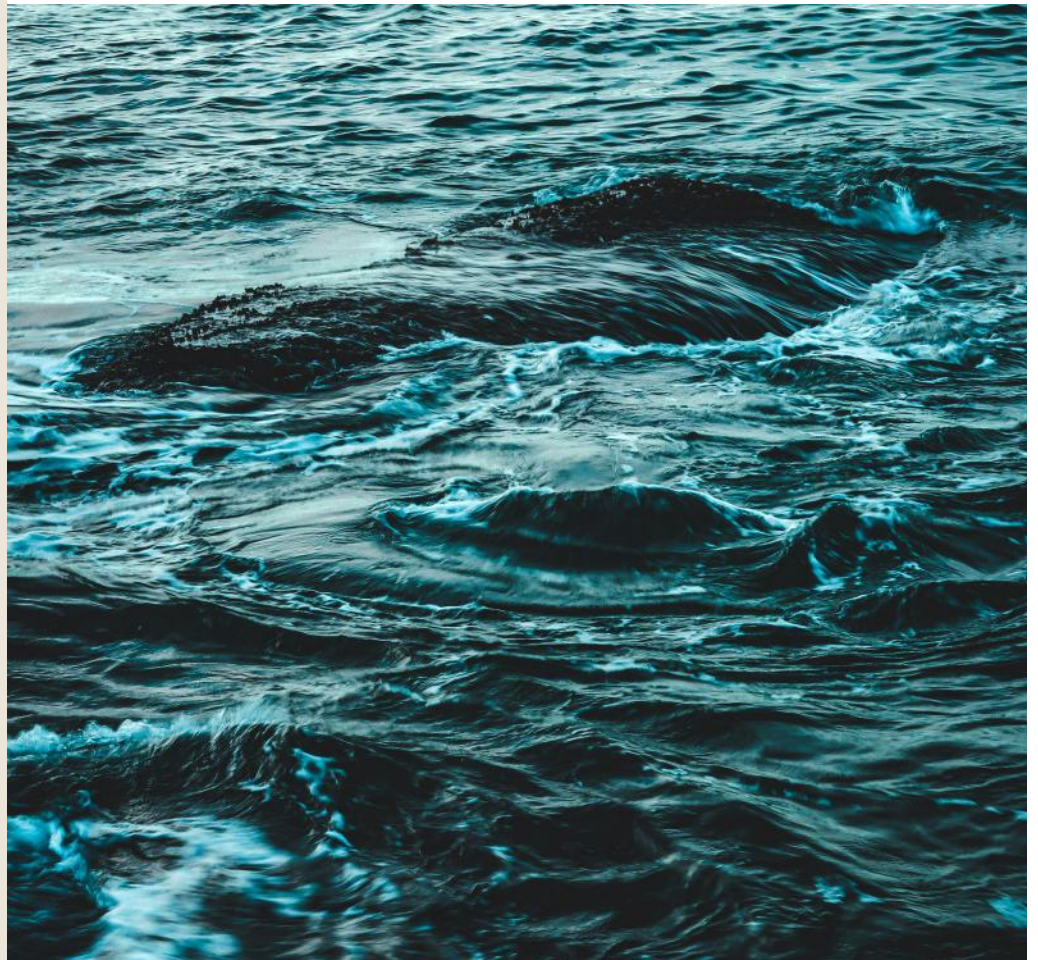



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YOU WERE
FEARFULLY &
WONDERFULLY
MADE

A circular graphic with a background of ocean waves under a sunset sky. The text is centered in a white circle.

MOVING ON &
NEXT STEPS



Letting Go, God's way



DAY 1

Deepening Your Relationship with God

Scripture:

"Draw near to God, and He will draw near to you."

— James 4:8

Reflection:

When relationships break, it's natural to feel isolated and abandoned. Yet, this is an opportunity to draw closer to the One who never leaves your side. Cultivating a deep, personal relationship with God is the cornerstone of healing. Devote time to prayer, meditation, and studying His Word. As you seek Him, He promises to meet you in your vulnerability and fill your heart with His peace. This intimacy with God is not only the source of true healing but also the foundation on which you can rebuild your identity.

Journal Prompts:

1. What practices help you feel closest to God?
2. How can you create a daily routine that prioritises time with the Lord?
3. What do you think it would feel like to experience God's presence or love? Are there moments in your life when you've longed for something greater—something beyond yourself—to guide or comfort you?

Prayer:

Heavenly Father, I long to be near You. In the midst of my heartache, I seek the comfort and intimacy that only You can provide. Draw me closer, Lord, and let me experience Your presence in a tangible way. Help me to quiet my mind and listen for Your voice, so that I may know Your peace and guidance. Teach me to lean on You daily, trusting that as I draw near, You will reveal the hope and healing I need. In Jesus' name, Amen.

DAY 2

The Importance Of Waiting

Scripture:

"Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!"
— Psalm 27:14

Reflection:

Waiting can be one of the most challenging aspects of healing. In the wake of a breakup, the impulse is to fill the void immediately—whether by distracting yourself, diving into another relationship, or simply wishing the pain would vanish. However, God invites you to see waiting as a sacred period of growth and refinement. In this season, rather than rushing into what feels comfortable, you are being prepared for a new beginning. God's perfect timing transforms waiting into an opportunity for strengthening your faith, building your character, and trusting that He is orchestrating something beautiful out of your pain.

Journal Prompts:

1. What emotions arise when you think about waiting on God instead of rushing into change?
2. Reflect on a past experience where not waiting led to heart ache. Did that change you?
3. What practical steps can you take today to embrace this season of waiting as a time of growth?

