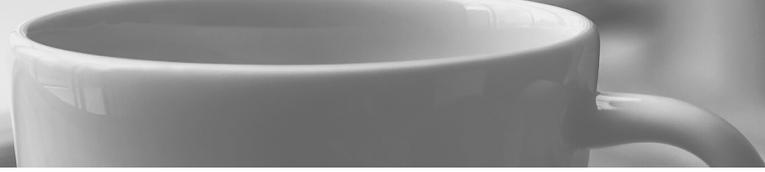


Healing in his
wings



A guided prayer journal
for Empathic Daughters of God



Hello, Sister!

My name is Nannette. If you're anything like me, starting the day in a POSITIVE, nurturing space is essential!

For me, this means curling up in my comfy chair sipping good coffee in a local artisan mug, an inspiring journal in my lap, and some delicious quiet time with Jesus before the kids wake up... #BLISS

While I may not be able to carve out quiet time on your behalf, I can offer what I have come to use as the daily cornerstone of PEACE in my heart and mind.

This 3-step method may seem almost too SIMPLE, but I've come to realize that simple actions make sustainable practices.

So much love and so many blessings,

Nannette

RECOGNIZE

Begin your practice by becoming mindfully aware of how you are feeling. Write your feelings and concerns for the day. Empathic people, by nature, tend to absorb emotional and spiritual energy from the world around them. This happens automatically, causing heaviness and emotional stress. Ask Holy Spirit to help you recognize areas where you have taken on anything that does not belong to you.

RELEASE

Release anything is not serving you or is keeping you from stepping into God's fulness for you. Visualize putting it in a box and giving it to Jesus. You can also physically "brush" or "shake" it off while saying, "I loose it from my soul."

RECIEVE

Ask for what you need and "believe that you have received it" (Mark 11:24). This is also the space to ask what the Father wants to reveal to you. I like to ask, "What's on your heart today?"



(Tip: Print multiple copies of pages 3-5 to make a full-sized journal)

MIND-BODY-SOUL CHECKLIST

For Empathic Christians

- MORNING PRACTICE
- GET OUTDOORS
- LAUGH OUT LOUD
- PLAY A BOARD OR
CARD GAME
- ENCOURAGE SOMEONE
- ALLOW SOMEONE TO
ENCOURAGE YOU
- PRAY & PRAISE
- JUST ME AND JESUS
TIME
- HUG MY HOUSEHOLD
MEMBERS



MORNING PRAYER

Good morning, Lord!

I don't know what you have in store for me today, but I choose right now to be ready and willing to go bravely with you into this day.

The winds may blow, but you have positioned and equipped me to harness the energy of changing circumstances, knowing you go with me and before me. I am attentively plugged in to the whisper of Holy Spirit, the heart of the Father, and intimacy with Jesus.

I release any responsibility that is not mine and receive your abundant supply to meet my every need, then to overflow in abundance in my life and family, and the world around me.

I put on the full armor of God-Truth, Salvation, and Righteousness. In my hand is the Sword of the Spirit, the Word of God. I carry the love and good news of Jesus everywhere my feet step.

I ask for and receive angelic assistance, God's protection, and a heavenly filter for my deeply caring heart. Any weight that is not mine to carry releases, while love your flows freely through the conduit of my whole and healthy heart.

You promise extravagant wisdom to all who ask, so I ask for the wisdom to discern your Truth from the lies of the enemy that would overwhelm and distract me from my purpose. No weapon formed against me will succeed. I am stepping into a new day of victory!

This is the day the Lord has made, I will rejoice and be glad in it!



NANNETTE'S LIST

MY PERSONAL FAITH-BUILDING PLAYLIST



READ

WORD

[YouVersion Bible App](#) (NIV, TPT, NKJV)

[Blue Letter Bible App](#) (NIV, NASB, KJV)

STUDIES

[YouVersion Bible App Plans](#)

[Jesus Calling Devotional](#)

[Devotions Daily](#) by FaithGateway (email)

[Ransomed Heart Daily Reading](#) (email)

BOOKS

[I Am Redeemed](#) by Mike Weaver

[The Prophetic Voice of God](#) by Lana Vawser

[Breakthrough](#) by Shawn Bolz

[Take the Day Off](#) by Robert Morris

[Overwhelmed](#) by Kathi Lipp & Cheri Gregory

MUSIC

[KLOVE Radio App](#)

[Lauren Daigle](#) (YouTube or Spotify)

[Big Daddy Weave](#) (YouTube or Spotify)

[Rhythm & Praise](#) (Spotify Station)

[Epic Praise](#) (Spotify Station)



WATCH

YOUTUBE CHANNELS

[Transformation Church](#)

[Bethel TV](#)

[Elevation Church](#)

[Going Beyond Ministries](#) (Priscilla Shirer)

[Bolz Ministries](#) (Shawn Bolz)

[Crazy Love](#) (Francis Chan)

[Caroline Williams Yoga](#) (Christian Yoga)

ENTERTAINMENT

[Dry Bar Comedy](#)

[The Chosen Series](#)

FEATURE FILMS

[Breakthrough](#)

[Case for Christ](#)

[Overcomer](#)

[I Can Only Imagine](#)

DOCUMENTARIES

[Christ in You](#)

[WP Films](#) (Father of Lights, Holy Ghost, Holy Ghost Reborn)

LISTEN

WORD

[YouVersion Bible App Audio](#)

[One Minute Pause App](#)

PODCASTS

[Exploring the Prophetic](#) (Shawn Bolz)

[Ransomed Heart](#)

[Joel Osteen](#)

[Big Happy Life](#) (Whitney Putnam)

[Revelation Zone](#) (Kat Kerr): [Heaven Invasion](#), pt 1-4

All resources listed above are what I personally watch, read, and listen to in order to assist in building my own faith. I am not currently affiliated with the resources or organizations listed. These are intended to support your walk with God, not replace it. For more support and resources, visit my website: nannettefoster.com