

WIFE ESTEEM RESET PLAN CHALLENGE

5 DAY

Day 1

Rebuilding Me, Not Just the Marriage

Devotional: Healing begins when I stop trying to fix what broke me and start inviting God to restore me.

Scripture: Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Mini Task: Write one affirmation about who you are in Christ—say it aloud every time doubt tries to speak today.

Day 3

Forgiving Doesn't Mean Forgetting Me

Devotional: Forgiveness is not losing myself—it's choosing to trust God with what hurt me.

Scripture: Colossians 3:13 - "Forgive as the Lord forgave you."

Mini Task: Pray and ask God to help you forgive—not for them, but so your heart can heal.

Day 5

Trusting God's Timing and Justice

Devotional: God may not move when I want, but He never forgets where I hurt.

Scripture: Romans 8:28 - "And we know that in all things God works for the good of those who love him..."

Mini Task: Write one sentence starting with "God, I trust You with..." and keep it in a place you'll see all day.

Day 2

Letting Go of the Pain I Want Him to Feel

Devotional: Releasing the pain doesn't excuse the hurt—it frees me from carrying it.

Scripture: Ephesians 4:31-32 - "Get rid of all bitterness... Be kind and compassionate... forgiving each other, just as in Christ God forgave you."

Mini Task: Write down one painful thought you've been replaying—then tear or toss the paper as a symbol of release.

Day 4

Caring for My Children/Others in my care and My Own Soul

Devotional: My children need my healing more than they need my explanations.

Scripture: Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."

Mini Task: Do one thing today that brings you peace—then invite your child (or someone close) to do it with you.