Prayer:

Heavenly Father, I confess that waiting is often so hard for me. My heart aches for immediate relief, yet I know that You have a purpose in every season of my life. Teach me to trust in Your timing, to be patient, and to allow my spirit to be refined by Your loving hands. Fill me with the courage to wait with hope rather than despair. May I see this period not as wasted time, but as a precious opportunity to grow closer to You. Help me to surrender my desire for quick fixes and to embrace Your perfect plan. In Jesus' name, Amen.

DAY 3

S i n D o e s n ' t H e a l

Scripture:

"Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body."
— 1 Corinthians 6:18

Reflection:

In the aftermath of a breakup, the temptation to seek comfort in physical intimacy can be strong. Yet, God's Word reminds us that seeking healing through sin only deepens our pain and distances us from His love. True healing comes from the restoration of your heart through a personal relationship with Him. Your body is a temple of the Holy Spirit, and each choice you make should honor that sacred gift. When you choose purity over temporary satisfaction, you are inviting God's healing power to mend your heart in ways that fleeting pleasures never could.

Journal Prompts:

1. In what ways have you tried to numb your pain through physical or emotional shortcuts?
2. How does the truth that your body is a temple of the Holy Spirit change your perspective on intimacy?
3. What are some areas in your life where you feel a deep longing or emptiness, note them down and invite God to meet you there with peace and healing.

Prayer:

Dear Lord, I confess that in my pain, I have sometimes looked for comfort in all the wrong places. I ask for Your forgiveness for the times I have compromised my well-being. Grant me the strength to flee from temptations that do not honour You or my body. Fill the void in my heart with Your love and truth, and help me to remember that true healing is found only in You. Let Your Spirit renew my mind and body so that I may live in a way that glorifies Your name. In Jesus' precious name, Amen.

DAY 4

Don't Track Your Ex Partners Social Media

Scripture:

"Set your minds on things that are above, not on things that are on earth."
— Colossians 3:2

Reflection:

It's natural to wonder about someone who once played an important role in your life, yet constantly checking their social media or tracking their movements can keep you trapped in the past. God calls you to lift your focus above earthly distractions and fix your eyes on heavenly things. When you resist the urge to monitor their life, you free your mind to embrace healing, self-growth, and a future aligned with God's purpose. Let this be a moment to redirect your energy toward what God is doing in you.

Journal Prompts:

1. What feelings arise when you find yourself tempted to check on your ex?
2. How might shifting your focus from the past to God's promises for your future change your daily life? What would a perfect day look like, note it down & reflect on it.
3. What activities or habits can you develop to help you set your mind on things above?

Prayer:

Loving Father, I confess that my heart sometimes lingers on what once was. I ask for Your help in releasing the habit of tracking my past and fixating on what I cannot control. Fill my mind with thoughts of Your truth and promise, and remind me daily that my worth and future are found in You alone. Help me to look above and trust that You are guiding my steps toward a brighter, more fulfilling tomorrow. In Jesus' name, Amen.

DAY 5

Stop Overthinking All the Things the Person May Be Doing

Scripture:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

— Philippians 4:6

Reflection:

Overthinking can lead to unnecessary anxiety and a tangled web of “what ifs” that steal your peace. When you find your mind racing with questions about someone else’s life or choices, take a step back and turn those thoughts into prayer. God invites you to lay every worry at His feet. By focusing on prayer and thanksgiving, you can replace restless thoughts with the calm assurance of His presence. Trust that He is in control, and allow His peace to settle your mind.

Journal Prompts:

1. What specific thoughts or worries do you find yourself overthinking?
2. How does the promise of Philippians 4:6 speak to the anxiety you experience?
3. What practices can help you refocus your mind on God’s peace? I.e nature walks, working out that you can implement alongside prayer.

Prayer:

Loving Father, I confess that my heart sometimes lingers on what once was. I ask for Your help in releasing the habit of tracking my past and fixating on what I cannot control. Fill my mind with thoughts of Your truth and promise, and remind me daily that my worth and future are found in You alone. Help me to look above and trust that You are guiding my steps toward a brighter, more fulfilling tomorrow. In Jesus’ name, Amen.

DAY 6

A v o i d f l e e t i n g p l e a s u r e s

Scripture:

"And do not get drunk with wine, in which is dissipation, but be filled with the Spirit."
— Ephesians 5:18

Reflection:

In times of emotional pain, it can be tempting to seek quick fixes in the form of clubbing, alcohol, or other distractions. While these activities may offer a brief escape from hurt, they ultimately leave your spirit unfulfilled and can lead to further harm. God calls you to a deeper healing—a healing that comes from being filled with His Spirit, which renews your heart and mind. Instead of turning to worldly escapes, trust that true comfort and restoration are found in pursuing a life centered on God's love and truth. By choosing to honour Him with your choices, you invest in a future of genuine healing and lasting peace.

Journal Prompts:

1. Reflect on times when you sought relief from pain through clubbing, alcohol, or similar distractions. What temporary benefits did you notice, and what lasting effects did they have on you?
2. How do these behaviours impact your relationship with God and your emotional well-being?
3. What practical steps can you take to replace these fleeting distractions with activities that nurture your spirit and draw you closer to God?

Prayer:

Heavenly Father, I come before You acknowledging the temptation to seek solace in fleeting pleasures. I ask for the strength to turn away from clubbing, alcohol, and any distractions that pull me away from Your loving presence. Fill me with Your Holy Spirit so that I may find true healing and lasting peace in You. Guide me to choose activities that honor You and restore my heart. Help me to trust in Your promise that true comfort comes only from Your love and grace. In Jesus' name, Amen.

