



*Nourished*  
by **FAITH**

21 DAY DEVOTIONAL JOURNAL

**TIFFRD.COM**



Welcome, beloved sister in Christ,

Embarking on a health journey can be both exhilarating and daunting. As Christian women, we know that our bodies are temples of the Holy Spirit, and caring for them is an act of worship. However, in the rush of daily responsibilities and the noise of countless health trends, it's easy to lose sight of the foundational truths that guide us.

"Nourished by Faith" is designed to reconnect you with these truths over the next 21 days. This devotional is more than a guide to physical health; it's an invitation to deepen your relationship with God through the lens of wellness. Each day offers a Scripture verse, a reflection, and an actionable step to help you integrate your faith into your health journey.

This devotional will encourage you to reflect on your identity in Christ, understand your body as a divine gift, and embrace the spiritual disciplines that lead to lasting health. Whether you're looking to revitalize your physical health, find spiritual strength in times of weakness, or simply seek a closer walk with the Lord, these next three weeks will guide you in nurturing both body and soul.

Join me on this journey of health, where each step is taken in faith, each decision is draped in love, and every moment is an opportunity to glorify God in our bodies and spirits, which are His.

Together, let's discover how being *nourished by faith* can transform not only our health but our entire lives.

In His love and strength,  
Tiffany  
@Christian\_Health\_Chick





















































