

Coming Back to Yourself

A Free 7-Day Journey

Peace. Identity. Wholeness.

Wholehearted Wellness by Jeronda

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Welcome

Dear friend,

There was a season when I did not know what I wanted anymore.

Not in the big ways — though those were lost too. In the small, quiet ways. What I liked. What made me feel like myself. What I would choose if someone simply asked me, *what do you want?*

I did not know.

After twenty years of marriage, I had spent so long learning to want less, to need less, to make myself smaller so everything could run smoothly — that I had quietly disappeared inside my own life. And I did not even see it happening until I was standing on the other side of a divorce, alone, wondering who on earth I actually was.

The grief was not just about the marriage. It was about the woman I had slowly stopped being.

And then the world had opinions about that woman. It told me I was too old to start over. Too far past the season when life offers second chances. Too complicated, too worn, too much. I sat with those voices longer than I should have.

But God was already moving before I had the courage to move toward Him.

He did not come to me with a plan or a program. He came quietly — through a morning with enough stillness to finally hear something true, through a Scripture that found me at exactly the right moment, through the slow and sometimes painful process of learning to be honest about where I actually was.

He began leading me back — not to the woman the world expected me to become, and not to the woman I used to be before all of it. To something truer than both. To the woman He had always seen. The one He made. The one who had been there all along underneath the exhaustion and the performing and the loss.

That journey is still unfolding. I want you to know that. I am not writing to you from a place of having arrived. I am writing from a place of being further along the road — and wanting to reach back a hand.

If you are holding this journal, something brought you here. Maybe it was a loss. Maybe it was a long season of pouring yourself out for everyone else until there was nothing left to give. Maybe you have been functioning — showing up, getting through, keeping it together — but quietly wondering if this is really all there is.

You are not broken. You are not too far gone. You are not too old, too complicated, or too much.

You are a woman who got a little lost. And God is very good at finding what is lost.

This journal is not a program. It is not something to complete or perform. It is simply seven days of space — space to slow down, to listen, to be honest, and to let God gently remind you of who you are.

There is no rush here. No grade. No version of you that needs to show up other than the one who is already here.

You do not have to earn your way back. You just have to come.

So come. Exactly as you are. He is already waiting.

With love,

Jeronda

A Note Before You Begin

There is a version of you that existed before the weight settled in. Before the constant pushing. Before the over-explaining, the over-functioning, the perfectionism, and the pressure to be everything for everyone.

This guide is not here to demand more from you. It's here to offer you a pause—an exhale—an honest place to land. A place where you can tell the truth without being rushed to fix it. A place where you can name what you feel without judging yourself for feeling it.

As you begin, please remember: healing is not a straight line, and wholeness is not a finish line. Some days you will feel clear and hopeful. Other days you may feel tender, resistant, or unsure. All of that belongs. All of that is allowed.

If you can, choose a consistent time each day—morning, midday, or evening—when you can give yourself just a little undivided attention. A few quiet minutes can be enough. Bring a journal if you have one. Bring a warm drink, a blanket, a quiet corner. Let this be simple.

And if at any point something feels heavy, take care of yourself. Pause. Step away. Reach out to someone safe. God's love does not require you to push past your limits. It meets you within them.

You don't have to earn your way into peace. You don't have to perform your way into rest. You get to return—one day, one page, one honest breath at a time.

Come as you are. That is the only requirement.

DAY I — Pause and Notice

Scripture

"Be still, and know that I am God."

— Psalm 46:10

Reflection

"I want to be honest with you about something before we begin."

"Being still is harder than it sounds."

"Not because we are lazy or faithless. But because for many of us, busyness became a kind of protection. As long as we were moving — managing, serving, solving, showing up for everyone who needed us — we did not have to sit with what was happening underneath. We did not have to feel it. We did not have to name it. We just had to keep going."

"I know that place. There was a season when I was afraid of my own quiet. Not because I did not believe in God, but because I was not sure I was ready for what the silence might surface. When you have spent a long time pushing your own needs to the edges of your life, stillness has a way of handing them back to you all at once."

