DIVINE RENEWAL™ | HEALTHY 4 LIFE

The Divine Alignment Reflection Guide

Pausing to Invite God's Peace & Restoration

Take three slow, unhurried breaths. Release the pressure to analyze or fix anything—simply notice what surfaces in stillness.

1. Where am I noticing quiet static, tension, or disconnect right now—in my body, thoughts, or spirit?

2. What burden or expectation have I been carrying on my own that I was never meant to hold alone?

3. If I pause and listen beneath the noise, what does my innate nature most long for today—rest, clarity, surrender, or peace?

4. Quiet Prayer of Surrender:

"Lord, I bring every area of disconnect and weariness before You.
Show me what needs Your restoration first, and lead me back into wholeness, clarity, and peace."

You don't have to figure out where to begin or carry the pressure of fixing yourself. Notice where you feel weighed down, bring it quietly before God, and let Him guide what needs renewal first.

Ready for Guided Support?

In a **Divine Intercessory Renewal™** session, we don't guess or follow a one-size-fits-all formula—we rely on God to guide where to begin, what incoherent patterns to clear, and how to best support you individually across your spirit, soul, thoughts, emotions, and physical body.

Schedule your private session at HEALTHY4LIFE.INFO