

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.



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



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