"But here is what I had to learn — and what I want you to hold before you go any further today."

"God does not say be still and figure yourself out. He says be still and know that I am God. The knowing comes before the understanding. Before the clarity. Before you have any of it sorted. He is asking you to stop — not because the stopping will be easy, but because He is already present in the place you have been too busy to reach."

"You do not have to arrive at this moment feeling ready. You just have to be here."

"So today, the only invitation is this: notice."

"Notice what you are feeling right now, even if it is just tired. Notice where in your body you are holding tension. Notice what thoughts are trying to pull you back into the to-do list. Notice what you have been telling yourself about whether you deserve this kind of pause."

"You do not have to fix any of it. Just notice. Awareness is not the destination — it is simply the first honest step toward one."

Mirror Question

What has my heart been trying to tell me that I have been too busy to hear?

Prayer

Father, the quiet is unfamiliar to me. I am not sure what I will find here, and if I am honest, that makes me a little afraid. But You are not asking me to have it figured out before I come to You. You are asking me to come. So here I am — exactly as I am. Meet me in this stillness. Be what I find when I stop. Amen.

Gentle Practice

"Set a timer for five minutes. Put your phone face down. Sit somewhere you will not be interrupted."

"Do not try to pray. Do not try to think. Just breathe."

"If something surfaces — an emotion, a memory, a quiet ache — let it. Write one word or one sentence about what came up. You do not have to explain it. You just have to acknowledge it."

"That is enough for today."

DAY 2 — Remember Who You Are

Scripture

"I praise you, for I am fearfully and wonderfully made."

— Psalm 139:14

Reflection

"Somewhere along the way, many of us made a quiet exchange — and we did not even realize we were doing it."

"We traded our identity for our usefulness."

"Not in one dramatic moment. In a thousand small ones — the moments when being needed felt safer than being known."

"We were applauded for how much we could carry. We were valued for how quickly we could solve. We were loved most loudly when we were low-maintenance, agreeable, and strong. And slowly, without meaning to, we learned to attach our worth to our output."

"So we read the room. We anticipated needs. We kept the peace. We became experts at making things easier for everyone else — even when it made us harder to find. We shrank our wants so no one would feel inconvenienced by our humanity."

"And after a while, we stopped asking the simple, honest questions: What do I like? What do I need? What matters to me? What is mine — not as a role, but as a person?"

"Usefulness is measurable. It hands you a scorecard: perform, produce, provide — and you will feel valuable. But identity — the real, God-given kind — cannot be earned or maintained by effort. It can only be received. It is not a paycheck. It is a birthright."

"Psalm 139 does not say you are wonderfully productive. It does not say you are worthy when you get it right. It says you are fearfully and wonderfully made — formed with intention, seen with tenderness, and known with a depth no one else can touch."

"Before you accomplished a single thing, God called you His. Before you proved anything, He called you wonderful. Before you learned how to survive, He already knew your name."

"That means your worth is not up for debate — not on your tired days, not on your messy days, not in the seasons when you cannot show up the way you used to. You do not become less loved when you are less productive."

"And the voices that taught you otherwise — too much, not enough, too late, too broken, too complicated — those voices may be familiar, but they are not final. Anything that did not come from God's mouth does not get to name you."

"Today is not about forcing yourself to feel confident. It is about returning to what has always been true: you belong to God, and you are already loved — not because you earned it, but because He decided it."

"You are not earning your way back to worth. You never lost it."

Mirror Question

Where have I been measuring my worth by what I do — and what is God inviting me to believe instead?

Prayer

Lord, I confess that I have let what I do speak louder than what You say. I have carried labels and definitions that did not come from You, and some of them have lived in me so long they feel like truth. Today, help me lay them down. Remind me who I am in Your eyes — fearfully and wonderfully made, chosen, and loved. Teach my heart to receive what You have already declared over me. Amen.

Gentle Practice

"Write down three truths about who God says you are. Not who you feel like today — who He says you are."

