

LET'S LET GOD  
HEAL OUR HEARTS!



FREE 3-DAY DEVOTIONAL

**RD**  
*Risse Dionne*

# Preface

## "Healing the Depths of My Soul"

Matthew 7:13-14

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.”

Jeremiah 17:9-10 New King James Version (NKJV)

“The heart is deceitful above all things, And desperately wicked; Who can know it? I, the LORD, search the heart, I test the mind, Even to give every man according to his ways, According to the fruit of his doings.”

Narrow is the way! My purpose is to receive those that have not made a decision to receive Christ as their savior, receive those desiring rededication, planting new revelation of the word, and watering the new and old revelation all in preparation for God's abundant blessings.

As we walk through these days, I believe God will allow us to experience the fruit of this sacrifice. It is my prayer that this fruit will remain and you'll witness the active, powerful living word manifesting a tangible healing experience that will become a blessing and testimony of our Lord, that you'll never forget!



*Introduction*

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# Introduction

There must be a transformation of our hearts and mind. We must allow God to transform and renovate our mind by the power of His word.

One of the most profound illusions of this time is believing that we can solely rely on the grace, benevolence, anointing and empowerment of another individual. It's important to understand that we cannot carry the revelation of another person. We must possess the revelation for ourselves. Each time we use the revelation in gaining dominion, we produce fruit and create testimony. Testimony is God's rod and staff that comforts us! For we understand by faith that we overcome by the blood of the lamb and the word of our testimony according to Revelation 12.

Healing is akin to revival. It's about harmony and alignment with God. Healing is not limited to illness, it's equally about realigning our lives with God and His divine will, it's about reviving our spirits and becoming the best versions of ourselves. It's about embracing the light of our inheritance within us and letting it shine brightly.

I am excited, I am ready, and I hope you are too! Let's embark on this journey together, let's heal, let's be revived, let's align ourselves with the divine will of God. Let's surrender to the will of God, and witness His healing in our hearts and the supernatural filling of love, joy, and peace.



God Heal  
My Heart

**DAY 1**

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# Day 1

## “I’m Triggered”

The upcoming days may seem or feel incredibly challenging. These days may provoke a reaction or require a change of mind, change in commitment and in some cases forgiveness, reconciliation or severing relationships. A reaction to God, similar to the question Jesus asked the man by the pool of Bethesda in John 5:6, "Do you want to get well?" If you've spent any time in church, I'm sure you've heard this story, if you haven't read it yourself. What's striking about this story is the man's response. He immediately starts blaming others and identifying what he perceives as obstacles and weaknesses. However it's his character commitment level towards his healing that's up on display.

The question was so simple, and I want to tell you, if you're not attuned to God's voice over the next three days, you might miss it. You might say things like, "I can't commit to this for three consecutive days." You'll start to pinpoint the problems in your life, everything that's preventing you from approaching God's table as described in Psalm 23:5 NIV.

*You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.*

# Day 1

## Day 1: Continued

I need you to take a deep breath. Don't flee. Don't run! You may already be feeling discouraged, lost, unsure of where God is or which path to take. I know we're witnessing people internationally making New Year's resolutions, and you may be yet trying to figure out what the new year means for you...or perhaps questioning where you went wrong. I want to tell you that some of that is about preparation, and some of it is about what happens when the heart is wounded and feels distant from the Father, as mentioned in Psalm 34:18-20.

18 The Lord is close to the brokenhearted  
and saves those who are crushed in spirit.

19 The righteous person may have many troubles,  
but the Lord delivers him from them all;

20 he protects all his bones,  
not one of them will be broken.

*Many are the afflictions of the righteous: But the LORD delivereth him out of them all. He keepeth all his bones: Not one of them is broken.*

# Day 1

## Journal Prompt:

So, the question remains, are you ready to be healed?

I'm going to present the structure of what I believe God is asking for within this e-book. I'm going to present the structure that I believe will yield the truth you've been seeking God for.

If the people who are called by God's name would repent, humble themselves, pray, and turn away from their sinful ways that they've adopted from this world, as stated in 2 Chronicles 7:14, I believe we'd see people added to the church daily.

- I want you to spend 30 minutes meditating on the scriptures and journaling about your feelings.
- If you feel like this has pushed you away...I want you to identify what triggered resistance and ambivalence. Evaluate the trigger and allow God to reveal the root.
- Do you believe God is ready to heal you, as declared in Jeremiah 7:14?

*Heal me, LORD, and I will be healed; save me and I will be saved, for you are the one I praise.*





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God Heal  
My Heart

**DAY 2**

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# Day 2

## “I’m Back”

The impact of our auditory experience on our emotions is profound. It shapes our perspective. Whatever you need today, know that God cares about the little things and the details of your life, and He wants you to depend on Him.

Add these scripture references to your healing journey this year!

