


A 30-Week Devotional for  
Mindfulness and Restoration



THE  
ABUNDANT LIFE  
JOURNAL



ANH LIN  
Creator of  
*Girl and the Word*

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Mindfulness and Restoration



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## *A Letter from Anh*

*Dear friend,*

It's a profound honor for me to share this intimate and inspirational devotional with you. Each page and activity is intentionally crafted to envelop you in peace, joy, and a deep connection to God's goodness. Think of this thirty-week journey as a walk with a close friend by your side, supporting you in your spiritual growth and healing.

I pray that the Spirit of God will go with you at every step, guiding you toward the abundant life designed uniquely for you. My hope is that when you reach the end of this study, you'll have found an increased sense of restoration and encouragement, regardless of your circumstances.

May the peace of God stand guard over your heart and mind as you navigate this beautiful journey toward abundance.

*Warmest blessings,  
Anh*

# *Before You Begin*

Take a few moments to reflect on where you are today and what you hope this experience will bring.

I started this journal on \_\_\_\_\_

At the end of my thirty-week journey, I hope to \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

These are the areas of my life I would like to improve:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I hope that, with the help of this devotional journal, I will be able to...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I want to believe that no matter what circumstances I'm facing,

\_\_\_\_\_  
\_\_\_\_\_

I know that God has the best in store for me, so I will dedicate this season of my life to healing, growing, and thriving.

\_\_\_\_\_

*Signature*



ACCEPTANCE

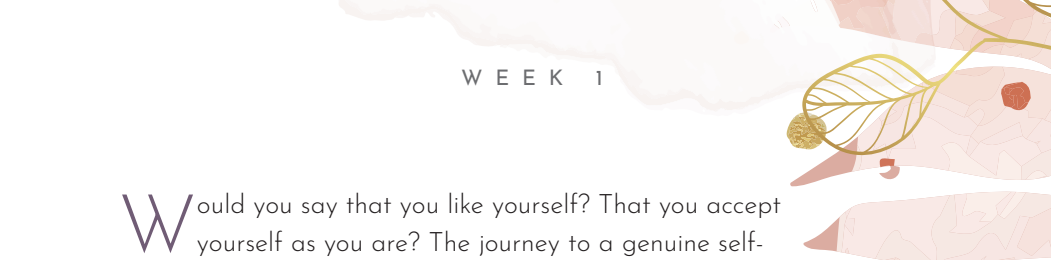
*Week 1*  
ACCEPTING YOURSELF



*I praise you because I am fearfully  
and wonderfully made; your works are  
wonderful, I know that full well.*

