

A DEVOTIONAL

MY
DAYS
TELL A
STORY

REFLECTIONS OF HIS LOVE
WRITTEN ON MY HEART

My Days Tell a Story: A 7-Day Devotional

Nice job on the download because that means you're right here, right now!

Thank you for taking the time to...take a moment.
Grab a journal, or print the bottom 'Notes' pages for your personal reflection.

Whether you are using this devotional guide in the quiet corners of your own home, in your car, closet, garage, lol) or as a way to prepare your heart for the SpringHill Women's Retreat, we are so glad you have this in your hands.

"Life moves pretty fast"

...quick Ferris Bueller reflection... and it is easy to feel like we are just turning pages without actually reading the book that ends up being our Life!

But your life, your days, your seasons, your quiet moments, your loud ones, your messes, your victories, your doubts, your day to day 'day-ness' stacks up to tell a story. And, wherever you are on your journey with faith or not, or any worldview that tugs on your heart, know this.

There is one truth greater than any opinion or comparison. God is writing your story with deep intention and profound love through the saving power of Jesus Christ, who rescues you from this world and from yourself.



His is the one relationship that will never let you down. No matter what your feelings tell you, God is always at work, bringing about His good purposes in your life.

Okay, so what's up with this Devo...

Over the next seven days (or time frame that fits your moves), we invite you to slow down, take a deep breath, and look at your day (your life) with fresh eyes. Wait...can't slow down? Small moments. Your own time.

This devo isn't something to add to your calendar but to enjoy finding out more about you. Stretch it out longer if you'd like rather than seven days. This is something to savor... literally as there's some easy, feel-good recipes too. Here's 'the deal'...or the challenge, we hope you take on with us...

Each day offers a short reflection, a verse to anchor your thoughts, and a simple, clever way to bring a little more joy or ease into your week. By the end, re-read it or continue to use one of our favorites, Audio Hugs. Maybe you also want to toss this devotional after you're done.

Why? Maybe you find things you choose to be 'done'.

Close a loophole, relationship or something that is holding you back. Yes...start a new, again and again, as this devotional is 'evergreen' just like you, as we intend to live through the eyes of The One Who created us.

Who knows everything about us.



And, if that freaks you out...ohh, there's nobody who wants you to feel Peace and Unconditional Love and Fulfillment like the Maker of your very own heartbeat.

Maybe you will learn something about yourself you need to toss, or keep or lean into. The goal or "deal" is to start fresh each reading with the time you give yourself to explore and be honest...and clean your guts.

That sounds a little gutsy or harsh, but speaking of guts... there's nothing than that lighter feeling of carrying less baggage and letting go of things that you are not meant to carry. In fact, you may find that many challenges or problems you face are not even your business... but God's to handle.

You're invited! Here's a quick Women's Retreat Invitation Interruption for you to consider. This devotional or what may turn into a longer journal may be something you bring to one of the coolest places on the planet in September just for women. SpringHill's Women Retreat in Evart, Michigan, where the entire SpringHill camp closes just for the ladies! Hundreds of other women will be attending who have also joined in the journey of this devotional.

So, if you can join us from September 25–27, 2026, this devotional is the perfect way to start the journey and prep your heart or start some connection and conversation.



Plus, did you see who you'll meet?

We will be joined by the Kensington Church Worship Team and our unforgettable, inspiring speaker, Kelsey Jenney. Kelsey brings 21 years of ministry experience, a deep love for spiritual formation, and an equally deep love for her doodle dogs, black coffee, and guacamole.

She is warm, very REAL, talks about life and culture today, and dives into what it means to live a story worth telling that each of you own, without comparison.

And...where you are right now in your life, and where you want to go.

For now, grab your favorite mug, find a comfortable spot, and...

... let's begin.





Chapter 1 - Monday

The Story of Unseen Moments

"But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

- Matthew 6:6

So much of a woman's life happens behind the scenes. It is the quiet folding of laundry, the silent prayers whispered over a steering wheel, the unseen work of holding things together, serving, leading a company with employees who look to you to make really hard decisions and yet provide and produce, or being an employee who is eager to make a difference or **BE** the difference in a tough judgmental company culture and world.

It is easy to feel like these moments of mundane tasks do not matter, or worse, that they go entirely unnoticed. But the story of your life is not just the highlight reel or the big accomplishments; it is built in the quiet, unseen spaces.