"If that feels difficult, start here:"

"I am made in the image of God. (Genesis 1:27)"

"I am chosen and dearly loved. (Colossians 3:12)"

"I am held by a God who does not forget me. (Isaiah 49:15–16)"

"When you have your three truths, read them aloud. Slowly. Let each one land before you move to the next."

DAY 3 — Lay Down What You Are Carrying

Scripture

"Come to me, all who labor and are heavy laden, and I will give you rest."

— Matthew 11:28

Reflection

"I want to ask you something before we go any further today."

"What if the weight you have been carrying — the worry, the control, the constant managing of everyone and everything around you — what if part of you does not actually want to put it down?"

"Not because you love the exhaustion. But because somewhere along the way, the carrying became how you knew you were needed. How you knew you were good. How you justified your place in your own life."

"I know that sounds uncomfortable. Stay with me."

"For many of us, carrying started as love. We carried because we cared. Because we did not want anyone to feel alone. Because we did not want things to fall apart. Because someone had to be strong, and it felt like that someone was always us."

"And then, over time, what started as love turned into an identity: the responsible one. The dependable one. The one who always figures it out. The one who makes it work."

"So we picked up what was ours — and then we picked up what was not ours."

"We picked up emotional weight that belonged to other people — trying to regulate what they felt, soften what they said, anticipate what they might need, and prevent disappointment before it had a chance to form."

"We picked up expectations no one clearly asked us to meet, but we felt them anyway — the pressure to be the one who keeps the peace, the one who makes it work, the one who absorbs what everyone else cannot handle."

"And the truth is, some of what you are carrying right now is not even a burden you chose. It is a burden you learned."

"You learned it in the rooms where your feelings were too much. In the seasons when being easy was safer than being honest. In the relationships where love felt conditional — like you had to earn it by

being useful, agreeable, low-maintenance, and strong."

"So you became the one who handles it. The one who fixes it. The one who takes the hit so nobody else has to."

"But here is what I want you to consider today: the burden is not proof that you are faithful. Sometimes it is proof that you have been afraid."

"Afraid that if you stop managing, something will unravel."

"Afraid that if you stop carrying, someone will be disappointed."

"Afraid that if you are not the glue, you will not be wanted."

"That is why surrender can feel like loss. Not because you do not trust God — but because you have practiced being the backup plan for so long that letting go feels like stepping into the unknown."

"And if you are honest, maybe you have tried to put it down before — but you picked it right back up."

"Not because you are weak. Because carrying has been your language for love. Because you do not yet know what it feels like to be cared for without being the caretaker."

"That is why Matthew 11:28 is not a command. It is an invitation: *Come to me.*"

"Not come when you have managed it better. Not come when you have cleaned it up. Not come when you feel strong enough to carry it with a smile."

"Come heavy. Come tired. Come overloaded. Come honest."

"And then Jesus makes a promise that does not hinge on your strength: *I will give you rest.*"

"Not you will earn rest. Not you will finally deserve rest once you have proven you are doing enough. He will give it. As a gift. To the woman who is weary enough to stop."

"God is not asking you to have faith that everything will work out perfectly before you release your grip. He is asking you to trust that He was already holding what you thought you were the only one carrying."

"You were never the last line of defense. You were never meant to be."

"So today, do not rush to perform surrender. Just tell the truth about the weight. Name it."

"And then let yourself imagine — even if it feels scary — what might be possible if you were not carrying what God never asked you to pick up."

Mirror Question

What am I carrying that God never asked me to pick up — and what am I afraid will fall if I let it go?

Prayer

Father, I confess that the carrying has felt like faithfulness. I convinced myself that if I held on tightly enough, everything would be okay. But I am tired. And somewhere underneath the exhaustion, I think I have not fully trusted that You are enough. Forgive me for that. I am handing You what my hands were never made to hold. Teach me to release it – and when I reach to pick it back up, remind me gently that You have it. Amen.

Gentle Practice

Write down what you are carrying today—every worry, responsibility, and weight. Then draw a simple line under it and write: “I give this to You.”

