

Daily Spiritual Practice for a Soul Reset: Week 6 -April 5-11

A key element of the journey to wholeness is authenticity or vulnerability. When we are seeking wholeness, we drop any pretense and take the brave, vulnerable step toward authenticity. The practice we'll focus on this week is confession. Instead of different daily exercises, you're invited to write a prayer of confession at the end of each day this week. Be vulnerable with God about when you lost your temper or were impatient with someone that day. Note when you felt yourself hiding behind a shinier version of yourself instead of letting your true self show through, and confess that too. The practice of being honest with ourselves and honest with God propels us on our soul reset journey.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

“But if we confess our sins, God is faithful and just to forgive us our sins and cleanse us from everything we’ve done wrong.” 1 John 1:9

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