

The 7-Day *Prayer Reset*

Seven days. Seven verses. Seven prayers to reset your prayer life — in five honest minutes a day.

If your prayer life has felt dry, rushed, forgotten, or all guilt and no conversation, this week was made for you. Each day gives you one verse to read slowly, a plain-language word on what it means, a written prayer you can pray as your own, and one small practice that turns the verse into something you actually do.

7	5	1
DAYS, START TO FINISH	HONEST MINUTES A DAY	VERSE, PRAYER & PRACTICE DAILY

From the Clear Vision Podcast
with Samuel McMillan

A free gift for subscribers of The Weekly Word — the Sunday email that brings you the week's seven Daily Word verses and the newest Clear Vision Podcast episodes. Keep this reset beside your Bible, work it day by day, and when you finish, pass it to one person who needs it.

BEFORE YOU BEGIN

Why a Reset?

You don’t drift into a strong prayer life. You drift away from one. If your prayer life has felt dry, rushed, forgotten, or all guilt and no conversation — this reset is for you. For the next seven days, all you need is five honest minutes a day.

SIGNS YOUR PRAYER LIFE NEEDS A RESET

— You mostly pray when something has already gone wrong — prayer is your emergency brake, not your steering wheel.

— Your prayers last about thirty rushed seconds, usually as you fall asleep, and you wake up unsure you finished them.

— You feel a flash of guilt every time you think about prayer, so you have quietly stopped thinking about it.

— You cannot remember the last time you prayed for somebody else — or the last time you prayed about anything but a problem.

— Every quiet moment gets filled instantly by a phone, a feed, or a screen, because silence itself has started to feel uncomfortable.

— You believe God is good, but you talk to Him like He is disappointed in you — so most days, you don’t talk to Him at all.

If two or three of those sound familiar, hear this clearly: none of them make you a bad Christian. They make you a normal person whose rhythm got interrupted — by a hard season, a busy schedule, a hurt you have not named yet, or just the slow drift of everyday life. Rhythms can be rebuilt. That is all a reset is.

WHAT THIS RESET IS

- Seven days, one short sitting a day
- One verse, read slowly and out loud
- One honest explanation of what it means
- One written prayer to make your own
- One small practice you can finish today

WHAT THIS RESET IS NOT

- Not a guilt trip, and not a performance
- Not a streak you have to protect
- Not a test God is grading you on
- Not a replacement for church or people
- Not seven more things to feel behind on

What can honestly change in seven days? Probably not your whole situation — and this reset will not pretend otherwise. What changes is your first move. By Day 7 you will have a set time, a proven five-minute pattern, and a week of kept appointments with God you can point to the next time you feel like quitting. Situations change on God’s schedule. First moves change this week.

BEFORE YOU BEGIN

How to Use This Reset

YOUR FIVE MINUTES, MINUTE BY MINUTE

1. **Minute 1 — Read.** Read the verse slowly, out loud if you can. Then read it a second time, leaning on a different word than you did the first time.
2. **Minute 2 — Understand.** Read the short word under it. It gives you the setting the verse was written in and the one plain truth it is carrying for you today.
3. **Minutes 3–4 — Pray.** Pray the prayer like you mean it — then add your own words. Name your real people, your real bills, your real fears. God is not grading your wording.
4. **Minute 5 — Practice and write.** Do the one small practice. That's it. Then write the one line at the bottom of the page before you move on with your day.

WHAT YOU NEED — AND PICKING YOUR TIME

You need this guide, a pen, and five quiet minutes. A Bible or Bible app helps if you want to read around the verse. On Day 2 you will also want one sticky note. Everything else is optional.

Before Day 1, pick your **anchor time** — the same five minutes, in the same place, every day. First thing in the morning, before your phone, works best for most people. A commute, a lunch break, or the last five minutes before bed all work too. Write your anchor time on the tracker page at the back of this guide, and treat it like an appointment someone important is keeping with you — because He is.

Missed a day? No guilt if you miss a day. Just pick it back up. God is not grading you — He's inviting you. Don't double up to "catch up," and don't quit over one missed morning. Do the missed day next, in order. The reset bends; it does not break.

