



## **Week 1- 2/18/2026: From Survival to Surrender**

**Focus:** Repentance, alignment, and spiritual reset.  
Thriving begins when we stop pretending and start surrendering

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### **Wednesday DAY 1 – A CLEAN HEART**

**Scripture:** Psalm 51:10–12

**Reflection:**

David does not ask God to fix his circumstances—he asks God to fix his heart. Thriving does not start with outward change but inward renewal. A clean heart creates room for God's Spirit to work freely again.

What area of my heart needs God's renewing touch?

Lord, create in me a clean heart and renew a right spirit within me.

**Application:**

Confess one area you have been avoiding bringing before God.

## Thursday DAY 2 – CALLED TO TRANSFORMATION

**Scripture:** Romans 12:1–2

**Reflection:**

God's goal is not behavior modification but transformation. When our minds are renewed, our lives follow. Thriving requires offering ourselves fully to God, not partially.

In what ways have I conformed instead of being transformed?

Renew my mind so my life reflects Your will.

**Application:**

Identify one pattern of thinking that needs to change and replace it with God's truth.

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## Friday DAY 3 – RETURN TO THE LORD

**Scripture:** Joel 2:12–13

**Reflection:**

God is not impressed by outward displays—He desires genuine repentance. Returning to the Lord is not about shame but about restoration. God is gracious and ready to receive us.

Am I returning to God with my whole heart or just my habits?

I return to You fully, trusting in Your mercy.

**Application:**

Set aside time today for honest self-examination before God.

## Saturday DAY 4 – SEARCH ME, GOD

**Scripture:** Psalm 139:23–24

**Reflection:**

Thriving requires spiritual honesty. When we invite God to search us, He reveals what needs healing and correction. God exposes not to condemn but to lead us forward.

What might God be revealing that I have overlooked?

Search me, O God, and lead me in Your way everlasting.

**Application:**

Write down one insight God reveals today and pray over it.

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## Sunday DAY 5 – LETTING GO TO GROW

**Scripture:** Hebrews 12:1

**Reflection:**

Some things are not sinful but still slow us down. Thriving requires intentional release of weights that hinder spiritual growth. Freedom begins with letting go.

What is weighing down my spiritual progress?

Help me release anything that keeps me from running freely.

**Application:**

Remove one distraction or habit that drains your spiritual focus.