DAY 7

Don't Act On Impulse To Heal

Scripture:

"Be still before the Lord and wait patiently for him; do not fret because of those who succeed in their ways, because the wicked are always in a hurry."
— Psalm 37:7

Reflection:

The desire for immediate relief can push us to make hasty decisions that may lead to further hurt. Impulsive actions—whether emotional outbursts, sudden decisions about relationships, or other drastic changes—can compromise the delicate process of healing. God calls us to be still, to trust, and to wait patiently. In that stillness, you allow the Spirit to work, guiding you toward decisions that are rooted in wisdom rather than reaction. Slow down, and give yourself the grace to heal at a pace that aligns with God's perfect plan.

Journal Prompts:

1. Think about a time when you acted impulsively—what was the outcome?
2. How does acting slowly and deliberately compare to making quick decisions during times of pain?
3. What strategies can you implement to pause and reflect before taking action? I.e a pros and cons list, asking yourself questions "What is the best next step?"/ "How will this decision affect me ?", Say a brief prayer for guidance, such as: "Lord, give me wisdom and peace as I make this decision."

Prayer:

Lord, help me to slow down and to resist the urge to act on impulse. In moments of overwhelming emotion, grant me the wisdom to pause, to pray, and to seek Your guidance. Teach me to trust that You are working in my life even when I cannot see the full picture. Calm my anxious heart and help me to take measured steps that lead to true healing and lasting change. In Your gentle strength, I find my courage. Amen.

DAY 8

Don't Be Tempted to Go Back

Scripture:

"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery."

— Galatians 5:1

Reflection:

The past can be enticing, especially when it carries memories of familiarity—even if those memories are tied to pain or unhealthy patterns. However, Christ has given you freedom from that old yoke, and every step you take forward is a declaration of that freedom. Resisting the temptation to return means trusting that the journey ahead, though uncertain, is paved with new hope and purpose. Embrace your freedom in Christ and let the promise of renewal empower you to move forward rather than look back.

Journal Prompts:

1. What are some specific temptations or moments when you feel drawn to go back to the past?
2. Ask yourself has returning to something that once broke you ever brought the change or healing you were hoping for?
3. Who or what in your life can support you in staying focused on healing and growth instead of revisiting the past? Find ways to keep yourself accountable. (For example, stop you from sending any texts/making calls etc.)

Prayer:

Father, thank You for the freedom I have in Jesus. Help me to stand firm and resist the temptation to return to old patterns and relationships that no longer serve Your purpose for my life. Strengthen my heart and mind with Your truth, and guide me toward the abundant life You have promised. I trust in Your plans for my future, and I choose to walk in the freedom and renewal You provide. In Jesus' name, Amen.

DAY 9

R e m e m b e r I t ' s I m p o r t a n t T o
B e E q u a l l y Y o k e d

Scripture:

"Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness?"
— 2 Corinthians 6:14

Reflection:

God calls us to seek relationships that honor Him and align with His truth. Being unequally yoked can lead to spiritual discord and hinder your walk with Christ. This truth isn't meant to foster judgment but to encourage discernment in choosing a partner who shares your faith and values. By surrounding yourself with those who support and nurture your spiritual growth, you protect your heart and build a foundation for a relationship that glorifies God. Trust that God knows what is best for you, and allow Him to guide your choices in relationships.

Journal Prompts:

1. Reflect on past relationships—how did differences in values affect your well-being?
2. What qualities do you believe are essential for a relationship to honour God, write these down & reflect on what you God believes you deserve.
3. How can you focus on becoming the person God is calling you to be, what values do you want to cultivate so that when the time comes, you're ready for a relationship built on faith and shared values.

Prayer:

Lord, grant me wisdom and discernment as I navigate relationships. Help me to recognise the importance of being equally yoked and to seek a partner who shares my commitment to You. Protect my heart from settling for less than Your best, and guide me in making choices that honour Your truth. Strengthen my resolve to wait for the relationship that aligns with Your perfect plan for my life. In Jesus' name, Amen.

DAY 10

F o r g i v e T h e m f o r Y o u , N o t
f o r T h e m

Scripture:

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

— Ephesians 4:32

Reflection:

Forgiveness is less about the other person and more about your own freedom. It is an act of self care. Holding on to bitterness or resentment can weigh you down and block the healing that God wants to bring into your life. By choosing to forgive, you liberate yourself from the chains of past hurt. Remember that forgiveness is an act of obedience to God's command, and it's a vital step in your journey toward wholeness. Forgive not to excuse the wrong, but to reclaim your peace and to move forward in grace.

Journal Prompts:

1. Reflect on someone you need to forgive. How has holding onto resentment affected you?
2. Imagine what your life might look like if you fully let go of resentment. What changes in your relationships, outlook, or health could you experience?
3. List all the negative feelings or labels that someone's actions or words have caused you to carry. Beside each one, write the opposite truth—how God, in His love, sees you and what He desires for you. For example: "They made me feel useless, but God sees me as valuable and worthy." Or, "They made me feel sad, but God wants me to experience joy and peace." Reflect on how these truths reveal God's heart for you and how He longs to replace those painful feelings with healing and hope.

Prayer:

Merciful Father, I know that forgiveness is a gift You freely offer, and I ask for the strength to forgive those who have hurt me. Help me to release the burden of resentment and to embrace the freedom that comes from letting go. Transform my heart, that I may extend kindness and compassion even when it is difficult. I choose to forgive for my own healing, trusting that Your grace will mend what has been broken. In Jesus' name, Amen.

DAY 11

Y o u C a n ' t L o v e S o m e o n e
E l s e W i t h o u t L o v i n g Y o u
F i r s t

Scripture:

"The second is this: 'Love your neighbour as yourself.'"
— Mark 12:31

Reflection:

To love others well, you must first learn to love yourself as God loves you. Often, we place our worth in the opinions or affections of others rather than recognizing our inherent value as God's creation. Self-love is not selfishness; it is a necessary foundation for healthy relationships. Embrace the truth that caring for yourself—emotionally, physically, and spiritually—is a vital part of honouring God's design. As you grow in self-love, you become better equipped to share genuine love with those around you.