YOUR WEEK AT A GLANCE

DAY	TITLE	VERSE	FOCUS	DONE
Day 1	A Fresh Start Is Real	*Lamentations 3:22–23*	Mercy	☐
Day 2	God Has Not Forgotten You	*Isaiah 49:15–16*	Remembered	☐
Day 3	Peace for an Anxious Mind	*Philippians 4:6–7*	Peace	☐
Day 4	Trust the Plan You Can't See	*Jeremiah 29:11–12*	Trust	☐
Day 5	Rest for the Tired	*Matthew 11:28–29*	Rest	☐
Day 6	Set Apart, Even If It Costs You	*Romans 12:2*	Renewed mind	☐
Day 7	Set Your Mind Above	*Colossians 3:1–2*	Focus	☐

DAY 1

FOCUS · MERCY

A Fresh Start Is Real

If this is you today: you want to pray, but yesterday keeps answering first — the missed days, the thirty-second prayers, the promises you made to God and didn't keep. You sit down to start and spend the first minute apologizing instead. Start here. Today's verse was written for people starting over in the middle of a mess, not after it.

> *"It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."*
>
> **LAMENTATIONS 3:22–23 (KJV)**

WHAT IT MEANS

Jeremiah wrote this in the middle of ruins — not after God fixed everything, but while it was still broken. God's mercy isn't a mood He wakes up in. It's new every morning because He decided it would be. Your reset doesn't start when your life looks better. It starts tomorrow morning, with mercy that already showed up before you did.

Look closer at the setting, because it matters. Lamentations is a book of grief written over a destroyed city, and chapter 3 is its darkest chapter — yet this is the verse it is remembered for. "Great is thy faithfulness" was not sung from a stage. It was said out loud in the rubble, on purpose, by a man who had watched almost everything fall. And notice how the mercy works: it arrives the way manna did in the wilderness — fresh, daily, in today-sized portions. You cannot borrow yesterday's supply or stockpile tomorrow's. His compassions "fail not" means they have never once run out before somebody's need did. Including yours.

PRAY THIS

Lord, thank You that Your mercy beat me to this morning. I won't waste today rehearsing yesterday. Wash my prayer life clean and teach me to start fresh — not someday, today. Thank You for the mercies I walked past without noticing — the breath in my body, the people still in my corner, the trouble that could have taken me out and didn't. Open my eyes to today's supply, and help me receive it like it's new — because it is. In Jesus' name, amen.

PUT IT INTO PRACTICE · ABOUT 5 MINUTES

1. Before you check your phone tomorrow, say this out loud: 'Great is Thy faithfulness.'
2. For two minutes, thank God out loud for three specific mercies from the last twenty-four hours. Name them one at a time — a meal, a person, a near-miss you only noticed later. Vague thanks is easy; specific thanks is worship.
3. For two more minutes, pray over today's schedule item by item — the meeting, the shift, the errand, the hard conversation — and invite God into each one before it starts.

Write it: one mercy I noticed today —

Tonight, remember: mercy already showed up before you did. Tomorrow, it will again.

DAY 2

FOCUS · REMEMBERED

God Has Not Forgotten You

If this is you today: your prayers feel like messages left unread. People have forgotten — forgotten to call, to check in, to follow through — and heaven's silence sounds like more of the same. You're in a waiting season and the waiting has started to feel like a verdict. Read this one slowly.

> *"Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee. Behold, I have graven thee upon the palms of my hands."*
>
> **ISAIAH 49:15–16 (KJV)**

WHAT IT MEANS

God compares His memory of you to the strongest bond on earth — and then says His is stronger. And He doesn't just remember your name. He engraved you on His palms. Engraving isn't written in pencil. It doesn't fade, smudge, or wash off. Feeling forgotten is a feeling. Being forgotten is impossible — not with your name cut into His hands.

The verse just before this one says what God's people were actually feeling: "The LORD hath forsaken me, and my Lord hath forgotten me." They were in exile, far from home, and God did not scold them for feeling it — He answered it. Of every picture He could have chosen, He chose a nursing mother, the most instinctive, body-level bond there is, and said: even that can fail; Mine won't. Then He pointed to His palms. In the ancient world, people marked their palms with reminders they could not afford to lose. God's word is stronger than a note, though — you are not written on Him, you are *graven* into Him, on the part of Him He sees every time His hands move. The verse ends by saying your walls are continually before Him, too: He sees the exact situation you're standing in.