*—Psalm 139:14, NIV*



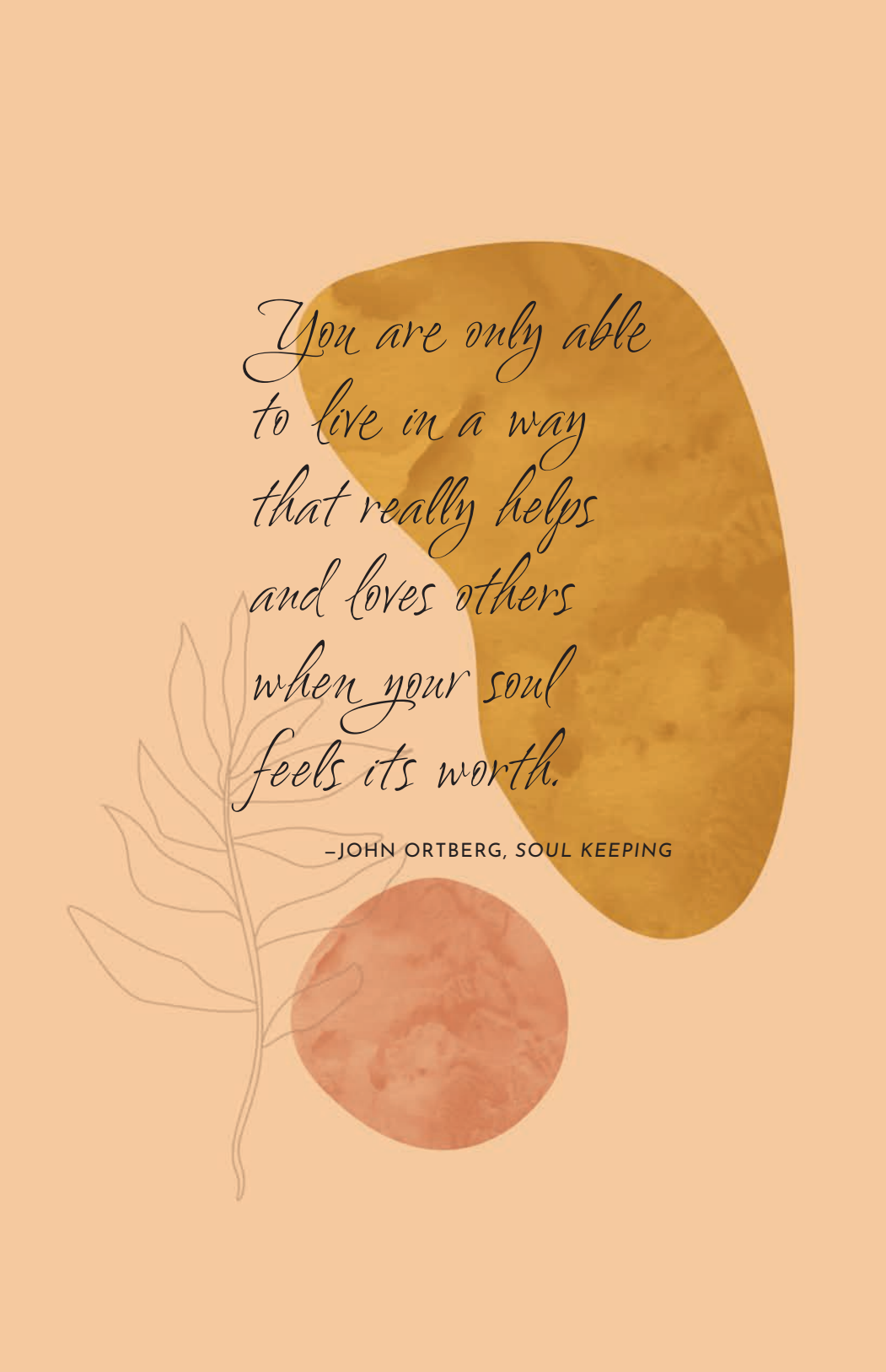


Would you say that you like yourself? That you accept yourself as you are? The journey to a genuine self-acceptance that encompasses the entirety of your being—mind, body, and spirit—is often void of glamour. Even though physical self-care is crucial, real self-acceptance means more than just buying fresh beauty products or acquiring new attire. True self-acceptance involves these aspects:

- 1. Knowing who you are and whom you belong to.** You are a child of God. You are divine royalty, even if people have not treated you that way. Your identity is not determined by anyone except your Creator.
- 2. Taking your thoughts captive.** In Christ, you have the power to capture every rebellious thought and teach it to obey him (2 Corinthians 10:5). Reflective journaling is a practical way of taking your thoughts captive.
- 3. Fixing your eyes on what is good.** Whatever is true, honorable, right, pure, lovely, and admirable, think about such things (Philippians 4:8). Practice thinking these kinds of thoughts and speaking positively about yourself.
- 4. Decluttering your priorities.** When any trace of godly wisdom is overshadowed with worries over prestige, image, wealth, or power, your soul becomes cluttered. Take some time this week to declutter your soul with the activities in the following pages.

### *Let's Pray Together*

Dear heavenly Father, please teach me to take delight in things that are good. Show me how to be good to myself and tend to my soul when it cries out for more. May you remind me that I was made in your image. You are the most skilled potter, and I am your masterpiece. Thank you for giving me life! Your works are wonderful; I know that full well. In Jesus's name, amen.