Journal Prompts:

1. Think of a time when you poured out love for others but neglected your own needs. What did you learn from that experience, and how can you create more balance in your life?
2. When you're feeling overwhelmed or burnt out, how can you remind yourself that slowing down, rest and self-care are part of honouring God's design for you?
3. What area of your life needs more patience and grace—whether it's your mental health, career, relationships, or spiritual walk? How can you give yourself permission to grow at your own pace?

Prayer:

Dear Lord, thank You for loving me unconditionally. Teach me to see myself through Your eyes—to understand that I am valuable, worthy, and deserving of love. Help me to cultivate a deep and healthy love for myself, so that I can extend that love to others. Renew my spirit and guide me as I learn to honor my body, mind, and heart as the temple of Your Spirit. In Jesus' name, Amen.



**You Were Fearfully &
Wonderfully Made**



DAY 12

Never Belittle Your Heart's
Desires; They Were Out
There for a Reason

Scripture:

"Delight yourself in the Lord, and he will give you the desires of your heart."
— Psalm 37:4

Reflection:

Your heart's desires are not random whims but gifts from God that reveal His plans for your life. When you feel disheartened or guilty about what you truly long for, remember that God created you with dreams and hopes that point to a purposeful future. Rather than diminishing your desires, cherish them as a reflection of the unique calling God has placed on your life. Embracing these dreams can guide you into deeper prayer, greater self-discovery, and a clearer understanding of the destiny God intends for you.

Journal Prompts:

1. What are the desires and dreams that your heart holds dear?
2. What are some desires or dreams you've dismissed or downplayed in the past? Why did you feel the need to minimise them?
3. When pursuing a goal, how do you typically respond to setbacks? How can you see obstacles as opportunities for growth rather than signs to give up?

Prayer:

Heavenly Father, thank You for the desires that You have planted in my heart. Help me to see these longings not as fleeting whims, but as reflections of Your perfect plan for my life. Grant me the courage to pursue my dreams and the wisdom to discern Your will through them. May I always delight in You and trust that as I align my desires with Your purpose, You will fulfill them in ways far greater than I can imagine. In Jesus' name, Amen.

DAY 13

Forgiving Yourself & Recognising Your Worth

Scripture:

"There is therefore now no condemnation for those who are in Christ Jesus."
— Romans 8:1

Reflection:

Breakups often leave us feeling unworthy or blaming ourselves for what went wrong. It is easy to become trapped in a cycle of guilt and self-condemnation. Yet, God's grace is boundless, and in Christ, you are free from condemnation. You are defined not by past mistakes but by the redeeming love of a Saviour who calls you His own. Learning to forgive yourself is a crucial step toward healing. Embrace the truth that you are forgiven, cherished, and eternally valuable in God's eyes—even when you struggle to see it.

Journal Prompts:

1. Are you taking responsibility for something beyond your control? How can you distinguish between what was truly your responsibility and what wasn't?
2. How would you respond if a close friend shared the same situation with you? Would you hold them to the same level of blame you're placing on yourself?
3. How can accepting that no one is perfect free you from the unrealistic expectation of always getting things right?

Prayer:

Merciful God, I come before You burdened by guilt and regret. I acknowledge the ways I have been harsh on myself, and I ask for Your grace to forgive me. Remind me that in Christ, I am free from condemnation and that Your love redeems every mistake. Help me to see myself through Your eyes—a beloved child, created in Your image and destined for a future filled with hope. May Your truth dissolve my self-doubt and empower me to embrace the fullness of who You have made me to be. In Jesus' name, Amen.

DAY 14

Y o u W e r e A l w a y s G o o d
E n o u g h

Scripture:

"I praise you, for I am fearfully and wonderfully made."
— Psalm 139:14

Reflection:

Feelings of inadequacy can be overwhelming after a breakup. Yet, this Psalm reminds you that you are intentionally and beautifully created by God. Your worth is intrinsic—not defined by relationships or external achievements. Embracing this truth is a step toward reclaiming your identity in Christ. Celebrate who you are, knowing that God's design for you is perfect and that you are enough, just as you are. Allow His love to fill any void left by past rejection, and step forward with confidence in your inherent value.

Journal Prompts:

1. Have you ever sought validation from others to feel "enough"? How can you shift your focus to God's truth about your worth instead?
2. When have you tied your sense of worth to someone else's opinion of you? How can Psalm 139:14 help you break free from that mindset?
3. How has comparing yourself to others influenced your self-esteem? What steps can you take to stop comparison and celebrate your individuality?

Prayer:

Almighty God, thank You for creating me with such care and love. In moments when I feel unworthy or inadequate, remind me of Your truth: that I am fearfully and wonderfully made. Help me to see myself through Your eyes, embracing the beauty and purpose You have instilled in me. Strengthen my spirit so that I may live with the confidence and grace that come from knowing I am enough. In Jesus' name, Amen.

DAY 15

Believe You Deserve the
Best & Act Accordingly

Scripture:

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."

— Jeremiah 29:11

Reflection:

After a breakup, self-doubt and feelings of unworthiness can creep in. Yet, God's Word assures you that He has great plans for your life—plans filled with hope, welfare, and a bright future. Embracing this truth means recognising that you deserve the best that life has to offer. When you act in accordance with this belief, you honour God by stepping into the abundant life He promises. Let this conviction empower you to pursue opportunities, set high standards for yourself, and trust that God will guide you toward fulfilling experiences.

Journal Prompts:

1. Do you walk around like you are blessed?
2. Are you making choices that reflect trust in God's plans for your life, or are fear and doubt holding you back? How can you shift toward faith-based decisions?
3. How often do you celebrate the blessings you already have? What practices can help you develop a stronger attitude of gratitude?

