



# THE REVIVAL ROOM

## The First Five: 5 Truths to Reset Your Peace

“Then you will know the truth and the truth will set you free.” John 8:32

From my own personal experience, I have found that my anxiety gets entangled in whatever lie my mind, heart and soul have chosen to believe. And believe me....I share those personal struggles with my coaching students. But today isn't about me. It's about you friend. You've stepped out in faith, choosing to grab your freebie from my devotional series, *The Revival Room* with a hope that this will be different. Here are a few foundational truths I encourage you to embrace. Take a deep breath, grab that cup of coffee (reheat it if you need to!) and I pray you are open to letting the Holy Spirit guide you through this!

### The Foundational FIVE:

#### #1: God Sees YOU

*El Roi* is one of my FAVORITE names of God. I felt so unseen and so unloved for decades until He showed me Hagar in the Bible. Hagar was a single mom, rejected & was alone in the wilderness. But she encountered God as “El Roi,” the God who sees me. He met her in the middle of her mess - in the middle of her fear, in the middle of her heartache, in the middle of her pain.

Do you feel unseen?  
Do you feel unheard?  
Do you feel misunderstood, unloved?  
God sees you, right now, in this very moment as you are reading this.  
You are so precious to Him.  
As you dive into *The Revival Room*, know that He's right here too.

Action Items:  
Meditate on Genesis 16:13  
Write out your answers to the questions in the previous box.  
How did God show up for Hagar? Write this out.  
How are you expecting God to show up for you? Write this out and how it makes you feel.

## #2: Rest is *Holy*

This took me *years* to embrace so please save yourself some time and learn from my missteps! I am an all-or-nothing kinda gal so pausing to rest always made me feel lazy or that I was falling behind. But I am here to tell you today that a thought process like that is a bold face **lie**. God designed rest on the 7<sup>th</sup> day when He made all of creation, for a reason.

And it wasn't because God was tired. He was modeling how we should live. Rest isn't laziness...it's obedience. Rest is sacred. Rest helps us create a rhythm that stands up against the culture norm of wanting balance. Rest is biblical and is a secret key to your peace.

### Action Items:

Meditate on Genesis 2: 2-3  
How do you view rest?  
How do you feel about creating "Sabbath Moments?"  
Write out the busyness of your day and why you feel like you cannot have your own "Sabbath Moments" where you take time for yourself.

## #3: Strength for Today

God is the renewer of your strength. Period.  
The more I ran from Him to try and "fix" everything or "be" everything that I thought I needed to be, the more exhausted I became. You are NOT responsible for your replenishing mama! That is the Lord's job if we will just let Him do His thing. This act of surrender is so freeing once you release it to Him.

The self-care mantra isn't necessarily bad...but it can cause us to subconsciously believe that the weight of our peace, our me-time, our rejuvenation is solely on US. We have to be careful of the "me-mentality" because it takes God out of the pilot seat without us even recognizing it. And our striving to fix it leaves us exhausted.

### Action Items:

Meditate on Isaiah 40:31  
Are you willing to let God be in control of your rejuvenation?  
How can you invite God into the self-care things that you enjoy?  
Give yourself grace on the days you feel the most drained & allow Him to replenish you.

Notes:

#### #4: God in the Everyday

Co-labor....now there's a word we never use! LOL!  
Co-labor is not just a word used in the Bible to describe how God wants to do life with us....it's a **POWERFUL** concept that showcases how He enters into the seemingly mundane moments of our life.  
God's design for His kingdom is rooted in partnership - with you and with others!  
It's not about striving.

It's about aligning with His purpose and working together to accomplish what we could never do on our own.  
That sounds like a big, important feat. But sometimes yall, I need God to help me with the schedules for these 6 amazing children because it is a lot!  
Seriously though, I want you to embrace this concept of God.

God wants to be a part of every aspect of your life - the big and the ordinary parts.  
He desires to be with you **EVERY** step of the way.

##### Action Items:

Meditate on 1 Corinthians 3:9  
How can you invite God to co-labor with you? What areas do you need His guidance in? (He can even help guide you in the new garden you want to plant!)

#### #5: A New Perspective

I encourage you to be open to a new perspective.  
Not a new worldly perspective - but open to whatever God has for you in this season.  
THAT was a huge key that unlocked healing and restoration in my life. At the same time, because I was so hungry for anything God has for me, He showed up at lightening speed.

Once I started to grasp the concept of the Holy Spirit and His role in my life, radical healing started to take place.  
I was having visions in my dreams, in my worship time and in the quiet moments in my closet - my version of a prayer room plus some messy shoes and dusty bunnies! God wants to rock your world in a really beautiful way.  
*Will you let Him?*

##### Action Items:

Meditate on Isaiah 43:19  
***"See, I am doing a new thing! Now it springs up, do you not perceive it? I am making a way in the wilderness and streams in the wasteland."***

Write out a "Gratitude List" with 5 things you are grateful for in this current, unpredictable, chaotic season of life that you're in.

Notes:



These are the 5 key truths that I want you to pray over, write out and refer back to as much as you need to. Life is chaotic at best so you will have to pick these up on more than one occasion. But the weight will start to ease each time.

If you desire to be fed spiritually without feeling overwhelmed, then I would encourage you to look at the coaching services I offer. You don't have to know it all or be it all...you sometimes just need someone walking alongside of you. That's why I've created *Overwhelm to Overflow* - a plan for busy mamas just like you who need help emotionally, relationally and spiritually.

Click on this [link](#) for more details on the program.

To listen to the latest episodes from the Peace Revival, click [here](#).

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