PRAY THIS

Father, when I feel invisible, remind me what's engraved on Your hands. You haven't lost track of me, my family, or my future. Quiet the lie that I've been overlooked, and let me rest in being known. Where people have forgotten, You have not. Where doors have closed quietly, You are still looking at my name. Teach me to wait like someone who is remembered, not like someone begging to be noticed. In Jesus' name, amen.

PUT IT INTO PRACTICE · ABOUT 5 MINUTES

1. Write your name on a sticky note with the words 'graven on His palms' and put it where you'll see it all week — mirror, dashboard, or phone case.
2. Every time the forgotten feeling shows up today, look at your own palms for five seconds and say: "My name is on His."
3. Then pass it on: send one message to somebody who may feel forgotten — a short "thinking of you, praying for you today" is enough. Being remembered by God makes us good at remembering people.

Write it: where I most feel forgotten right now — and what I believe God is saying instead —

Tonight, remember: feeling forgotten is a feeling. Being forgotten is impossible.

DAY 3

FOCUS · PEACE

Peace for an Anxious Mind

If this is you today: your mind has been racing since before your feet hit the floor — rehearsing conversations, refreshing bad news, doing worst-case math at 2 a.m. Nothing may have even happened yet, and you're already exhausted. Today is about giving every one of those worries a destination.

> *"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."*
>
> **PHILIPPIANS 4:6–7 (KJV)**

WHAT IT MEANS

Paul doesn't say 'don't feel anxious.' He gives anxiety a destination: trade it in, by prayer, with thanksgiving. And notice the promise — peace doesn't guard your circumstances. It guards your heart and your mind, the two places anxiety actually lives. God may not calm the storm on your schedule, but He will post a guard at the door of your mind.

First, Paul wrote these words from prison — peace, for him, was not a quiet-life luxury; it was survival equipment. Second, look at the exchange he describes. The trade has three parts: *prayer* (go to God), *supplication* (ask specifically, not in vague generalities), and *thanksgiving* (say out loud what He has already done). What you receive is a peace that "passeth all understanding" — peace that does not wait for the numbers to add up. And the word "keep" is a soldier's word: a garrison posted on duty, at the two doors anxiety uses — the heart, where feelings are made, and the mind, where the racing thoughts run.

PRAY THIS

Lord, I'm trading this worry in right now — You know the one. I thank You that You've carried me through every hard day so far. Post Your peace at the door of my heart and mind, and don't let anxiety back in rent-free. You know the specific things I'm carrying — the money, the health, the people I love, the decision I keep circling. I'm handing them over one by one, on purpose, and I'm thanking You before I see a single result. Guard what I cannot guard myself. In Jesus' name, amen.

PUT IT INTO PRACTICE · ABOUT 5 MINUTES

1. On paper, write your top three worries as a list. Getting them out of your head and onto a page is half the battle.
2. Name your top three worries out loud, one at a time. After each one, say: 'God, this one is Yours now.' Then thank Him for one specific thing He's already done.
3. Close the notebook or turn the page face down. That small physical act is the handoff — when a worry comes back later, remind yourself: already traded.

Write it: what I handed to God today —

Tonight, remember: peace doesn't guard your circumstances. It guards you.

DAY 4

FOCUS · TRUST

Trust the Plan You Can’t See

If this is you today: you are stuck somewhere you never would have chosen — a job, a city, a season, a wait — and everyone else’s life seems to be moving while yours is paused. You’ve quoted Jeremiah 29:11 at other people. Today, know it was written to people standing exactly where you’re standing.

> *“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.”*
>
> **JEREMIAH 29:11–12 (KJV)**

WHAT IT MEANS

God spoke this to people who were stuck somewhere they never wanted to be — and the promise came with a prayer attached. The plan wasn’t ‘wait and do nothing.’ It was ‘call on Me, and I will listen.’ You may not be able to see the plan, but you can always reach the Planner. And His thoughts toward you are peace — not punishment, not payback. Peace.