Prayer:

Gracious Lord, thank You for the promise that You have plans for my future—plans that overflow with hope and goodness. Help me to internalize this truth and to see myself as deserving of all the blessings You have prepared. Strengthen my resolve to act with confidence and purpose, knowing that You are leading me toward a life of abundance. Fill me with the assurance that I am loved, cherished, and worthy in Your eyes. In Jesus' name, Amen.

DAY 16

Speak Positively Over Yourself

Scripture:

"Death and life are in the power of the tongue."
— Proverbs 18:21

Reflection:

The words you speak have the power to shape your reality. Negative self-talk can hinder your healing process and distort your self-worth. God's truth, however, offers life and renewal. By speaking positive, affirming words over yourself, you invite the transformative power of His promises into your heart. Reframe your inner dialogue to echo the truth of who you are in Christ—a beloved, capable, and hopeful individual. Allow every word you utter to build you up rather than tear you down.

Journal Prompts:

1. What would you tell your younger self about self-worth and the importance of words? Write a letter offering encouragement and affirmation.
2. Create a "safe word" to help you pause and halt any negative thinking. When you notice yourself spiralling into self-criticism or doubt, say this word to yourself as a mental stop sign. It can be something playful to break the mood or something firm to remind you to refocus. After using your word, take a deep breath and redirect your thoughts toward truth and positivity.

Prayer:

Heavenly Father, thank You for the power of Your Word that brings life and hope. I ask that You help me to silence the negative voices in my mind and replace them with Your affirming truth. Guide my tongue so that every word I speak about myself is rooted in Your love and grace. Let my inner dialogue be a reflection of Your promises—reminding me daily that I am fearfully and wonderfully made. Renew my mind, and let my words bring healing and joy. In Jesus' name, Amen.



Moving On & Next Steps



DAY 17

Working on Your Gifts

Scripture:

"Do not neglect the gift you have, which was given you by prophecy when the council of elders laid their hands on you."

— 1 Timothy 4:14

Reflection:

A breakup can sometimes feel like a loss of identity, especially when a relationship had become a central part of who you were. However, God has uniquely gifted you with talents and passions that are meant to flourish independently of any relationship. This is an ideal season to rediscover and nurture those gifts. Whether it's a creative talent, a skill for leadership, or a compassionate heart for service, investing time in developing your God-given abilities is a powerful way to heal. Let your gifts shine as a testimony to God's work in your life and a source of hope for the future.

Journal Prompts:

1. How do your friends or family describe your strengths? Are there talents they see in you that you might have overlooked? A singer, a speaker, a creative.
2. Write about a future version of yourself who has fully embraced and developed what you may perceive as your God-given talents. What impact are you making in the world?
3. Did you know that there are people—your "village"—who are waiting to embrace your gifts? There are individuals and communities who need exactly what you have to offer. How does knowing that your talents could bring hope, inspiration, or support to others motivate you to step into your purpose?

Prayer:

Lord, thank You for the unique gifts You have bestowed upon me. I ask for wisdom to recognise and nurture these talents, even when I feel lost or broken. Help me to see that my identity is not defined by a past relationship but by the purpose and passion You have planted within me. Guide me in using my gifts to bless others and bring glory to Your name. May every step I take in developing my abilities bring me closer to the person You have designed me to be. In Jesus' name, Amen.

DAY 18

Finding Purpose & Finances

Scripture:

"Commit your work to the Lord, and your plans will be established."
— Proverbs 16:3

Reflection:

After a breakup, redirecting your focus toward personal growth can be transformative. One important area to invest in is your work and finances, which can serve as a tangible expression of your God-given purpose. When you commit your efforts to the Lord, you not only work toward financial stability but also discover a deeper sense of fulfillment and identity. Use this time to explore new opportunities, set career goals, or even start that passion project you've been considering. Trust that as you work diligently and honour God in your efforts, He will guide your plans and establish your steps.

Journal Prompts:

1. Reflect on this: "The Lord will make you the head and not the tail, and you shall only go up and not down, if you obey the commandments of the Lord your God." (Deuteronomy 28:13). God has designed you to lead and prosper, not to remain stuck even when it comes to your finances.
2. What specific financial habits could you improve to create more stability and peace of mind? How can you invite God into this process?
3. List practical steps you can take to invest in your professional growth during this season - i.e taking a course, attending seminar or a networking event.

Prayer:

Gracious Father, thank You for the opportunities to work and to create. I commit my career and financial plans into Your loving hands. Help me to view my work not just as a means to an end, but as a way to serve You and to discover my true purpose. Grant me clarity, discipline, and creativity as I pursue new opportunities and projects. I trust that as I honour You with my efforts, You will guide my path and establish my plans for a future filled with hope and promise. In Jesus' name, Amen.

DAY 19

Caring for Your Body — A Temple of the Holy Spirit

Scripture:

"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?"

— 1 Corinthians 6:19

Reflection:

Your body is a sacred gift from God, and caring for it is an essential part of your healing process. In the wake of a breakup, you might neglect your physical health as your emotions overwhelm you. Yet, nurturing your body through exercise, proper nutrition, and rest is a way of honoring the Creator. When you treat your body with respect and care, you invite God's healing into every cell. Consider this an act of worship—a declaration that You are worthy of love and care, even from yourself.

Journal Prompts:

1. How have you been caring for your physical health since your breakup?
2. What signals is your body currently giving you (e.g., fatigue, tension, hunger)? How can you respond to these needs with love and care?
3. What habits have you developed—good or bad—that affect your physical health? How can you create healthier patterns in your daily life?

