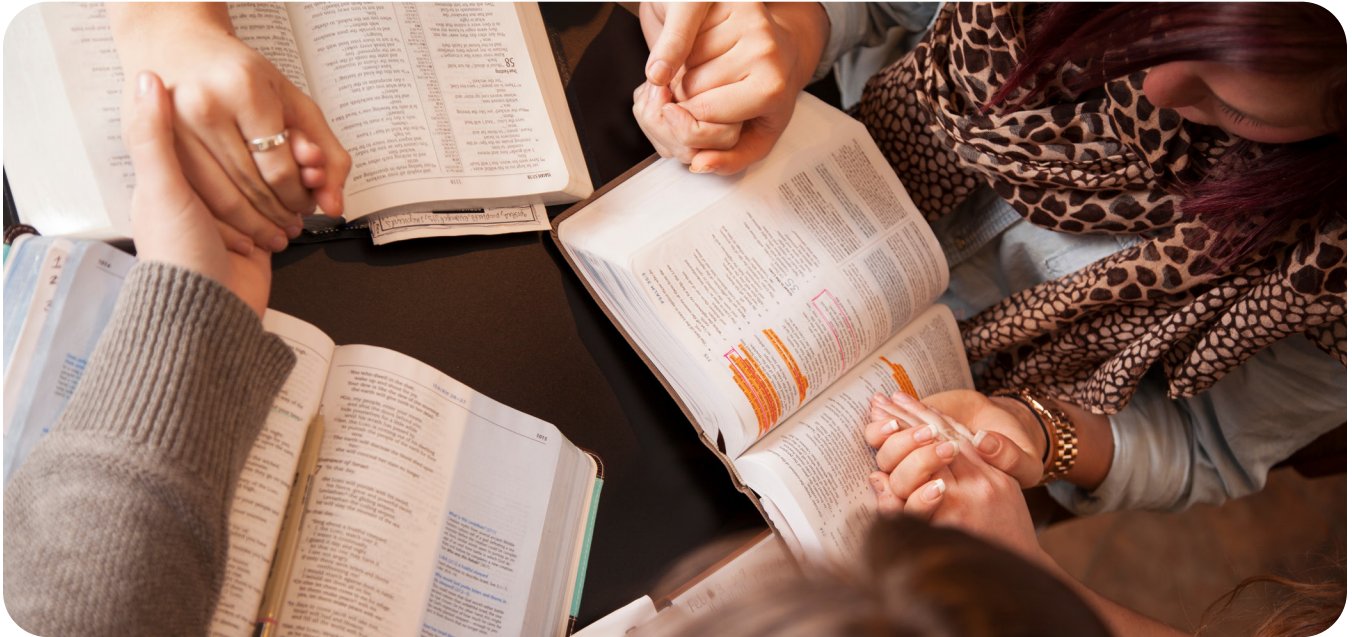


Spiritual Wellness Devotional Series

For **CMB Members** to use *on-air*, *online*, and in *their own life*.



Welcome to our Fall Devotional Series, designed to guide you through a season of reflection and renewal. This series explores themes of spiritual, physical, and mental wellness. Each devotional invites you to connect deeper with your faith while nurturing all aspects of your well-being.

7-Day Devotional

DAY 1 - HARVESTING SPIRITUAL GROWTH

Scripture: *Galatians 6:9 "And let us not grow weary of doing good, for in due season we will reap, if we do not give up."*

Reflect on the spiritual seeds you've planted this year. How has God been working in your life? Take time to thank Him for the growth and ask for strength to continue sowing seeds of faith.

DAY 2 - THE BEAUTY OF SURRENDER

Scripture: *Psalms 46:10 "Be still, and know that I am God."*

Consider the areas in your life where you need to surrender control to God. Allow yourself moments of stillness to feel His presence and trust in His plan for you.

DAY 3 - TEMPLE OF THE HOLY SPIRIT

Scripture: *1 Corinthians 6:19-20 "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."*

Consider how you care for your physical health. What changes can you make to honor God with your body? This week, set a small, achievable goal for physical wellness.

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Celebrating Adoption Every Day

(continued)

7-Day Devotional

DAY 4 - REST AS WORSHIP

Scripture: *Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."*

Reflect on your rest habits. Are you allowing yourself enough downtime? Remember that rest is not only a necessity but also a form of worship. Plan a day of rest to rejuvenate your body and soul.

DAY 5 - NOURISHING THE BODY AND SOUL

Scripture: *Proverbs 3:7-8 "Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones."*

Examine your diet and its impact on your energy and spirit. Ask God to guide you in choosing foods that nourish both body and soul.

DAY 6 - RENEWING THE MIND

Scripture: *Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

What influences shape your thoughts? Identify areas where God's truth can renew your mind. Spend time in His Word, allowing it to transform your thinking.

DAY 7 - GRATITUDE IN EVERY SEASON

Scripture: *1 Thessalonians 5:18 "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

Start a gratitude journal, listing three things you are thankful for each day. Notice how this shifts your perspective and enhances your mental wellness.

CONCLUSION

We hope this Devotional Series has enriched your spiritual, physical, and mental wellness. May you carry the lessons and reflections from this season into the months ahead, growing closer to God and nurturing every aspect of your well-being.