



# My Trust In Him Journal





# My Trust In Him Journal

*A Journey to peace*



This Journal book belongs to:

-----





# CONTENT

INTRODUCTION

HOW TO USE THIS JOURNAL

PRAISE

DAY 1: AWARENESS OF THE NOW

DAY 2: BREATHING THROUGH THE WAVES

DAY 3: RELEASE THROUGH WRITING

DAY 4: FINDING JOY IN THE LITTLE THINGS

DAY 5: GROUNDING IN GRATITUDE

DAY 6: MOVING THROUGH THE STRESS

DAY 7: REST FOR RENEWAL

DAY 8: ANCHORING YOUR MIND

DAY 9: SIMPLIFYING YOUR SPACE

DAY 10: RESTORING WITH LAUGHTER

DAY 11: BREATHING IN CONFIDENCE

DAY 12: VISUALIZING PEACE

DAY 13: LETTING GO OF WHAT YOU CAN'T CONTROL

DAY 14: GRATITUDE RESET

DAY 15: STRETCHING FOR CALM

DAY 16: REDIRECTING NEGATIVE THOUGHTS

DAY 17: CONNECTING THROUGH KINDNESS

DAY 18: CALMING WITH MUSIC

DAY 19: ANCHORING WITH SCRIPTURE

DAY 20: FINDING STRENGTH IN COMMUNITY

DAY 21: CELEBRATING YOUR PROGRESS

EAGLES

FINAL WORDS

FOR YOUR COLLECTION



# Introduction: A Journey to Peace

Life can feel like a whirlwind, can't it? Stress, anxiety, and fear sneak in, making it hard to focus, breathe, or even sleep. We worry about our families, finances, and futures, often over things that are out of our control. But you're not alone and don't have to stay stuck in this cycle.

This 21-day journal is designed to help you find release from fear and anxiety, using simple strategies to ground your thoughts, calm your body, and renew your soul. Over the next three weeks, you'll focus on practical steps, healthy habits, and reflections to restore peace. By practicing these tools consistently, you'll discover the strength to face life's challenges with resilience and faith.

Remember, small changes lead to big transformations. You've got this, one day at a time. Let's begin the journey to a lighter, calmer you.



One valuable lesson I've learned is that praise, thanksgiving, and worship of Papa God should always be our priority at the beginning, in the middle, and at the end of everything.

One day, I was talking with a group of people who shared how much they missed attending praise conferences and expressed a desire for another one. While there's nothing wrong with that, it got me thinking. In that moment, the Holy Spirit spoke to me, saying, "You shouldn't be in want or need of a praise concert or conference because your life should already be overflowing with praise, thanksgiving, and worship."

Curious, I asked Him to explain further. He then asked me, "What is the highest name?" Without hesitation, I answered, "Jesus." He affirmed, "Yes, but Papa Abba is, in fact, the highest name." The Holy Spirit began to teach me, drawing from 2 Corinthians, that Jesus' mission was to reconcile us to Papa God. This was His ministry and is now ours the ministry of reconciliation.

He revealed how humble Jesus was, enduring the agony of the cross, knowing it would result in the most painful separation: being apart from His Father, His Papa. This truth struck me deeply. I began to pour out my heart in praise, blessing Papa God, and thanking Him for sending His Son, Jesus, to earth for us.

As someone who had been a worship leader for years, I thought my relationship with Papa God was strong. Yet, through this revelation, it grew even deeper, and my understanding of worship transformed completely.

Then came the practice of thanksgiving, being truly grateful. One day, Ephesians 5:20 deeply resonated with me, and it became a game-changer. I began to thank Papa God always for all things, not for the bad things themselves, but in the midst of everything, in the name of Jesus. Shortly after, I came across Psalm 100 in the Message translation, which says, “Enter with the password: Thank You.” This powerful imagery transformed my perspective, inspiring me to become a more thankful person.

I also realized that when I get too consumed with life's distractions, my thanksgiving and praise naturally diminish. The Holy Spirit then taught me another profound lesson: to worship without relying on music, using only my voice as the instrument. Did you know that the enemy has been stripped of all his musical abilities? He cannot sing or create music himself, so he manipulates musicians and singers to advance his agenda. This explains why so much music today is perverted and distorted. Certain influential figures have even altered the standard musical frequency to 440 Hz, which affects people's energy, keeping them in low vibrations, depression, and other negative states.

Understanding this opened my eyes to the immense power of pure worship. There I was, simply lifting my voice to worship and praise Papa God Abba and the Lord Jesus. My voice became an instrument a powerful tool of worship untainted and directly offered to Him.