



WHAT NOW?

My Recovery Plan is an awareness tool. It was designed to start your journey to rest and restoration, but YOU are the only one who can complete it. We hope the past several days have brought you some clarity around where you are and specific areas that need recovery. Though today is the final day of this resource, we cannot encourage you enough to take some of the daily action steps and turn them into a rhythm in your life, long term.

WHERE TO GO FROM HERE...

All four gauges (spiritual, physical, emotional, and relational) are below. Mark each gauge with where you believe you are **RIGHT NOW** in each. Compare them to the previous days. Note which ones are worse, the same, or better.



WHAT GOD SAYS...

“Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.”

Philippians 1:6 (NIV)

FROM NOW ON, I WILL...

All this week, we have put this statement in front of you to create a daily actionable step: “Today, I will...” Now, pick **ONE** area in which you are going to seek more recovery. Focusing on one area will help you go further faster. Targeting one area over a longer timeframe will increase your recovery. Now, complete this sentence.

FROM NOW ON, I WILL _____

_____.

Commit to making this a new rhythm for yourself. Be consistent without being legalistic. Paul was sure that God begins and completes His work in us. Commit this verse to memory. Let its truth ring in your heart and soul. God is for you! He wants to heal broken places in you. He wants to help you recover from the trauma of this past year. Be confident in that!

MY PRAYER IS...

*Heavenly Father,
I know you want are for me.
I know you have begun
a good work in me and you will
carry that work to completion.
I commit myself to you.
Restore me. Renew me.
Help me to recover so I can
love and serve you with all my
heart and soul and strength.*