This promise arrived in a *letter* — Jeremiah wrote it to exiles who had been carried off to Babylon, and the rest of the letter told them to build houses, plant gardens, raise families, and settle in, because they would be there a while. In other words, God’s plan for stuck people was never “do nothing until this is over.” It was “live faithfully right here, and trust Me with the ending.” The “expected end” is a future with a hope attached — fixed by God, even when it isn’t visible from here. And verse 12 gives you your part: call, go, pray. Your prayers are not you begging God to start caring. They are one of the tools He built into the plan itself.

PRAY THIS

Father, I can’t see the whole plan, but I trust the One who wrote it. Your thoughts toward me are peace, so I’ll stop bracing for the worst. Teach me to call on You first — not as a last resort. While I’m in this season, show me how to build and plant right where I am instead of only counting the days until I’m somewhere else. And when I pray, remind me of Your promise: You hearken. You actually listen. In Jesus’ name, amen.

PUT IT INTO PRACTICE · ABOUT 5 MINUTES

1. Write the decision or situation you’ve been stalling on at the top of a page — one sentence, plainly stated.
2. Whatever decision you’re stalling on, pray about it before you search, scroll, or ask anyone else today. God first, opinions second. Give it the full five minutes before you pick up your phone for anyone else’s take.
3. Underneath, write the smallest faithful next step you can actually take today — one call, one application, one conversation, one apology. Then take it. Plans are trusted one step at a time.

Write it: the decision I’m putting in God’s hands first —

Tonight, remember: you may not see the plan, but you can always reach the Planner.

DAY 5

FOCUS · REST

Rest for the Tired

If this is you today: you are tired in a way a nap doesn't touch. You slept and woke up still carrying it — the bills, the people depending on you, the pressure, the pretending everything's fine. You don't need a motivational speech today. You need somebody stronger to take some of this weight. That is exactly the invitation on this page.

> *"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls."*
>
> MATTHEW 11:28–29 (KJV)

WHAT IT MEANS

Jesus doesn't invite the put-together. He invites the labouring and the heavy laden — people carrying weight they were never built to carry alone. And His offer isn't a vacation. It's an exchange: your crushing yoke for His lighter one. Rest in God's kingdom isn't quitting. It's letting Him carry His share — which was always most of it.

A yoke, in Jesus' world, was a wooden frame that joined two animals side by side so the load was pulled together — and a well-made yoke was fitted to the animal so it didn't wound the neck. When Jesus says "my yoke," He is saying the work doesn't disappear, but you stop pulling it alone, and the stronger partner sets the pace. Notice, too, what He asks you to learn: not a technique, but *Him* — "learn of me, for I am meek and lowly." Soul-rest is learned from a gentle teacher, slowly, the way any skill is learned. And the only qualification for the invitation is in the first three words of the promise: *all ye that labour*. Tired is the ticket in.

PRAY THIS

Jesus, I'm tired in places sleep doesn't fix. I'm bringing You the weight I've been carrying alone — the bills, the people, the pressure, the pretending. Give me the rest You promised, and teach me Your gentler way. Fit me for Your yoke and slow me down to Your pace; I've been pulling like everything depends on me, and it doesn't. Be gentle with me while I learn, the way You said You are. In Jesus' name, amen.

PUT IT INTO PRACTICE · ABOUT 10 UNHURRIED MINUTES

1. Take ten unhurried minutes today with no phone: phone in another room, timer set so you don't have to watch a clock. Sit somewhere you can actually settle.
2. Read today's verse twice, slowly — once out loud, once in a whisper. Let rest be an act of obedience, not a reward.
3. Name each weight out loud, one at a time, and set it down in words: "Lord, the bills — Yours. The people I love — Yours. The outcome I can't control — Yours." Finish with two full minutes of quiet. Don't fill it. That silence is the practice.

Write it: the weight I set down today —

Tonight, remember: rest isn't quitting. It's letting Him carry His share.

DAY 6

FOCUS · RENEWED MIND

Set Apart, Even If It Costs You

If this is you today: your convictions have been getting louder and your circle has been getting quieter. The group chat jokes don't land the same. Some invitations have stopped coming. Nobody announced anything — you can just feel the distance growing, and some days it stings more than you expected. This page is for that sting.