God is a God who sees in secret. He notices the small acts of faithfulness, the quiet moments of grace, and the invisible heavy lifting.

Today, instead of rushing past the mundane, pause and recognize that these unseen moments are the very chapters where God is doing His most profound work in you.



Fresh Idea for Your Week:

The 60-Second Reset: Keep a small bottle of your favorite essential oil or a beautifully scented hand lotion right next to your kitchen sink or on your desk. Every time you finish a task you do not particularly enjoy (like washing the last dish or clearing your inbox), take 60 seconds to apply the lotion or smell the oil, take three deep breaths, and intentionally close that chapter of the day. It turns a chore into a tiny, luxurious transition.





Chapter 2: Tuesday ***The Story of Nourishment***

*"Taste and see that the Lord is good; blessed is the one
who takes refuge in him."
- Psalm 34:8*

We spend a lot of time feeding others...physically, emotionally, and spiritually. But what does it look like to truly nourish yourself?

Sometimes, we settle for the spiritual equivalent of fast food, grabbing whatever quick encouragement we can find while running out the door. But God invites us to a feast.

He wants us to taste and see His goodness, to sit at the table and be filled. Your story requires energy, and that energy comes from being deeply rooted and well-nourished by the One who created you.

Today, consider where you are running on empty and ask God to show you how to pull up a chair to His table.



Fresh Idea for Your Week:

"No-Cook" Power Lunch:

Try this vibrant, energy-boosting bowl this week.

Toss together a handful of mixed greens, half a cup of quinoa (buy it pre-cooked to save time!), a scoop of hummus, a sprinkle of pumpkin seeds, and a generous drizzle of balsamic glaze.

It takes three minutes to assemble, requires zero cooking, and feels like a meal you would pay fifteen dollars for at a trendy café.





Chapter 3: Wednesday

The Story of The Unexpected Plot Twist

*"Many are the plans in a person's heart, but it is the Lord's purpose that prevails."
- Proverbs 19:21*

If we were writing our own stories, most of us would edit out the hard parts.

We would skip the waiting rooms, the disappointments, and the sudden changes in direction. But a story without tension is not much of a story at all.

The plot twists in our lives...the moments we did not see coming - are often the very places where God's purpose becomes the most clear.

When the plan changes, it does not mean the story is ruined; it means the Author is introducing a new theme.

Today, look back at a plot twist in your life that felt devastating at the time, and see if you can trace the thread of God's faithfulness through it.



Fresh Idea for Your Week:

The "Future Me" Favor:

Pick one small, annoying task that always derails your morning (like finding your keys, picking out an outfit, or prepping the coffee maker) and do it tonight.

But here is the twist: as you do it, say out loud, "I am doing this as a favor for Future Me." It is a small, trending practice in self-compassion that shifts your mindset from "doing a chore" to "caring for yourself."





Chapter 4: Thursday ***The Story of Connection***

*"Therefore encourage one another and build each other up, just as in fact you are doing."
- 1 Thessalonians 5:11*

We are not meant to read our stories alone.

The best chapters of our lives are the ones populated by the people who know us, love us, and remind us of who we are when we forget. Yet, in a world that is more connected than ever, it is incredibly easy to feel isolated.

True connection requires vulnerability; it requires letting someone else read the messy, unedited drafts of our lives. Who are the characters in your story that build you up? And more importantly, whose story are you helping to write with your encouragement?

Today, reach out and remind someone that their story matters to you.



Fresh Idea for Your Week:

The "Audio Hug":

Instead of sending a quick text to a friend today, send a one-minute voice memo. Hearing your actual voice, your laugh, and your tone communicates so much more warmth than a typed message.

It is a simple, beautiful way to bridge the gap when you cannot meet for coffee.

A Delicious Start:

The "Morning Glow" Smoothie:

Blend up a frozen banana, a handful of spinach (you won't taste it, promise!), a spoonful of peanut butter, a splash of almond milk, and a dash of cinnamon. It is thick, creamy, and tastes like a milkshake, but it will give you sustained energy for whatever your morning holds.





Chapter 5: Friday

The Story of Letting Go

*"Forget the former things; do not dwell on the past.
See, I am doing a new thing! Now it springs up;
do you not perceive it?"
- Isaiah 43:18-19*

Sometimes, the hardest part of moving forward in our story is putting down the previous chapter. We hold onto old hurts, past mistakes, or even previous seasons of success that we wish we could relive.