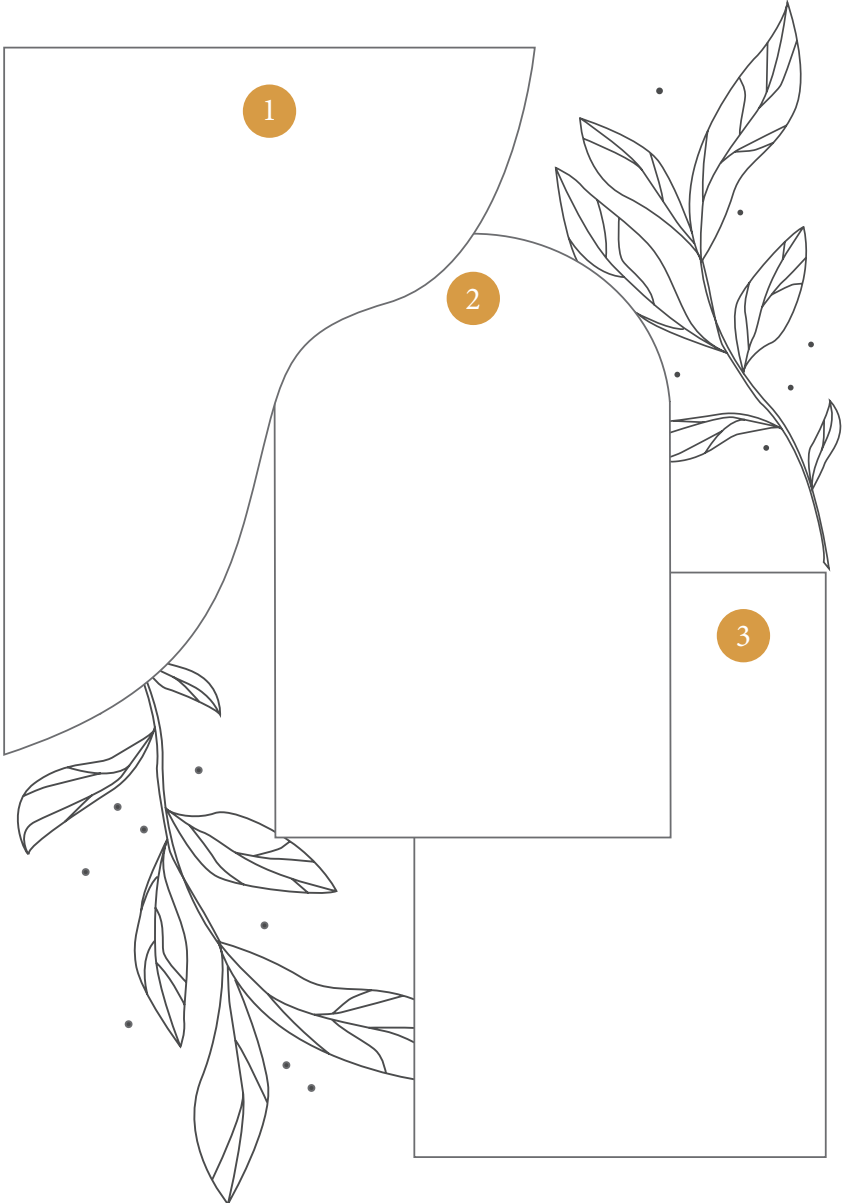
*You are only able  
to live in a way  
that really helps  
and loves others  
when your soul  
feels its worth.*

—JOHN ORTBERG, SOUL KEEPING

## *Soul Care*

*What are three practical ways you can tend to your soul this week?*

*Express your answers with stickers,  
illustrations, or short descriptions in the bubbles below.*



## *Overcoming Negative Narratives*

*List five things your inner critic says about you on the left, and respond with what God says about you on the right.*

**WHAT YOUR INNER  
CRITIC SAYS**

**WHAT GOD SAYS**

1. ....  
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**BRAIN DRAIN**

*Use this page to jot down any thoughts or feelings that might be taking up space in your mind this week.*

A large grid of small dots arranged in 20 rows and 30 columns, intended for writing thoughts or feelings.

# Things to Do



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## *Week 2*

### ACCEPTING YOUR CIRCUMSTANCES



*We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

*—Romans 8:28*



If you are in a season of waiting, suffering, or spiritual dryness, keep in mind that God might be intentionally allowing you to go through it for the purpose of growing you. Even Jesus, who was God incarnate, spent the majority of his life as a carpenter. He laid aside all his rights as the Creator of humankind in order to be born in a dirty manger, live a humble life, and die a sinner's death on our behalf.

If you feel like you are in the wilderness right now, just know that Jesus deeply understands your suffering. Continue to pray, fast, and keep your eyes on your heavenly Father. The promise of a brighter tomorrow is on the horizon, whether here or in eternity, but remember that the next phase of your life requires significant inner growth—a sacred and intricate process that I often like to refer to as “heart work.” May this time of introspection bring about profound transformation as you prepare for a new chapter.