DAY 4 — Rest Without Guilt

Scripture

"It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep."

— Psalm 127:2

Reflection

"Rest can feel like relief — and it can also feel like danger."

"Because when you finally stop moving, the noise gets louder for a moment."

"The to-do list starts clearing its throat. The unanswered messages float back into view. The inner narrator that stayed quiet while you were busy suddenly has plenty to say."

"And guilt shows up like a weight in your chest — not always loud, but persistent. Like an unfinished sentence that keeps repeating: *You should be doing something right now.*"

"If you sit still long enough, guilt often starts telling a deeper story. It starts naming the belief underneath the striving: *If I stop, I won't be needed. If I rest, I'll fall behind. If I pause, I'll disappoint someone. If I am not productive, I am not valuable.*"

"That is why rest can feel so complicated. Not because you don't believe God cares about you — but because somewhere along the way, you learned that love is proven by effort, and safety is proven by staying in control."

"For some of us, the message was spoken out loud. For others, it was absorbed quietly: the world rewarded the woman who could handle everything, who didn't ask for much, who stayed pleasant, who kept going no matter what."

"So you adapted. You learned to rise early and go late to rest. You learned to keep the wheels turning. You learned to make things happen — and then you started believing it was your job to keep everything from falling apart."

"But here is the question Psalm 127:2 gently places in front of you: *What kind of life are you building if it only works when you are exhausted?*"

"The Psalm calls that system what it is: *in vain.*"

"Not because your work doesn't matter. Not because your responsibilities aren't real. Not because God is scolding you for trying."

"But because anxious striving is not the foundation God built your life on."

"It is in vain to live like everything depends on you — because everything doesn't. You were never meant to be the savior of your home, your relationships, your future, or your story."

"And then God says something so tender it can almost feel unbelievable: *He gives sleep to his beloved.*"

"Not to the woman who earned it. Not to the woman who finally got ahead. Not to the woman who has nothing left to prove."

"To His beloved."

"That means rest is not a reward for finishing. It is a gift for belonging."

"Rest is how your body learns what your soul is trying to remember: God is still God when you close your eyes. He is still good when you stop managing. He is still present when you are not performing."

"So if guilt rises today when you try to rest, don't shame yourself for it. Just notice it. Ask it what it is protecting. Ask it what it is afraid will happen if you stop."

"Then gently tell yourself the truth: *I am His beloved. And He gives sleep to me.*"

"You are not the only thing standing between your life and chaos."

"You never were."

Mirror Question

Why do I feel guilty when I stop — and whose voice does that guilt actually belong to?

Prayer

God, I want to be honest. Rest feels harder than striving. Stopping feels riskier than moving. There is a voice inside me that says the moment I slow down, something will fall apart — and I have believed it for a long time. Today I am choosing not to. Quiet what is not from You. Give me what only You can give — not rest as reward, but rest as gift. Let me receive it. Amen.

Gentle Practice

Give yourself one intentional moment of rest today — without justifying it, explaining it, or shortening it out of guilt. Receive it as the gift it is.

DAY 5 — Return to God's Presence

Scripture

"Draw near to God and He will draw near to you."

— James 4:8

Reflection

"There is a kind of distance that doesn't look like rebellion."

"It looks like doing your best."

"It looks like showing up, holding it together, making it work — and slowly realizing your soul feels far away from the God you still believe in."

"If you have felt that, I want you to know you are not alone — and you are not failing."

"Most of the time, distance from God doesn't come from one dramatic decision. It comes from a slow narrowing of the heart."

"From prayer that started to feel complicated."

"From disappointment you didn't know how to name without sounding ungrateful."

"From grief that stayed stuck in your throat because you kept telling yourself to be strong."

"From shame — not always for what you did, but for what you felt: doubt, anger, numbness, confusion, resentment, exhaustion."

"And sometimes the distance is simply fatigue. The kind that makes even good things feel heavy — like opening your Bible, like finding words, like believing God wants the real you and not just the "faithful" version."

"But James 4:8 is not written to the polished. It is written to the human."