> *"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."*
>
> **ROMANS 12:2 (KJV)**

WHAT IT MEANS

Following Jesus will change your mind before it changes your circumstances — and a renewed mind eventually changes everything else. But let's be honest: being set apart can cost you. Friendships shift. Invitations stop. That's not God isolating you. That's God protecting the person you're becoming. You don't renew your mind by blending in harder. You renew it in His presence, one honest day at a time.

Paul sets two forces against each other here. To be *conformed* is to be pressed into a mold from the outside — the world squeezes, and slowly you take its shape without ever deciding to. To be *transformed* is the opposite direction: change that works from the inside out, and the Greek word behind it is the one used for a caterpillar becoming a butterfly. The battleground between those two forces is your mind, and the mind is renewed by what it feeds on — which is why today's practice is an honest audit of your inputs. Notice the payoff: a renewed mind learns to "prove" God's will — to test it by living it and discover, from the inside, that it really is good.

PRAY THIS

Lord, renew my mind where the world has been shaping it. Give me courage to be set apart without being bitter about it, and surround me with people who pull me closer to You. I'd rather have Your will than everyone's approval. Where being set apart costs me, remind me what it's protecting. Where I'm tempted to blend back in just to feel normal, hold me steady — and let me find out by living it that Your will really is good. In Jesus' name, amen.

PUT IT INTO PRACTICE · ABOUT 5 MINUTES

1. Audit one input today — an account, a show, a group chat. List your five biggest inputs by time this week, and circle the one that's conforming your mind more than Christ is.
2. Mute it for the rest of the reset. Not forever, not in anger — just long enough to hear your own thoughts and God's voice without it narrating.
3. Replace that time with one podcast episode or one chapter of Scripture. Start with Romans 12 itself — the whole chapter takes about four minutes, and verse 2 lands differently with verses 1 and 3 around it.

Write it: the input I'm muting — and what replaces it —

Tonight, remember: you don't renew your mind by blending in harder.

DAY 7

FOCUS · SET ABOVE

Set Your Mind Above

If this is you today: you actually did it — seven days of showing up — and part of you is already wondering how long it will last. You know how a good week can fade by Wednesday. Today isn't a graduation speech. It's the day the reset turns into the thing that carries it: a setting you choose, and a time you keep.

> *"If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth."*
>
> **COLOSSIANS 3:1–2 (KJV)**

WHAT IT MEANS

Your circumstances change every day. Your God doesn't. Paul says your focus is a choice you set — like an anchor dropped on purpose, not a mood you wait to feel. Seven days ago you started a reset. Today you choose the setting your mind returns to when life gets loud: things above. Not denial of what's happening here — direction from the One who's above it.

Paul starts with identity, not effort: "*if ye then be risen with Christ*" — because you already belong to a risen Savior, your focus gets a home address. "Set your affection" is deliberate, like setting a thermostat: you choose the temperature once, and the room keeps returning to it without a fresh decision every hour. That is what this week has really been building — not seven good mornings, but a return point. Life will get loud again; that was never in question. What's changed is that now you know the way back, because you've walked it seven times: open the verse, hear what it means, pray it honestly, do the one small thing.

PRAY THIS

Father, set my mind where my life is headed, not just where my problems are. When today pulls my focus down, pull it back up. Thank You for these seven days — now keep this rhythm alive in me. I'm not asking You to make me perfect at this; I'm asking You to keep bringing me back, the way You have every morning this week. This reset is ending. Our appointment isn't. In Jesus' name, amen.

PUT IT INTO PRACTICE · ABOUT 5 MINUTES

1. Choose your anchor time — the same five minutes every day (morning coffee, commute, lunch break). The time you already used this week is the strongest candidate; keep it.
2. Put it in your calendar as a recurring appointment with God, and set a phone alarm with a label you'll be glad to see — "Reset: 5 with God" works.
3. Tell one person your anchor time. A kept appointment grows stronger when somebody knows about it. Resets become rhythms one kept appointment at a time.

Write it: my anchor time is _____ at _____ (place). When life gets loud, I'll return to —

Tonight, remember: a reset ends. A rhythm doesn't have to.

