

Wholehearted

30 DAY DEVOTIONAL



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Welcome to Wholehearted: A 30-Day Devotional Journey to Align Your Health, Faith, and Wellness.

This devotional is designed specifically for women who seek to honor God by taking care of their bodies, minds, and spirits. As believers, we know that our health is more than just a physical state—it's a reflection of our stewardship of the bodies God has entrusted to us, a testimony of our faith, and an act of worship.

Over the next 30 days, you will embark on a journey that intertwines your spiritual growth with your health and wellness goals. The path to better health is not always easy, but it is profoundly meaningful. It requires dedication to the process, courage to face challenges, perseverance in the face of obstacles, and stewardship of the life and body God has given you.

Each day, you will be guided by scripture that speaks to these virtues. You'll find insights that connect these biblical principles with your health journey, helping you to see how deeply God cares about your whole being—body, mind, and soul. You will also have the opportunity to reflect on how you can apply these lessons to your daily life, making this a truly transformative experience.

Remember, this is not just a journey toward better health; it's a journey toward becoming more of who God created you to be. As you grow stronger physically, you will also grow stronger spiritually, deepening your relationship with the Lord and aligning your life with His will.

Let this be a time of renewal and commitment, where you allow God to work in you and through you to create a life that glorifies Him in every way. May you be encouraged, strengthened, and blessed as you walk this path with wholehearted devotion.

Let's begin this journey together, trusting that with God's guidance, the best is yet to come.






DAY 9: HOPE THAT STRENGTHENS

Psalm 31:24

Placing our hope in the Lord strengthens our hearts, giving us the courage to persist even when the road is tough. Health journeys often come with setbacks and disappointments, but hope in God keeps us moving forward with renewed determination.

How can hope in God give you the courage to continue your health journey, despite setbacks?

Heavenly Father, fill me with hope that strengthens my heart. Help me to persevere through setbacks, trusting in Your faithfulness and love.



DAY 10: FEAR NOT, I AM WITH YOU

Isaiah 41:10

God promises to strengthen and help us, holding us up with His righteous hand. When we feel weak or discouraged in our health efforts, we can draw courage from knowing that God is our helper and sustainer. His strength is made perfect in our weakness.

In what areas of your health journey do you feel weak, and how can you invite God's strength into those areas?

Lord, I feel weak in certain areas of my health journey, but I trust in Your strength. Uphold me with Your righteous hand and help me to overcome my weaknesses with Your power.



DAY 11: COURAGE TO DO THE WORK

1 Chronicles 28:20

Just as David encouraged Solomon to be strong and do the work of building the temple, we are encouraged to be strong in our work of building a healthier life. Courage doesn't mean the absence of fear; it means moving forward despite fear, trusting in God's provision.

What "work" in your health journey have you been avoiding out of fear, and how can you trust God to help you complete it?

Father, give me the courage to do the work required in my health journey. Help me to trust in Your provision and guidance as I move forward, despite my fears.

DAY 12: NEVER FORSAKEN

Deuteronomy 31:6

The command to be strong and courageous is coupled with the assurance that God will never leave or forsake us. This gives us the courage to face the challenges of health and wellness, knowing that God is with us every step of the way.

How can the knowledge that God will never leave you give you the courage to face today's health challenges?

Lord, thank You for Your promise to never leave or forsake me. Help me to draw courage from Your constant presence as I face the challenges in my health journey.



DAY 13: RENEWED DAY BY DAY

2 Corinthians 4:16-18

Our outer self may be wasting away, but our inner self is being renewed day by day. This perspective shift allows us to focus on the eternal rather than the temporary. Courage in our health journey comes from knowing that our efforts are not just for this life but are preparing us for eternity.

How can focusing on the eternal perspective give you the courage to persist in your health efforts?

Heavenly Father, renew my spirit each day as I focus on the eternal perspective. Help me to find courage in the knowledge that my efforts are preparing me for eternity with You.



DAY 14: TAKE HEART

Matthew 14:27

When Jesus walked on water, He told His disciples, “Take heart; it is I. Do not be afraid.” In moments of fear and doubt on our health journey, we can take heart knowing that Jesus is with us, guiding us through the storm. Courage comes from recognizing His presence in our lives.

How can you focus on Jesus’ presence to overcome fear in your health journey?

Lord Jesus, help me to take heart and not be afraid. May Your presence guide me through every fear and doubt in my health journey, knowing that You are always with me.



DAY 15: BLESSED ENDURANCE

James 1:12

Blessed is the one who perseveres under trial. The trials we face in our health journey, whether physical, emotional, or spiritual, are opportunities for growth. Perseverance through these trials leads to a deeper faith and a stronger commitment to the path God has laid out for us.