"It is not a performance verse. It is a promise: *Draw near to God and he will draw near to you.*"

"That means you don't have to manufacture closeness. You don't have to talk yourself into the right emotions. You don't have to catch up on spiritual consistency before you are allowed to return."

"The first move can be small."

"It can sound like, *I don't know how to do this right now, but I want You.*"

"It can look like sitting down for five minutes and letting that be enough."

"It can look like honesty instead of polish — because God can work with honesty."

"If you are afraid God will meet you with disappointment, hear this: God is not waiting to scold you. He is waiting to be with you."

"He is not intimidated by what you feel. He is not offended by your tears. He is not confused by your silence."

"He is a Father. And you are His daughter."

"You don't have to explain your distance before you return. You don't have to pretend you're okay. You don't have to clean yourself up to be close."

"You just have to turn your face toward Him — and trust that He keeps His word."

Mirror Question

What has been creating distance between me and God — and what would it look like to bring Him my honest, unfiltered heart today?

Prayer

Father, I am coming back to You as I am — not polished, not certain, not pretending. Some of my distance came from busyness. Some of it came from disappointment and hurt I didn't know how to bring to You. Some of it came from shame that told me I waited too long. But I believe Your promise is still true. As I draw near, draw near to me. Meet me in the real places. Teach me how to be close again — not through performance, but through presence. Amen.

Gentle Practice

"Sit in silence for five minutes. Set a timer if it helps."

"Do not prepare what you will say. Do not try to feel something. Do not perform stillness."

"Just be present. If words come, let them. If they do not, that is enough too."

"Before the five minutes begin, say this quietly: I am here. Draw near to me."

"That is the whole prayer. That is the whole practice. Let Him do the rest."

DAY 6 — Choose Peace Again

Scripture

"The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing."

— Zephaniah 3:17

Reflection

"I want you to read that verse one more time before you move any further today."

"Not quickly. Slowly."

"He will quiet you by his love."

"Not by fixing your circumstances. Not by answering the question that has been keeping you awake. Not by removing the uncertainty or resolving the situation or giving you a clear enough picture of the future that you finally feel okay."

"By His love. Just that. His love, near enough to quiet what is loud inside you."

"That is not a small thing. That is the whole thing."

"Most of us have spent years trying to locate peace in the right conditions — the quiet house, the resolved conflict, the health report that came back clear, the relationship that finally steadied itself. We have made peace conditional. We will feel it when the chaos settles. We will rest when the list is finished. We will breathe when we know how the story ends."

"But chaos does not schedule itself around our readiness. And so we keep waiting for a peace that never quite arrives — because we have been looking for it in the wrong place."

"Zephaniah 3:17 does not say *he will give you peace when things calm down*. It says *he is in your midst*. Present tense. Right now. In the middle of the exact thing that is unsettling you today. Not watching from a distance, waiting for you to get calm enough to receive Him — but already here, already near, already rejoicing over you with a gladness that does not depend on the state of your circumstances."

"Read that again: *He rejoices over you with gladness*."

"Not over the polished version of you. Not over the you who has it together. Over *you* — the woman in the middle of the uncertainty, carrying what she cannot yet put down, still showing up even when she does not know what she is showing up for."

"He sings over that woman."

"Peace is not something you manufacture by choosing correctly in a difficult moment. It is something you receive when you remember who is already standing in the room with you."

"Choose peace today — not because the chaos has stopped, but because the One who quiets it with love has never left."

Mirror Question

Where have I been looking for peace outside of God — and what would it feel like to stop waiting for the conditions to be right?

Prayer

Lord, I have been waiting for the right conditions before I allowed myself to feel at peace. I have made peace something I have to earn rather than something You give. Today I want to receive what You have already placed in this room with me. You are here. You are near. You are singing over me even when I cannot hear the song. Quiet me with Your love — not when everything is resolved, but right now, exactly as things are. I receive that. Amen.

Gentle Practice

Each time anxiety rises today, pause and say quietly: *He is in my midst.*

"Not as a technique. Not as a mantra. As a statement of fact — because it is true, whether you feel it or not."

