

# Day 7 — Faith for Renewal

## Scripture:

*“He restores my soul.”* — Psalm 23:3

## Devotional:

Life has a way of draining you — emotionally, mentally, spiritually. Even when you love God, even when you’re doing your best, you can still feel worn out. But God is not just your Shepherd; He is your Restorer. He knows how to bring your soul back to life.

Restoration is not rushed. It’s gentle. It’s intentional. It’s personal. God restores you in ways that reach deeper than sleep or distraction ever could. He restores your joy, your peace, your clarity, your strength, your hope, your identity. He restores the parts of you that life tried to break.

Sometimes restoration looks like rest.

Sometimes it looks like release.

Sometimes it looks like healing.

Sometimes it looks like God removing things that were draining you.

Sometimes it looks like Him adding things that nourish you.

You don’t have to earn restoration. You don’t have to prove you deserve it. God restores you because He loves you. Because He sees you. Because He knows what you need even when you don’t have the words to express it.

If you’ve been feeling empty, exhausted, or spiritually dry, God is inviting you into renewal. Not a quick fix — a deep refreshment of your soul. Let Him lead you beside still waters. Let Him quiet your mind. Let Him refill what life has poured out of you.

## Reflection:

What part of your soul feels tired or depleted?

Where do you need God’s restoration most?

What would it look like to slow down and let Him renew you?

Give yourself permission to rest in His presence.

## Guided Prayer:

*Lord, restore my soul today. Refresh the places in me that feel weary. Renew my strength, my peace, and my joy. Lead me into moments of rest and stillness. Thank You for being the God who restores, heals, and renews. I receive Your restoration today. Amen.*

## Daily Practice:

Do one thing today that refreshes your spirit — something simple, gentle, and nourishing.