Prayer:

Dear Lord, thank You for the gift of my body. I confess that in my sorrow, I have sometimes neglected the care You desire I give it. Renew my strength and grant me the discipline to treat my body as the temple it is. Guide me to make choices—whether in exercise, nutrition, or rest—that honour You and foster healing. May every step I take in caring for my physical self be a reflection of my gratitude for Your life-giving love. In Jesus' name, Amen.

DAY 20

M a k i n g C h r i s t i a n f r i e n d s

Scripture:

"Two are better than one, because they have a good reward for their toil."
— Ecclesiastes 4:9

Reflection:

Community is essential in the healing process. One of the sweetest things you can have in life is a friendship that refreshes your soul, holds you accountable and tells you the honest truth even when you don't want to hear it. God created us for fellowship, and surrounding yourself with Christian friends can offer encouragement, accountability, and hope. When you share your burdens and victories with those who share your faith, you're reminded that you are not alone. Look for relationships that uplift you and reflect God's unconditional love. These friendships can be a testimony to the transformative power of Christ's love and may even lead others to faith as they witness His work in your life.

Journal Prompts:

1. Who in your life has been a source of spiritual encouragement?
2. How can you actively seek out friendships that nurture your faith?
3. What qualities do you value in a friend, and how can you be that friend to someone else?

Prayer:

Lord, thank You for the gift of community. I ask that You surround me with friends who reflect Your love, wisdom, and grace. Help me to be open to new relationships that bring encouragement and accountability. May I both receive and give genuine care as we journey together in faith. Strengthen our bonds so that through our fellowship, we may all grow closer to You. In Jesus' name, Amen.

DAY 21

Engaging In Activities That Bring Peace

Scripture:

"The Lord gives strength to his people; the Lord blesses his people with peace."
— Psalm 29:11

Reflection:

Healing often begins when you allow yourself to be fully present in activities that bring peace and calm to your spirit. Peace doesn't have to be dull or boring—it can be joyful and up lifting. There are now so many Christian activities you can join from games nights to a fitness/dance class with RNB worship music. Engaging in activities that nourish your soul is not about distracting yourself from pain but about creating space for God's healing to take root. By intentionally choosing moments of joy and tranquility, you open your heart to His restorative power.

Journal Prompts:

1. What does peace mean to you? Is it stillness, joy, or a sense of being fully grounded in God's presence?
2. Are there any classes, activities, or experiences you've always been curious about but have never tried? Reflect on how stepping outside your comfort zone could bring you new joy, growth and how can you take the first step toward making it happen?
3. Are there any commitments that disrupt your sense of peace? How can you establish healthier boundaries to protect your well-being?

Prayer:

Sovereign God, I invite Your peace into every moment of my life. Amidst the turmoil and heartache, help me to find sanctuary in activities that quiet my mind and restore my soul. Guide me to experiences that remind me of Your presence and Your unfailing love. Let every moment of tranquility be a testament to the healing work You are doing within me. May I learn to rest in You, trusting that Your peace surpasses all understanding. In Jesus' name, Amen.

DAY 22

Reflect on Healthy Boundaries

Scripture:

"Guard your heart above all else, for it determines the course of your life."
— Proverbs 4:23

Reflection:

Setting healthy boundaries is essential for protecting your heart and nurturing your well-being. After a breakup, it's important to establish limits that honour your emotional and spiritual needs. Boundaries help you prevent old patterns from reemerging and create space for new, positive relationships and experiences. They are an act of self-love and a reflection of God's desire for you to thrive. Reflect on where you need to set boundaries—whether with people, situations, or even your own negative thoughts—and commit to honouring them.

Journal Prompts:

1. What specific areas of your life (work, relationships, time management) feel overwhelming or stressful?
2. What boundaries could you set to restore balance and peace?
3. Reflect on times when you've found it difficult to say, "No, I don't agree," "I don't support that," or "I won't accept that." What fears or pressures made you hesitate in those moments? How can you begin to express your boundaries and values with confidence, trusting that God will stand with you and have your back even if others don't? Relax in the knowledge that when you honour God's truth and principles, you will be backed up no matter the outcome.

Prayer:

Lord, help me to guard my heart as You instruct. Grant me wisdom to set healthy boundaries that honour both my emotions and Your will. Teach me to say "no" when necessary and to protect my spirit from harm. As I establish these limits, fill me with peace, knowing that I am creating space for healing and growth. May my boundaries be a testament to Your love and care for me. In Jesus' name, Amen.

DAY 23

Don't Fear Making Wrong Decisions

Scripture:

"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."
— Proverbs 3:5-6

Reflection:

In times of heartbreak, fear of making the wrong decisions can paralyse you. Yet, God invites you to trust Him completely—even when the path is uncertain. By surrendering your own understanding and acknowledging God in every decision, you open yourself to divine guidance. Remember that even missteps can lead to growth if they are aligned with a heart seeking God's truth. Trusting Him means knowing that no matter what happens, He will direct your steps toward healing and wholeness.

Journal Prompts:

1. What decisions have you been hesitant to make because of fear?
2. What is the worst-case scenario you fear? How might God equip you to handle that situation if it were to happen?
3. Reflect on areas of your life where you've been trying to control the uncontrollable. How has this desire for control affected your peace of mind and well-being? What would it look like to release that control and trust God instead? Consider how surrendering your fears and uncertainties to Him could create more space for peace, clarity, and gratitude.

Prayer:

Loving Father, I confess that fear sometimes overwhelms me, causing me to doubt my decisions. Help me to trust You with every step I take, acknowledging that Your wisdom far surpasses my own. Teach me to lean not on my understanding but to rely on Your perfect guidance. Grant me the courage to make decisions with a heart open to Your leading, confident that You will direct my paths toward healing and purpose. In Jesus' name, Amen.

