

7-Day Vine Reset

Refocus • Rebuild • Abide

A guided reset for Christian women ready to slow down, regain clarity, and build a steady life rooted in Christ.

“Abide in me, and I in you. As the branch cannot bear fruit by itself unless it abides in the vine, neither can you, unless you abide in me.” — John 15:4

Day 1: Be Still

Psalm 46:10 — Be still, and know that I am God.

Focus: Slow down today. Create quiet space and remove unnecessary noise.

Reflection: Where are you rushing instead of resting?

Day 2: Return to Truth

Psalm 119:105 — Your word is a lamp to my feet and a light to my path.

Focus: Let Scripture guide your thinking and direction today.

Reflection: What truth do you need to hold onto?

Day 3: Build Rhythm

James 4:8 — Draw near to God, and He will draw near to you.

Focus: Set a simple, repeatable daily time with God.

Reflection: When will you meet with God consistently?

Day 4: Remove Distraction

Hebrews 12:1 — Lay aside every weight that clings so closely.

Focus: Identify one distraction and remove it today.

Reflection: What is quietly pulling you away from growth?

Day 5: Create Order

1 Corinthians 14:33 — God is not a God of confusion but of peace.

Focus: Bring order to one area of your life.

Reflection: Where do you need clarity and peace?

Day 6: Take Action

James 1:22 — Be doers of the word, not hearers only.

Focus: Act on something you've been delaying.

Reflection: What step have you been avoiding?

Day 7: Commit Forward

Proverbs 16:3 — Commit your work to the Lord.

Focus: Decide your next step and commit to it.

Reflection: What will you do next to keep growing?

Continue Your Growth

This reset is your starting point. Growth comes through consistency, structure, and faithfulness.

Join The Vine

<https://finishtherace.com/christian-womens-group/>