But God is always in the business of doing a new thing. To embrace the new thing He is doing, we have to be willing to let go of the old. What are you carrying that you were never meant to hold forever?

Today is an invitation to loosen your grip. You cannot turn the page if you are still clinging to the last one.



Fresh Idea for Your Week:

The "Done" List:

We all have To-Do lists that never seem to end. Today, flip the script. At the end of the day, write down a "Done" list. Write down everything you accomplished, no matter how small...from keeping a tiny human alive, to finishing a project, to simply getting out of bed. Celebrate what is finished instead of stressing over what is next.





Chapter 6: Saturday ***The Story of Celebration***

*"This is the day that the Lord has made;
let us rejoice and be glad in it."
- Psalm 118:24*

When was the last time you celebrated just because?
We are great at celebrating milestones - birthdays,
anniversaries, graduations - but we often forget to celebrate
the ordinary Tuesdays.

Joy is not something that just happens to us; it is a
discipline we cultivate. It is the intentional choice to look at
the day God has made and find a reason to be glad in it.
Your story is worth celebrating right now, right in the middle
of the mess and the mundane.

Today, find one small, ordinary thing and treat it
like a festival.



Fresh Idea for Your Week:

The "Fancy Glass" Rule:

Stop saving your good things for a "special occasion." Today, drink your regular afternoon water or iced tea out of your fanciest wine glass or crystal goblet.

Light the expensive candle just to read a book. Wear the nice perfume to the grocery store. Celebrate the ordinary.

A Delicious Start:

The "Two-Ingredient" Chocolate Truffles:

Mash up a cup of soft Medjool dates (pits removed) and mix them with half a cup of high-quality cocoa powder until it forms a dough. Roll them into little bite-sized balls and chill them in the fridge.

They are rich, fudgy, and taste incredibly decadent, perfect for a little weekend celebration.





Chapter 7: Sunday ***The Story of Rest***

*"Come to me, all you who are weary and burdened,
and I will give you rest."*

- Matthew 11:28

Rest is a complicated word for women today. We often view rest as a reward for finishing our work, but the truth is, the work is never entirely finished. If we wait until everything is done to rest, we will never stop moving.

Biblical rest, Sabbath...is not about catching up on sleep or finally having a day where the house is clean. It is a radical declaration of trust. It is saying, "God, I trust You to hold the world together while I stop."

In our modern culture, rest can feel heavy with judgment. Are we resting the "right" way? Are we being lazy? But Jesus offers a rest that is completely free of guilt. It does not matter if you are navigating a quiet house or a chaotic one, if your calendar is empty or overflowing. Rest is simply the practice of remembering that your worth is not tied to your productivity.

Today, find a way to rest that actually restores your soul. Maybe that is a nap, maybe it is a walk, maybe it is reading a book for an hour or 15 minutes...or staring straight out the window at a bird...without checking your phone.



Maybe it's even 5 minutes to close your eyes in a quiet space and say, "Lord, I'm open to hear anything you'd like to share with my heart. Thank you for how you love me...all the time, no matter what. I want to feel fulfilled over what the world calls 'happy' and hear Your Voice over the noise. Here I am. Thanks for sitting with me here and never leaving me."

Whatever it is, do it without apology. Let your story pause, breathe, and simply be. If you don't have a smudge of faith? Share that too. "Hi God...I feel nothing...show me Who You are!" Just let go. If you have no words. Sit still. He's with you.



Write the Next Chapter with Us at The Women's Retreat

Your story is beautiful, complex, and still unfolding. Ever heard, "Your best days are ahead?"

At age 99, this is true. Because what is to come is the most beautiful rescue ahead. This life is short, but eternity is unmatched by explanation of it. As the Scriptures say, and we paraphrase, "What God has planned for people who love Him, who look to Him is more than any human eye has seen or ear has heard or any mind has grasped or come up with."

And we can all agree, there's some pretty great songs written, paintings painted, inventions invented...and all the beautiful things in creation...all of it does not compare to what is to come.

That means, the experience and life ahead is...uhhh...we can't find the words...just take a moment right now and try to think of heaven's space ahead.

"No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him."

- 1 Corinthians 2:9

Speaking of space...If you are looking for a space to step away, breathe deeply, and connect with other women who are navigating their own stories, we would love for you to join us.



Come experience spiritual refreshment, genuine fellowship,
and a whole lot of fun at the SpringHill Women's Retreat.

Dates: September 25–27, 2026

Location: SpringHill Camp, Evart, MI





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