DAY 24

D e l i g h t i n t h e U n k n o w n

Scripture:

"For we walk by faith, not by sight."
— 2 Corinthians 5:7

Reflection:

The future may seem uncertain, but faith invites you to embrace the unknown with hope. When you rely on God, you learn to trust in His plan—even when you cannot see every detail. Delighting in the mystery of what lies ahead requires surrendering your need for control and trusting that every step is guided by His loving hand. This mindset opens you to miracles, lessons, and unexpected blessings that only a heart walking in faith can experience.

Journal Prompts:

1. Reflect on an area of your life where you are holding on too tightly—trying to control the outcome, circumstances, or people involved. What fears or doubts are causing you to cling to that control? How might surrendering this situation to God bring you greater peace and trust in His plan?
2. Imagine reading a book where you already knew every plot twist, triumph, and challenge before turning the page. Would it still captivate or inspire you? Reflect on how life would feel if you always knew the ending of your story. How might this take away opportunities for excitement, growth, and discovery?
3. What if you knew that even in the midst of a bad situation, there was a valuable lesson waiting to shape you for the better? Reflect on a current or past struggle that feels overwhelming or disappointing. How might God be using this experience to teach you, grow your character, or prepare you for something greater? What hope, peace, or strength could you gain by trusting the process and holding on to the truth that all things work together for your good?

Prayer:

Lord, help me to walk by faith and not by sight. In the midst of uncertainty, teach me to delight in the unknown and trust that Your plan for me is perfect. Remove my fear of the future and fill me with a childlike wonder for the possibilities ahead. Guide my steps each day and let Your presence be the light that leads me through every dark valley. In Your steadfast love, I find my hope. Amen.

DAY 25

Don't Look Back — Embrace
The Future

Scripture:

"Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it?"
— Isaiah 43:18-19

Reflection:

It's natural to dwell on the past after a breakup, but clinging to what was can prevent you from embracing what is yet to come. God is continually doing new things in your life—even when you're not able to see them. By choosing to let go of the past, you free yourself to experience the fresh work of God in your heart. Embrace the future with hope and confidence, trusting that God is guiding your steps toward a renewed life filled with promise and purpose. Be intentional about your healing by avoiding situations where you might "accidentally" bump into your past, such as showing up at places you know they frequent/go to.

Journal Prompts:

- 1.What aspects of your past are you holding onto, and what is the true reality behind those memories? Reflect on the truth and the reasons that led you to walk away.
- 2.How can recognising and accepting this reality help you release emotional attachments and open the door to healing?
- 3.What are your current needs and desires in a healthy relationship? Did your past relationship meet those needs, or did it hinder your growth? - Remind yourself going back in any way shape or form will immediately hinder any progress made so far.

Prayer:

Lord, I lay down my past at Your feet and ask for the courage to move forward. Help me to release the weight of old hurts and regrets so that I may fully embrace the new life You are crafting for me. Fill my heart with hope and anticipation for the future, knowing that You are always at work, creating beauty from my pain. Let me see clearly the path You have set before me and step forward in faith. In Jesus' name, Amen.

DAY 26

P a y i n g I t F o r w a r d

Scripture:

"Let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

— Matthew 5:16

Reflection:

As you heal, you become a living testimony of God's grace. Paying it forward—through acts of kindness, service, and encouragement—is a powerful way to reflect His love. Every time you help someone else, you not only bring light into their life but also reinforce the healing in your own heart. Embrace opportunities to share your journey, offer support, and be a beacon of hope. In doing so, you participate in the cycle of God's transformative love that never runs dry.

Journal Prompts:

1. In what practical ways can you pay forward the kindness you have received?
2. Reflect on a time when someone's encouragement made a difference in your life—how can you replicate that for others?
3. Write down one act of service you can commit to in the coming week.

Prayer:

Heavenly Father, thank You for the many ways You have shown me love and mercy. I ask that You help me become a vessel of Your grace, sharing kindness and hope with those around me. Empower me to pay forward the blessings I have received by serving others with a joyful heart. Let my life be a living testimony of Your goodness so that others may be drawn to Your light. In Jesus' name, Amen.

DAY 27

D o n ' t W a l k A w a y f r o m G o d
a s Y o u M o v e F o r w a r d

Scripture:

"Abide in me, and I will abide in you."
— John 15:4

Reflection:

In your journey toward healing, it can be tempting to isolate yourself or to think that you must handle life on your own. However, God's promise is to remain with you always—even as you move forward into new experiences. Staying connected to God is essential for lasting healing. Draw near to Him in prayer, immerse yourself in His Word, and allow His love to be the steady foundation upon which you rebuild your life. No matter where you go, His presence will sustain you.

Journal Prompts:

1. Reflect on a moment when you felt distant from God. What factors, individuals, or choices led to that distance? How did they impact your relationship with Him? Now consider how you can intentionally remove or set boundaries around those influences to protect your spiritual connection. What changes can you make to prioritise your relationship with God and prevent that distance from occurring again?
2. Reflect on what it feels like to trust God when nothing seems to be changing or moving forward. How do you maintain hope in times of waiting? What could help you remember that God is still working, even when you can't see the progress?
3. Reflect on the truth that even if you stumble, return to an ex-partner, or fall into old patterns, God does not abandon you. He does not judge you harshly for your mistakes but desires an honest and open heart. How can you hold onto your relationship with God even when you feel you've made a wrong choice? Write about how God's grace and unconditional love give you the strength to keep coming back to Him, knowing He is always ready to guide and restore you. What steps can you take to lean on His love instead of shame or guilt during these moments?

Prayer:

Loving Father, even as I take steps into a new season, help me never to lose sight of Your abiding presence. Teach me to remain close to You through prayer, worship, and meditation on Your Word. In times of joy and pain alike, let me rely on Your steadfast love to guide my steps. May I always find strength, comfort, and direction in the knowledge that You are with me, now and forever. In Jesus' name, Amen.

