



# SHIFT Happens

*The Devotional Journal*

A 30-Day Guided Journey to Heal, Align,  
and Walk in Obedience with God

## What's Inside



Daily Scripture



Guided Journal Prompts



Bold Faith Affirmations

Jae Ricks, The EmpowerHER Mentor

Dear Empowered Woman,

Welcome to your SHIFT. This **30-day devotional journal** was created for women like you, women who are ready to move from broken to bold, from surviving to surrendering, and from doubt to divine alignment. Every page is filled with intention, scripture, and space for reflection as you realign with the God who never left your side. Let's walk this healing journey together.

With love & power,

*Jae Ricks*

**The EmpowerHER Mentor**

### How to Use This Journal

- Carve out 15–20 minutes each day.
- Read the scripture and reflection.
- Answer the journal prompts honestly.
- Declare the daily affirmation out loud.
- Invite the Holy Spirit to guide your SHIFT.



**The EmpowerHER**  
Mentor

*You don't have to be perfect. You just have to be present.*

# WEEK ONE

*Surrender*

# Surrender

# Day 1 – Letting Go to Receive

## Scripture: Proverbs 3:5–6

**Reflection:** Trust is the first step to surrender. What are you holding onto that you need to place in God's hands?

# Surrender

**Prompt:** What would it feel like to truly let go? What scares you about surrender?

**Affirmation:** I trust God's path, even when I can't see the steps.

# Surrender

## Day 2 – Releasing Control

## Scripture: Psalm 46:10

**Reflection:** Control is often our coping mechanism. But surrender begins when we are still enough to recognize God's sovereignty.

# Surrender

**Prompt:** In what areas of your life are you trying to control the outcome? What would stillness look like today?

**Affirmation:** I release control and rest in God's authority.

# Surrender

# Day 3 – Surrendering the Timeline

## Scripture: Ecclesiastes 3:1

**Reflection:** Delays aren't denials, they're divine appointments. Trust that God's timing is intentional.

# Surrender

**Prompt:** Where are you impatient with God? How can you choose peace instead of pressure?

**Affirmation:** God's timing is perfect, even when it stretches me.

# Surrender

# Day 4 – The Weight You Weren’t Meant to Carry

## Scripture: Matthew 11:28–30

**Reflection:** Surrender is not weakness. It's choosing to trade your burden for God's rest.

# Surrender

**Prompt:** What are you tired of carrying alone? What would it mean to lay it at Jesus' feet?

**Affirmation:** I choose rest over striving. I lay my burdens down.

# Surrender

# Day 5 – Surrendering the Outcome

# Scripture: Romans 8:28

**Reflection:** Surrender means trusting that even if the outcome isn't what you expected, it will still work for your good.