What current trial in your health journey can you view as an opportunity for growth in perseverance?

Lord, bless me with the strength to persevere through the trials in my health journey. Help me to see these challenges as opportunities for growth and a deeper commitment to You.



DAY 16: CHARACTER THROUGH SUFFERING

Romans 5:3-4

Suffering produces perseverance; perseverance, character; and character, hope. This process is not easy, but it is essential for our growth. Each step in our health journey is a building block in the development of our character and hope in God’s promises.

How can you embrace the process of suffering leading to perseverance in your health journey?

Heavenly Father, help me to embrace the process of suffering, knowing that it produces perseverance, character, and hope. Strengthen me as I walk this path of growth in my health journey.

DAY 17: REAPING THE HARVEST

Galatians 6:9

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Health and wellness are journeys, not destinations. Perseverance is key to seeing the fruits of our labor, even when the results are not immediate.

What keeps you motivated to continue your health journey, even when results seem slow or non-existent?

Lord, give me the strength to continue doing good and not to grow weary. Help me to trust in Your timing and to persevere, knowing that the harvest will come in due time.



Hebrews 12:1-2

Running with perseverance the race marked out for us requires fixing our eyes on Jesus, the author and perfecter of our faith. In our health journey, this means focusing on Him, not on our struggles or failures, as we persevere toward the goal of health and wellness.

How can fixing your eyes on Jesus help you persevere in your health journey?

DAY 18: FIXING OUR EYES ON JESUS

Jesus, help me to fix my eyes on You as I run this race. Guide me and strengthen me to persevere through the challenges, knowing that You are the author and perfecter of my faith.



DAY 19: NEVER GROW WEARY

2 Thessalonians 3:13

Never tire of doing what is good. In our pursuit of health, there may be times when we feel exhausted or discouraged, but perseverance is about continuing to do what is right, even when it's hard. This endurance brings us closer to the life God desires for us.

What is one “good” habit in your health journey that you need to continue, even when you feel like giving up?



Father, help me to never grow weary in doing good. Strengthen my resolve to continue in the habits that honor You, even when the journey is tough.



DAY 20: PERSEVERANCE IN FAITH

Revelation 2:2-3

Jesus commends the church in Ephesus for their perseverance and endurance. In our health journey, we too can be commended for our efforts to persevere through challenges and maintain our commitment to wellness. Perseverance is an act of faith and obedience.

How can you celebrate the perseverance you've shown in your health journey so far?

Lord, thank You for the strength to persevere in my health journey. Help me to celebrate the progress I've made and to continue in faith and obedience to Your will.



DAY 21: ADDING PERSEVERANCE TO FAITH

2 Peter 1:5-6

Adding perseverance to our faith is essential for growth. It's not enough to start the journey; we must also have the perseverance to see it through. In our health journey, perseverance ensures that we continue moving forward, even when the path is difficult.

How can you add perseverance to your faith in the context of your health and wellness journey?

Heavenly Father, help me to add perseverance to my faith, especially in my health journey. Strengthen me to continue moving forward, trusting in Your guidance.

DAY 22: TEMPLES OF THE HOLY SPIRIT

1 Corinthians 6:19-20

Our bodies are temples of the Holy Spirit, and we are called to honor God with them. Stewardship means taking care of what God has entrusted to us, including our physical health. By prioritizing our wellness, we are honoring God's gift of life and the body He has given us.

In what ways can you better steward the body God has given you?

Lord, thank You for the gift of my body. Help me to steward it well, honoring You with my health and wellness choices.



DAY 23: SERVING WITH STRENGTH

1 Peter 4:10

Each of us has received gifts from God, and we are called to use them to serve others. Stewardship of our health is not just for our benefit but also for the benefit of those around us. A healthy body enables us to serve others more effectively and fulfill God's purpose for our lives.

How can improving your health allow you to better serve others?

Heavenly Father, help me to improve my health so that I can serve others more effectively. May my stewardship of my body bring glory to You and blessings to those around me.



DAY 24: TENDING THE GARDEN

Genesis 2:15

Just as God placed Adam in the garden to work and take care of it, He has placed us in charge of our own bodies to steward them well. This involves making choices that promote health and prevent harm, understanding that our bodies are not our own but belong to God.

What actions can you take today to better “tend and keep” the body God has entrusted to you?

Lord, help me to tend and keep the body You have entrusted to me. Guide me to make choices that promote health and honor the life You have given me.

DAY 25: FAITHFUL STEWARDSHIP

Matthew 25:21

The parable of the talents teaches us about stewardship and faithfulness. God expects us to be faithful with what He has given us, including our health. When we are good stewards of our bodies, we are preparing ourselves to hear those precious words, “Well done, good and faithful servant.