DAY 28

GIVING YOUR MORNING AND NIGHT TO GOD

Scripture:

"In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation."

— Psalm 5:3

"In peace I will lie down and sleep, for you alone, O Lord, make me dwell in safety."

— Psalm 4:8

Reflection:

Starting and ending your day in God's presence can set the tone for healing and restoration. Mornings offer a fresh opportunity to seek His guidance and dedicate your day to His service. Likewise, evenings provide a time to reflect on His blessings and to rest in His protection. Cultivate a routine of morning and night devotion—a practice that invites God into every aspect of your life, ensuring that you are continuously nourished by His Word and love.

Journal Prompts:

1. What does your current morning or evening routine look like, and how might you include time for God?
2. How can you implement statements such as, "I cover myself with the blood of Christ," into your daily life? Reflect on situations where you face challenges, fear, or uncertainty. How could intentionally praying this statement over your mind, heart, and actions help you feel more protected, strengthened, and at peace?
3. Write down one Scripture or prayer that you can recite/reflect on every morning and night.

Prayer:

Dear God, thank You for the gift of each new day and for the comfort of rest at night. Help me to dedicate my mornings to seeking You, inviting Your guidance into every decision I make. At night, as I reflect on the day, remind me of Your steadfast love and protection. May this routine of morning and evening devotion become a wellspring of peace, hope, and healing in my life. I remove all overthinking and call peace into my heart - In Jesus' name, Amen.

DAY 29

Give Yourself Time Before
Getting Back into Anything
New or Dating Again

Scripture:

"For everything there is a season, and a time for every matter under heaven."
— Ecclesiastes 3:1

Reflection:

Rushing into a new relationship can hinder the healing process and prevent you from fully understanding what God is teaching you during this season. It's important to give yourself ample time to recover, to reflect, and to rediscover your identity in Christ. This season of solitude is not a void to be filled quickly but a valuable period for growth and restoration. Embrace the truth that God has perfect timing for every aspect of your life, including your relationships.

Journal Prompts:

1. What fears or pressures are making you feel like you need to rush into something new? How can you lean on God to find peace and patience instead?
2. How can trusting God to bring the right relationship in His time help you focus on self-care and spiritual growth during this season instead?
3. Reflect on the idea that waiting for God's best is better than settling. How can this truth strengthen your patience and faith?

Prayer:

Heavenly Father, I ask for Your help as I walk through this season of healing and growth. Help me to fully let go of the past and trust that You are preparing something better for me. Teach me to wait on Your perfect timing, knowing that I do not need to rush or search for a new relationship. I surrender my fears and insecurities to You, trusting that You know what is best for me. Strengthen my faith to believe that waiting for Your best is far greater than settling for anything less. Fill my heart with peace and confidence as I rest in Your unfailing love and guidance. In Jesus' name, Amen.

DAY 30

B e T h a n k f u l f o r t h e L e s s o n s

Scripture:

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."
— 1 Thessalonians 5:18

Reflection:

Every experience, even the most painful, carries a lesson that shapes you for a more resilient future. In the midst of heartache, it's easy to focus solely on the loss, but God invites you to see the wisdom hidden within your trials. Gratitude transforms your perspective, allowing you to recognise that every setback has been a stepping stone toward growth and healing. By giving thanks for the lessons learned, you honour God's work in your life and open your heart to a future filled with hope and purpose.

Journal Prompts:

1. Remind yourself that lessons are often blessings in disguise. What tough experiences have shaped you and taught you something valuable? How have these lessons made you stronger, wiser, or more compassionate? Reflect on how you can carry this mindset forward in your current challenges.
2. How can focusing on gratitude help you move from a mindset of loss and defeat to one of hope and growth? Throughout the week, take notes of moments that bring you peace or make you smile—no matter how small. These could be things like finally wearing matching socks after a chaotic laundry week or finding the strength to take a shower after a tough period of sadness. At the end of the week, reflect on your list with gratitude. How do these small victories show signs of growth and healing? How can celebrating these moments help you recognise God's presence and goodness, even in the midst of challenges?

Prayer:

Lord, thank You for every lesson that has come from my struggles and heartaches. Teach me to embrace each experience with a heart full of gratitude, recognising that every challenge has been used by You to mold me into a stronger, wiser person. Help me to see Your hand at work in every situation, and fill me with hope as I move forward. May my heart always be open to learning from the past while trusting in the bright future You have planned for me. In Jesus' name, Amen.

Thank You

A New Beginning

Thank you for taking this journey of healing, reflection, and renewal. You have faced your pain with courage, sought comfort in God's word, and embraced the process of rediscovering yourself. May this be not just the end of a chapter, but the rise of a new season in your life.

Never forget your infinite worth. You were fearfully and wonderfully made by a Creator who delights in you. Your gifts are unique, and the world is blessed by your presence. Even in moments of doubt or discouragement, remember you are deeply loved by God and by those who truly see you.

You are needed on this earth—your life carries a divine purpose. There is work only you can accomplish, hearts only you can touch, and dreams that will unfold in God's perfect time. Though breakups can make you feel shattered, trust that God is making all things new, refining you to reflect His grace more brilliantly.

As you step forward from this place, walk with hope. Keep nurturing your spirit through prayer, community, and scripture. Trust the Lord with your future. He will guide your path and restore your joy, for He promises beauty for ashes and joy for mourning (Isaiah 61:3).

You are no longer defined by what you've lost, but by the abundance that God is leading you into. The best is yet to come. Continue to grow, love, and serve with an open heart, knowing that God's plans for you are filled with hope and prosperity. Be bold. Be faithful. Be at peace.

You are never alone.

with Love, Mel.