# Surrender

**Prompt:** What outcome are you afraid of? What truth does Romans 8:28 speak over that fear?

**Affirmation:** I don't need to control the ending because I trust the Author.

# Surrender

# Day 6 – Trusting the Process

## Scripture: Philippians 1:6

**Reflection:** You're a work in progress, and so is God's plan. He finishes what He starts.

# Surrender

**Prompt:** Where do you feel unfinished or unsure? How can you rest in the process today?

**Affirmation:** I trust that God is working, even in the waiting.

# Surrender

# Day 7 – Surrender Is a Daily Choice

## Scripture: Luke 9:23

**Reflection:** Surrender isn't a one-time event — it's a posture. A daily yes. A holy discipline.

# Surrender

**Prompt:** What would it look like for you to say “yes” to God today?

**Affirmation:** I choose surrender again, and again, and again.

# WEEK TWO

*Healing*

# Healing

# Day 8 – The Truth About Your Scars

## Scripture: Isaiah 61:3

**Reflection:** God turns ashes into beauty – but you must acknowledge the ashes first.

# Healing

**Prompt:** What pain have you been pretending doesn't exist?  
What have you healed from?

**Affirmation:** My scars are proof that healing is possible.

# Healing

# Day 9 – Grieving What Was Lost

## Scripture: Psalm 34:18

**Reflection:** God draws near when we are brokenhearted. Give yourself permission to grieve so you can grow.

# Healing

**Prompt:** What or who have you lost that still aches within you?  
What might healing look like today?

**Affirmation:** God meets me in my grief and carries me through it.

# Healing

# Day 10 – The Courage to Forgive

## Scripture: Ephesians 4:31–32

**Reflection:** Forgiveness is not approval, it's release. Letting go frees your heart to heal.

# Healing

**Prompt:** Who do you need to forgive, including yourself?  
What's blocking that release?

**Affirmation:** I forgive because I am forgiven.

# Healing

# Day 11 – Healing from Shame

## Scripture: Romans 8:1

**Reflection:** Shame binds us to the past. Grace invites us to live free. God doesn't shame, He restores.

# Healing

**Prompt:** What is a lie shame told you about yourself? What does God say instead?

**Affirmation:** There is no condemnation in Christ. I am free.

# Healing

# Day 12 – When Healing Feels Slow

## Scripture: Galatians 6:9

**Reflection:** Healing doesn't always happen in an instant, but it happens. Don't quit. Don't numb out. Stay present.

# Healing

**Prompt:** Where have you been rushing your healing? What would it look like to give yourself grace?

**Affirmation:** I honor my healing pace. I am still healing, and that's okay.

# Healing

# Day 13 – Healing in Community

# Scripture: Ecclesiastes 4:9–10

**Reflection:** We weren't meant to heal alone. God often sends healing through people.

# Healing

**Prompt:** Who supports your healing? How can you invite safe people into your process?

**Affirmation:** I am not alone in this journey. Healing flows through connection.

# Healing

# Day 14 – Celebrating the Progress

## Scripture: Philippians 4:8

**Reflection:** Celebrate how far you've come. Even slow progress is still movement forward.

# Healing

**Prompt:** What are three ways you've grown over the last 2 weeks? How can you thank God today?

**Affirmation:** I honor my growth. I praise God for the healing I can see.

# WEEK THREE

*Intimacy With God*

# Intimacy With God

# Day 15 – Drawing Closer

## Scripture: James 4:8

**Reflection:** Intimacy with God isn't about religion. It's about relationship.

# Intimacy With God

**Prompt:** When was the last time you felt close to God? What created that closeness?

**Affirmation:** I am never too far for God to draw me in.

# Intimacy With God

# Day 16 – Speaking and Being Heard

## Scripture: Jeremiah 33:3

**Reflection:** God not only hears you, He responds. Intimacy deepens when you speak to Him like a daughter, not a stranger.

# Intimacy With God

**Prompt:** What do you need to say to God today? What do you want to ask Him?

**Affirmation:** God hears me. I am safe to speak my truth to Him.

# Intimacy With God

# Day 17 – The Power of Silence

## Scripture: Psalm 62:5

**Reflection:** Sometimes intimacy comes not in speaking, but in sitting. Stillness is not empty, it's full of His presence.

# Intimacy With God

**Prompt:** When was the last time you sat with God in silence? What came up for you?

**Affirmation:** In stillness, I hear God's whispers.

# Intimacy With God

# Day 18 – Worship as Connection

## Scripture: John 4:23–24

**Reflection:** Worship isn't just a Sunday song. It's a daily love offering. It's the surrender of self and the elevation of His glory.

# Intimacy With God

**Prompt:** What does worship look like in your everyday life?  
How can you make space for it today?

**Affirmation:** My worship creates a dwelling place for God.

# Intimacy With God

# Day 19 – Listening with Expectation

## Scripture: Isaiah 30:21

**Reflection:** God speaks. Are you listening? Listening is an act of faith and intimacy expecting to hear from a Father who loves you.

# Intimacy With God

**Prompt:** What distractions have made it hard to hear from God lately? How can you position your heart to listen?

**Affirmation:** I expect to hear from God because He desires to speak to me

# Intimacy With God

# Day 20 – God Knows Me Deeply

## Scripture: Psalm 139:1–4

**Reflection:** God knows your thoughts, desires, fears, and hopes, and still chooses you. That's intimacy. That's unconditional love.