AFTER DAY 7

Keep the Rhythm: Your Next Seven Days

A reset you only do once is an event. A reset you can repeat is a rhythm — and you already own everything you need, because the five-minute pattern you used this week works with any verse you will ever open.

THE FIVE-MINUTE PATTERN — YOURS TO KEEP

1	2	3	4	5
READ	**UNDERSTAND**	**PRAY**	**PRACTICE**	**WRITE**
One verse, slowly, out loud, twice.	Ask: what did this mean there — and what is it saying to me here?	Answer the verse back to God in your own honest words.	One small, finishable action before the day ends.	One line: what you prayed, noticed, or are still carrying.

WEEK TWO, MAPPED OUT FOR YOU

Day 8 — repeat the day you needed most. Go back to the day in this reset that hit hardest and work it again with a week's worth of honesty behind you. Verses don't wear out; we just read them at different depths.

Days 9–13 — run the pattern on The Weekly Word. Each Sunday's issue brings the week's seven Daily Word verses, each with a short "what it means" and one way to put it into practice — the same shape you just practiced, already prepared for you. Take one verse a day at your anchor time.

Day 14 — read your tracker page. Look back at the lines you wrote this week — the mercies noticed, the weights set down, the prayers still carried — and thank God for the answered ones by name. A record like that is fuel for the next hard season.

WHAT THE WEEKLY WORD BRINGS YOU EVERY SUNDAY

The Weekly Word is the free Sunday email from Clear Vision that keeps this rhythm fed: the week's seven Daily Word verses, each with a plain-language "what it means" and a practical "put it into practice" step, plus the newest Clear Vision Podcast episodes so you never miss a prayer or a message. It is short enough to read with coffee and substantial enough to pray through all week. You're already subscribed if this reset reached your inbox — watch for it Sunday.

And keep praying with the podcast between Sundays: Clear Vision Podcast on YouTube (@ClearVisionPodcast7) — new prayers and messages every week, including the set-apart word behind Day 6 and the Colossians word behind Day 7.

YOUR RECORD

My Prayer Tracker & Notes

Don’t trust a reset to memory. Write the days down as you go — a few honest words each — and this page becomes the record you come back to in the next hard season: proof, in your own handwriting, that you showed up and that God met you.

My anchor time: _____ at _____ (place) · **My start date:** _____

DAY	DATE	DONE	THE ONE THING I’M CARRYING INTO TOMORROW
Day 1		☐	
Day 2		☐	
Day 3		☐	
Day 4		☐	
Day 5		☐	
Day 6		☐	
Day 7		☐	

ANSWERED PRAYERS — WHAT I PRAYED, AND WHAT GOD DID

Date / What I prayed / What God did

PRAYERS I’M STILL CARRYING

Not unanswered — still in God’s hands. Review this list every Sunday when The Weekly Word arrives, and move a line up when He answers.

You Finished the Reset. *Now Keep the Rhythm.*

Every Sunday, The Weekly Word brings you the week's seven Daily Word verses — each with a short 'what it means' and one way to put it into practice — plus the newest Clear Vision Podcast episodes. It's free, it's short, and it keeps the reset going.

You're already subscribed if this reset reached your inbox — watch for it Sunday. And if this reset reached you some other way — forwarded by a friend, passed along by family — you can start receiving The Weekly Word yourself, free, every Sunday:

JOIN THE WEEKLY WORD — FREE

clearvisionuniverse.org/reset

Seven verses, seven meanings, seven practices — plus the newest podcast episodes — in your inbox every Sunday. No spam. Unsubscribe anytime.

Watch and listen: Clear Vision Podcast on YouTube (@ClearVisionPodcast7) — new prayers and messages every week.

One more thing: send this reset to one person who needs it. You never know which day is the day they needed most. Forward the email it came in, or send them the file itself — and if you can, tell them which day was yours: the mercy day, the forgotten day, the anxious day, the plan day, the rest day, the set-apart day, or the day you set your mind above. A reset passed on with a testimony attached lands twice as deep.

A last prayer over you before you close this guide: *Lord, bless the one holding these pages. You know what this week cost them and what it gave them. Keep their anchor time like a standing appointment, let mercy keep beating them to the morning, and let the rhythm outlive the reset. In Jesus' name, amen.*

— Samuel McMillan, Clear Vision Podcast