

The Believer's Reset Guide

Faith, Finances & Wellness — 7 Days to Align Your Spirit, Money & Body

A FREE GIFT FROM REVEALING TREASURES

Live well. Grow deeper. Steward wisely.

Welcome, Believer!

You were not created to merely survive — you were created to thrive. More peace. More purpose. More abundance. That is the inheritance of every believer who walks in alignment with God's design for their life.

But life has a way of pulling us in a hundred directions at once. Bills pile up. Routines fall apart. And before we know it, our finances feel overwhelming and our wellness feels like a distant afterthought.

This 7-day reset exists to change that.

Over the next seven days, you'll take simple, intentional steps to realign your money, your body, and your spirit — not through willpower alone, but through faith. Because lasting transformation doesn't begin with a budget or a workout plan. It begins with God.

Let's reset. Together. His way.

5 Bible Verses for Financial Freedom

Let these scriptures wash over your mindset daily. Read them slowly. Sit with them. Let them replace fear, scarcity, and stress with faith, trust, and peace.

Proverbs 3:9–10

"Honor the Lord with your wealth... then your barns will be filled to overflowing."

Reflection:

Am I giving God the first portion of what I earn — or the leftovers?

Philippians 4:19

"My God will meet all your needs according to the riches of His glory in Christ Jesus."

Reflection:

Do I truly believe God is my provider — or am I carrying that weight alone?

Luke 16:11

"If you have not been trustworthy in handling worldly wealth, who will trust you with true riches?"

Reflection:

Am I being a faithful steward of what God has already placed in my hands?

Deuteronomy 8:18

"Remember the Lord your God, for it is He who gives you the ability to produce wealth."

Reflection:

Do I acknowledge God in my financial decisions, big and small?

Matthew 6:21

"For where your treasure is, there your heart will be also."

Reflection:

What does my spending reveal about what I truly value?

7-Day Faith & Finances Reset

You don't need a finance degree to honor God with your money. You need honesty, intention, and a willing heart. This 7-day practice will help you build exactly that.

Day 1

Day 1 — Awareness

Write down every dollar you spent last week. No shame, no judgment — just honest reflection. You can't change what you won't acknowledge.

Day 2

Day 2 — Prayer

Bring your finances to God. Ask Him to reveal any unhealthy habits, fears, or beliefs around money that are holding you back.

Day 3

Day 3 — Budget

Create a simple 3-category spending plan: Give. Save. Live. Start small. Even \$5 in each category is a faithful beginning.

Day 4

Day 4 — Debt

Write out any debts you carry. Pray over each one by name. Then make one small, concrete plan to address the first one.

Day 5

Day 5 — Generosity

Give something today — your time, your money, your encouragement. Generosity breaks the grip of scarcity like nothing else.

Day 6

Day 6 — Gratitude

List 5 financial blessings already in your life. A roof. A meal. A paycheck. Gratitude opens the door to more.

Day 7

Day 7 — Commit

Write one sentence: your personal financial mission statement, rooted in your faith and your values. Post it somewhere you'll see it daily.

Ready to go deeper? Faithful Finances: Biblical Money Management Guide gives you a full, Scripture-rooted framework for managing God's gifts with confidence and peace. Available now at the Revealing Treasures store: www.therevealingtreasures.com

7-Day Spiritual Wellness Reset

Your body is a temple — and tending to it is an act of worship. This checklist is your invitation to slow down, tune in, and care for yourself the way God intended.

Day 1

Day 1 — Stillness

Begin with 10 minutes of silence and prayer. Before the noise of the day begins, listen.

Day 2

Day 2 — Movement

Take a 20-minute walk outside. With every step, thank God for the body He gave you.

Day 3

Day 3 — Nourishment

Drink 8 glasses of water today. Eat one meal slowly and intentionally, with gratitude.

Day 4

Day 4 — Word

Open to a Psalm. Read it. Then journal one thing you sense God speaking to you through it.

Day 5

Day 5 — Rest

Go to bed 30 minutes earlier tonight. Rest is not laziness — it is trust. It is faith in action.

Day 6

Day 6 — Community

Reach out to one person in your faith community. Encourage them. Connection is healing.

Day 7

Day 7 — Reflect

Look back over your week. Celebrate every small win — no matter how small. God sees every single one.

Want to make these habits a daily rhythm? The Vessel App was built for exactly this — a faith-powered wellness companion designed to help you thrive in spirit, soul, and body. Available now at:
www.therevealingtreasures.com

Your Reset Starts Now

You don't have to transform your entire life this week. You just have to take one step — one honest conversation with God about your finances, one intentional breath, one moment of stillness.

That's where transformation begins.

"For I know the plans I have for you, declares the Lord — plans to prosper you and not to harm you, plans to give you hope and a future."

— Jeremiah 29:11

He has a plan for your money. He has a plan for your health. He has a plan for *you*.

Now go live it.