### *Let's Pray Together*

Dear heavenly Father, may you be my first thought when I wake up and my last thought before I sleep. Please surround me with your comforting presence and give me the peace that transcends all understanding. I pray that, in this season of waiting and suffering, you will soften my heart to your corrections, expose the wounds I never knew I had, and then heal them completely. In Jesus's name, amen.

The image features a soft, watercolor-style background. A large, irregular white outline is centered on the left side. To its right is a large, circular watercolor wash in shades of yellow and orange. Below these elements is a splash of green watercolor paint. The overall aesthetic is gentle and artistic.

*Everything  
will work out  
for your good.*

COLOR ME!



## *Serenity Prayer*

*List the things you would like to change in your life.*

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### REFLECT ON THE SERENITY PRAYER:

*God grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.  
Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world  
As it is, not as I would have it;  
Trusting that He will make all things right  
If I surrender to His Will;  
So that I may be reasonably happy in this life  
And supremely happy with Him  
Forever and ever in the next.  
Amen.\**

\* "The Serenity Prayer," Lords-Prayer-Words.com, accessed April 18, 2024, [www.lords-prayer-words.com/famous\\_prayers/god\\_grant\\_me\\_the\\_serenity.html](http://www.lords-prayer-words.com/famous_prayers/god_grant_me_the_serenity.html).



**BRAIN DRAIN**

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# Things to Do



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*Week 3*  
ACCEPTING OTHERS



*Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony.*

*—Colossians 3:13–14*





We are usually hyperaware of the sins that we struggle with the most. As a result, when we see someone else (especially someone we care about) fall into the same sins, it reminds us of our own shortcomings and we end up getting angry with the person instead of the sin. There are four reasons it tends to be difficult for us to fully accept others when we think they've messed up:

- 1. We don't think the person is deserving of forgiveness.**
- 2. We are too distanced from them to empathize with their story.**
- 3. We have extremely strong convictions against their lifestyle choices.**
- 4. We secretly struggle with what they are outwardly embracing.**

It might be easy to antagonize someone after we've been hurt by them, but what if God did the same thing to us? If he kept a record of our wrongs, no one would stand a chance, because we are prone to making new mistakes every day. Forgiving others therefore helps us be grateful for our own forgiveness. The quality of our lives will also improve because—once we've extended forgiveness to others and accepted it for ourselves—the things that used to trigger us will no longer cause as much damage to our mental, emotional, and spiritual well-being.

### *Let's Pray Together*

Dear heavenly Father, thank you for showing me undeserved grace.

Out of all the ways you could have dealt with me when I was at my worst, you decided to win me over with kindness. Thank you for perfectly modeling love and forgiveness. I pray that you will take my heart of stone and give me a new heart of flesh.

May you heal my deep-seated wounds so I can forgive those who have hurt me in the past. In Jesus's name, amen.

To be a  
Christian means  
to forgive the  
inexcusable, because  
God has forgiven  
the inexcusable  
in you.

—C. S. LEWIS, THE WEIGHT OF GLORY



A C C E P T A N C E

*Have you ever showcased the same qualities you just listed?  
If so, circle the emotions you feel when you exert the same qualities  
that frustrate you about others.*

ANGER	CONFUSION	SADNESS	FEAR
Angry	Apprehensive	Apathetic	Afraid
Annoyed	Bewildered	Ashamed	Anxious
Defensive	Confused	Defeated	Cautious
Defiant	Discontent	Depressed	Cowardly
Disturbed	Disoriented	Despairing	Fearful
Exasperated	Distracted	Despondent	Helpless
Exploited	Exhausted	Discouraged	Insecure
Frustrated	Hesitant	Forlorn	Irrational
Furious	Impatient	Heartbroken	Panicked
Hateful	Obligated	Hopeless	Powerless
Hostile	Paralyzed	Hurt	Provoked
Intolerant	Perplexed	Inferior	Resentful
Irritated	Reluctant	Isolated	Shy
Mad	Surprised	Lonely	Skittish
Revengeful	Uncomfortable	Misunderstood	Suspicious
Stubborn	Uneasy	Mournful	Unsafe
Superior	Unsure	Overwhelmed	Worried



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