How can you be faithful in stewarding your health and wellness today?

Father, help me to be a faithful steward of my health. May my choices today reflect my commitment to honor You and to hear Your words, ‘Well done, good and faithful servant.



DAY 26: HONORING GOD WITH YOUR HEALTH

Proverbs 3:9-10

Honoring the Lord with our wealth can also apply to how we use our physical resources, including our bodies. Stewardship involves honoring God with all that we have, including our health. When we do, we experience the fullness of life that He promises.

In what ways can you honor God with your health, seeing it as a form of stewardship?

Lord, I seek to honor You with my health, seeing it as an important part of my stewardship. Guide me to make choices that reflect my commitment to You.



DAY 27: FAITHFUL IN LITTLE THINGS

Luke 16:10

Whoever can be trusted with very little can also be trusted with much. Our health may seem like a small thing in the grand scheme of life, but it is a vital area where God expects us to be faithful. By managing our health well, we show that we can be trusted with greater responsibilities.

How can being faithful in the small areas of your health lead to greater opportunities for stewardship in other areas of your life?

Father, help me to be faithful in the small areas of my health, knowing that this is key to greater stewardship in other areas of my life. May I honor You in all things.

DAY 28: PROVING FAITHFUL

1 Corinthians 4:2

Now it is required that those who have been given a trust must prove faithful. God has entrusted us with our bodies, and it is our responsibility to be faithful in caring for them. Stewardship is not just about big decisions; it's about the everyday choices we make that reflect our commitment to God.

What everyday choices can you make to prove faithful in the stewardship of your health?

Lord, help me to prove faithful in the stewardship of my health through my everyday choices. May my life reflect my commitment to You.



DAY 29: DILIGENCE IN CARE

Proverbs 27:23

Be diligent to know the state of your flocks, and attend to your herds. This scripture reminds us of the importance of being aware of and taking care of what we've been entrusted with, including our bodies. Diligence in health means regular self-care, check-ups, and adjustments as needed.

How can you be more diligent in monitoring and caring for your health?

Father, help me to be diligent in caring for my health. May I be mindful of the needs of my body and take steps to nurture it in ways that honor You.



DAY 30: STRENGTH FOR THE JOURNEY

Philippians 4:13

I can do all things through Christ who strengthens me. Stewardship of our health requires God's strength. It's not something we can do on our own. As we conclude this 30-day journey, let us remember that our ability to maintain our health and wellness comes from relying on Christ's strength and guidance.

How can you continue to rely on Christ's strength to sustain your health journey beyond these 30 days?

Lord Jesus, thank You for the strength You provide. Help me to continue relying on You as I sustain my health journey beyond these 30 days, knowing that I can do all things through Your strength.



Continuing the Journey with Wholehearted Commitment


As you reach the end of this 30-day journey, take a moment to reflect on how far you've come. You've explored the depths of dedication, embraced the strength of courage, endured with perseverance, and learned the art of stewardship. Each step has been a testimony to your commitment to align your health with your faith.


But this is just the beginning.

The path to holistic health—body, mind, and spirit—is a lifelong journey. There will be days when you feel strong and days when you feel challenged. In those moments, remember the lessons you've learned here. Return to the scriptures that have guided you, and lean on the prayers that have sustained you.

God calls us to live wholeheartedly for Him, and that includes how we care for the bodies He has entrusted to us. Every choice you make—whether it's what you eat, how you move, or how you rest—is an opportunity to honor Him. Stewardship is not a one-time act but a daily commitment to living in a way that reflects His love and care.

As you move forward, let your health journey be an extension of your faith, a living sacrifice that glorifies God. Continue to dedicate your efforts to Him, courageously face each new challenge, persevere through trials, and steward your body with the wisdom and grace that comes from above.





Remember, you are not alone in this journey. God is with you every step of the way, guiding, strengthening, and encouraging you. Whenever you feel weary, draw close to Him, and find rest in His presence.

May this devotional be a lasting reminder of God's faithfulness and a source of strength for the days ahead. Keep your heart open, your mind focused, and your spirit willing, knowing that with God, all things are possible.

Prayer:

Heavenly Father, thank You for guiding me through this 30-day journey. I am grateful for the lessons I've learned and the strength You've given me. Help me to carry these insights forward, living a life that honors You in every aspect. May I continue to grow in dedication, courage, perseverance, and stewardship, always relying on Your grace and strength. As I move beyond these 30 days, may my health journey be a reflection of my love for You, bringing glory to Your name. In Jesus' name, Amen.

Moving Forward:

Continue your journey with the confidence that God is with you, and remember that each day is a new opportunity to live wholeheartedly for Him.





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