# Intimacy With God

**Prompt:** How does it feel to be fully known by God? What parts of yourself have you hidden that God already sees?

**Affirmation:** I am fully known, fully seen, and fully loved.

# Intimacy With God

# Day 21 – Making Room

## Scripture: Revelation 3:20

**Reflection:** God never forces His way in, He waits for invitation. Intimacy requires space, time, and a heart that welcomes Him.

# Intimacy With God

**Prompt:** Where can you make more room for God in your life, in your schedule, thoughts, or emotions?

**Affirmation:** I open the door to deeper intimacy with God.

# WEEK FOUR

*Faith & Obedience*

# Faith & Obedience

# Day 22 – The Cost of Yes

## Scripture: Romans 12:1–2

**Reflection:** Obedience is costly, but disobedience costs more.

# Faith & Obedience

**Prompt:** What is God asking of you right now that feels uncomfortable?

**Affirmation:** My obedience activates heaven.

# Faith & Obedience

# Day 23 – Faith Over Feelings

## Scripture: 2 Corinthians 5:7

**Reflection:** Faith isn't about how you feel, it's about who you trust. Even when emotions run high, God remains the same.

# Faith & Obedience

**Prompt:** Where have your feelings been louder than your faith?

**Affirmation:** I walk by faith, not by feelings.

# Faith & Obedience

## Day 24 – Bold Steps

## Scripture: Joshua 1:9

**Reflection:** Obedience often looks like courage. And courage looks like taking the next step scared.

# Faith & Obedience

**Prompt:** What bold step is God calling you to take this week?

**Affirmation:** I am strong, I am courageous, and I will move with God.

# Faith & Obedience

# Day 25 – Delayed Doesn't Mean Denied

## Scripture: Habakkuk 2:3

**Reflection:** Sometimes obedience means waiting well. God's promises still stand, even in delay.

# Faith & Obedience

**Prompt:** What promise are you waiting on? How can you posture yourself in patience and praise?

**Affirmation:** Though it tarries, I wait in faith and expectation.

# Faith & Obedience

## Day 26 – Radical Obedience

## Scripture: Genesis 12:1

**Reflection:** Abraham obeyed God without knowing where he was going. Radical obedience invites radical blessings.

# Faith & Obedience

**Prompt:** What would radical obedience look like for you today?

**Affirmation:** I say yes to God even when I don't have all the details.

# Faith & Obedience

# Day 27 – Trusting When It Doesn’t Make Sense

## Scripture: Isaiah 55:8–9

**Reflection:** Obedience sometimes defies logic. But God's ways are higher. Trust what you can't understand.

# Faith & Obedience

**Prompt:** Where is God asking you to trust beyond your understanding?

**Affirmation:** I trust God's thoughts over my own.

# Faith & Obedience

# Day 28 – Consistency Is Obedience

## Scripture: Galatians 6:9

**Reflection:** Staying faithful in the mundane is obedience too. Your consistency is sowing seeds.

# Faith & Obedience

**Prompt:** What daily habit is God asking you to stay faithful in?

**Affirmation:** I will not grow weary. My faithfulness honors God.

# Faith & Obedience

# Day 29 – When Obedience Feels Lonely

## Scripture: John 16:32–33

**Reflection:** Sometimes your “yes” to God will make others uncomfortable. But you are never alone in the will of God.

# Faith & Obedience

**Prompt:** Where has obedience felt lonely or isolating? How has God shown up in those moments?

## Affirmation: God is with me in every yes.

# Faith & Obedience

# Day 30 – Living a Lifestyle of Obedience

## Scripture: Deuteronomy 5:33

**Reflection:** Obedience isn't just a moment, it's a lifestyle.  
Every act of obedience writes a legacy of faith.

# Faith & Obedience

**Prompt:** How will you continue to live out obedience in your everyday life?

**Affirmation:** Obedience is my offering. I live surrendered.

You've completed the **30-day SHIFT**. Take time to reflect on how far you've come. You've surrendered, healed, drawn closer to God, and said yes, even when it was hard. That's what bold faith looks like.

**Remember:** SHIFT isn't a one-time thing. It's a lifestyle. Keep choosing faith over fear. Keep choosing obedience over ease. And never forget, healing women heal nations.

You are the SHIFT.

With boldness,

*Jae Ricks*

**The EmpowerHER Mentor**



The  
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