The word of God reminds us that, as a man thinks, so is he. Proverbs 23:7. Out of the abundance of the heart...our mouth speaks. Luke 6:45. We often apply these scriptures to conversations, but they hold so much more power.

Our thinking skills have shaped us over time, helping us overcome hurdles, set goals, and achieve milestones in life. But it never hurts to explore different types of thinking. After all, growth comes from pushing the boundaries of what we believe is possible.

As believers, we do this by faith – faith in God's word and the leading of the Holy Spirit. Today, let's ask God to settle our memory bank. Let's seek clarity and accountability in the process of healing what we believe to be traumatic, offensive, unresolved, and ultimately damaging events in our lives.

# Day 2

## Journal Prompt:

- Which life experiences are triggered or come to mind as you read today's focus?
- If some of these memories are stirring up emotions, take 60 minutes to process why. Come back and journal your reflections.

Close your journal entry with this prayer:

Dear God, thank you for drawing me into your loving arms to heal. I cast my cares upon you because I believe you care for me and my healing. Help me process what I'm feeling and experiencing mentally, emotionally, physically, and spiritually right now. Deliver me and guide my steps on the path you have predestined for me. Amen.

Let's embrace the transformative power of God's word and allow it to shape our thoughts, emotions, and actions. May this journey of healing and growth bring us closer to Him and His purpose for our lives. Stay blessed!

Use the hashtags below to share your thoughts on your social media platforms.

#ScriptureReferences #GHMH #HealingJourney  
#GODHEALMYHEART #RenewYourMind #FaithInGod  
#TransformativePower #EmbraceGrowth #StayBlessed



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God Heal  
My Heart

**DAY 3**

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# Day 3

## “I’ll Do It”

Each one of us has journeyed through unique experiences, encountered diverse challenges, and rejoiced in individual triumphs. Some of these moments may have been stormy, seemingly insurmountable, unjust, or tranquil and beneficial to others. No matter the nature of your journey...it is uniquely yours. It's as distinctive to you and me as our fingerprints.

My Pastor declared that 2024 would be the year of “Kingdom Alignment”. The more I ponder about this declaration, the more I'm inclined to pray.

Alignment is defined as:

Dictionary

Definitions from [Oxford Language](#)

noun

1. arrangement in a straight line, or in correct or appropriate relative positions."the tiles had slipped out of alignment"
2. a position of agreement or alliance."the uncertain nature of political alignments"

My takeaway is the second definition, a position of agreement and alignment. The Bible reminds us that we must worship in spirit and truth. This is supernatural alignment for worship. In like manner God describes the heart as being desperately wicked. This should be a constant reminder of our need to remain close to God.

# Day 3

## Day 3 Contued:

As we walk out the remaining days of 2024 there are a few things that are critical to God healing our hearts.

1. The word of God is an impartation we may never fully comprehend. Yet is undeniably a door that keeps us connected to Father and progressively being changed from glory to glory.
2. Trusting God with our whole heart is seemingly a massive undertaking, yet Christ reminds us that His yoke is easy and His burdens are light. He's saying I'll exchange whatever you're carrying for the inheritance that belongs yo God's children.
3. Being willing to let go of your narrative for the truth. You can depend on God always delivering the truth. God will always help us to see the root cause of a matter. He will always reveal where it begin.





# Day 3

## Journal Prompt:

- Will you commit to being the best you this year?
- Will you yield to the leading of the Holy Spirit in moments of transparency and processing?
- Will you commit to doing what's best for you on your healing journey?

"Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy" ~ [Psalm 103:2-4](#)



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To Be Continued

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# To Be Continued...

I extend my heartfelt gratitude for your unwavering support of Women That Pray! As we embark on the journey of corporate consecrations in 2024, we fervently pray that you will make a commitment to draw closer to God this year.

Let us remember that our worth is not determined by society, but by the loving eyes of our Creator. Each and every one of us holds immense value, regardless of our position in life. Reflecting on the encounter between Jesus and the Samaritan woman at the well, we can see how unexpected connections can transform lives. Despite societal norms and prejudices, Jesus reached out to her, revealing His divine identity. This encounter not only changed her life but also had a profound impact on the Samaritans around her (John 4:1-42, ESV).

In the year ahead, let us not shy away from persistently praying for healing. Let us not mistake bold petitions for nagging, for seeking a clean heart and a renewed spirit is of utmost importance. Remember, you cannot exhaust Jesus with your requests, so ask without hesitation. Reach out to Him with unwavering determination. Just as Jesus noticed and freed a woman amidst a crowd in Capernaum, who desperately sought healing through a simple touch (Mark 5:21-34), He is attentive to your needs. On that very same day, He answered the pleas of a synagogue leader by raising his daughter from the dead (Mark 5:35-43). You too have burdens on your heart, and it is essential to share them with Jesus, dedicating time to pour out your thoughts and concerns before Him.



Stay Connected

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