"If you have a moment today, sit with Zephaniah 3:17 for a few minutes. Read it slowly. Let the image settle: a God who rejoices over you, who sings over you, who quiets you not with answers but with love. Ask Him to make it more than a verse — to make it something you actually experience."

DAY 7 — Walk Forward Wholeheartedly

Scripture

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

— 2 Corinthians 5:17

Reflection

"Seven days ago, you showed up."

"Maybe you came because you were tired. Maybe because something in you quietly knew you had been living at a distance from yourself — and from God — and you were ready to close that distance, even if just a little. Maybe you were not sure what you were looking for. You just knew you needed something. I want you to notice what it took to get here."

"You stayed."

"That matters more than it sounds. Because the women who need this journey most are often the same women who talk themselves out of it halfway through — the ones who feel too far gone, too distracted, too unworthy of seven days of intentional attention to their own souls. You are not one of those women this week. You showed up. You stayed. That is not small."

"Now here is what I want to say about walking forward — and I want to say it honestly."

"It will not always feel like it does today."

"There will be mornings when the anxiety is loud again. Moments when the old voice comes back — the one that says you are not enough, that you have to earn your place, that rest is irresponsible and peace is for people with simpler lives. There will be weeks when you forget everything you named here and find yourself right back in the middle of the striving."

"That is not failure. That is the ongoing nature of becoming."

"Wholeness is not a destination you arrive at and stay. It is a direction you keep choosing — one moment, one breath, one surrender at a time. And the invitation you received this week does not expire. It is still open tomorrow. It will still be open six months from now, on the hard Tuesday when nothing feels resolved and God feels quiet and you are not sure you remembered anything from this week at all."

"2 Corinthians 5:17 does not say you have been patched or improved or slightly better. It says you are a *new creation*. That is your identity — not something you are working toward, but something that is already true about you in Christ. The old version of yourself that was defined by performance, by fear, by what you had survived — she does not get the final word. The new has come. You are already her."

"Walking forward wholeheartedly does not mean walking forward without fear or without questions or without the occasional step backward. It means walking forward *knowing who you are* — loved, chosen, held, and never alone in it."

"That is enough to begin again. Every single time."

Mirror Question

What does it look like for me to walk forward wholeheartedly from this day on?

Prayer

God, thank You for meeting me here — in the tiredness, in the distance, in the questions I was not sure I had the courage to ask. These seven days were not about having all the answers. They were about remembering who I am in You. I walk forward not because everything is resolved, but because I know whose I am. When I forget — and I know I will — bring me back to this. Back to You. Back to the truth that I am a new creation, loved and free. Help me live like I believe that. Amen.

Gentle Practice

"Write a letter to yourself — to the woman you will be six months from now."

"Tell her what you remembered this week. Tell her what you want her to know when the striving starts to feel familiar again. Tell her what is true about her, even on the days she cannot feel it."

"Start with: *Dear [your name], this week I learned...*"

"Keep the letter somewhere you will find it — tucked inside your Bible, saved in your phone, folded in your journal. Let it be the thing you come back to when you need reminding."

Before You Go

Seven days ago, you showed up for yourself.

That was not nothing. That was an act of quiet courage — choosing to pause long enough to remember who you are, even when everything else was pulling you back into motion.

My prayer for you is simple: that you carry what is true from this week into the ordinary moments of your life. Not perfectly. Not without forgetting. But gently — the way you would carry something precious.

Healing is not about becoming someone else. It is about returning to the woman God created you to be.

That journey does not end here.

Continue the journey with the Wholehearted Wellness devotional app.

Each day, you will find quiet devotionals, reflective content, and gentle encouragement designed for women who are still in the middle of becoming — women who are choosing peace over performance, identity over survival, and wholeness over the version of themselves the world keeps asking them to be.

You are welcome there, exactly as you are.

Download the app: app.whwellness.org

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Peace. Identity. Wholeness.

Wholehearted Wellness by Jeronda