



7-Day Faith & Wellness Devotional

GLORY, NOT GUILT:
A JOURNEY OF GRACE IN BODY, MIND & SPIRIT

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7-Day Faith & Wellness Devotional



Lady B

WELCOME!

I'm so glad you're here!

This devotional was created to help you experience God's presence in both your **spiritual life** and your **wellness journey**. Too often, health is approached with guilt, pressure, and comparison. This is not about striving—it's about surrendering and inviting God into every area of your life, including your body.

What You Can Expect Over the Next 7 Days

- **Daily Scripture** to anchor your heart in God's Word
- **Devotional Reflections** connecting biblical truth to wellness practices
- **Wellness Actions** to put faith into motion in practical ways
- **Reflection Questions or Prayer Prompts** to deepen your personal growth

Each day builds on the last, guiding you to see your body as God's temple, embrace rhythms of rest, lean into community, and ultimately walk in freedom through His grace.

How to Use This Devotional

- ***Set aside 10–15 minutes daily.*** Create a quiet space with your Bible, journal, and an open heart.
- ***Pray before you begin.*** Ask the Holy Spirit to guide your thoughts and reveal what He wants you to take away each day.
- ***Write down your reflections.*** Journaling helps you notice God's work in your life over time.
- ***Take one small step.*** Don't worry about perfection. Celebrate progress and obedience over outcomes.



The Heart Behind Glory Not Guilt

Glory Not Guilt exists to help believers honor God through faith and wellness—without the weight of shame or perfectionism.

We believe:

- Your body is God's temple and worthy of care.
- Wellness is about progress, not perfection.
- Grace is stronger than guilt.
- True transformation comes from God's work within you.

Here, you'll find encouragement, practical tools, and a supportive community of people walking the same journey. This devotional is just the beginning.

This devotional is just the beginning. Now, let's begin with **Day 1: Your Body as God's Temple.**

Day 1 Your Body as God's Temple

1 Corinthians 6:19-20 NIV

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Your body is not just a vessel—it's a temple where God's Spirit dwells. Caring for your health is not about vanity or perfection but about stewardship. Every choice you make—what you eat, how you move, how you rest—can become an act of worship.

Wellness Action:

Before your next meal, pause for a mindful eating prayer: “Lord, thank You for this food. May it nourish my body so I can serve You with strength. Teach me to eat with gratitude, not guilt.”

Reflection

How does seeing your body as God's temple change the way you view your health?

What's one small change you can make today to honor God through your physical care?

Day 2 Strength and Nourishment

Isaiah 40:31 NIV

but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

God provides both physical nourishment and spiritual renewal. True strength doesn't come from sheer willpower—it comes from resting in Him. Trust that His timing in your wellness journey is perfect, even if progress feels slow.

Wellness Action: List 3 things you're grateful for about your body's abilities today. Then thank God for His ongoing provision.

Prayer: Lord, I trust Your timing in my transformation. Renew my strength as I wait on You.

Reflection

How can you lean on God's strength instead of your own?

Where do you need to trust His timing in your journey?

Day 3 Rest and Renewal

Matthew 11:28–30 NIV

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Rest is not laziness—it's obedience. God designed our bodies with rhythms of work and rest. When we neglect rest, we miss out on the renewal He intends for us. Jesus Himself invites us to lay down our burdens and find peace.

Wellness Action:

Set a rest priority: establish a bedtime, create a relaxing routine, or schedule a short break in your day.

Reflection

How can you see rest as a form of worship and trust in God?

Day 4 Community and Accountability

Ecclesiastes 4:12 NIV

*Though one may be overpowered, two can defend themselves.
A cord of three strands is not quickly broken.*

Hebrews 10:24-25 NIV

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

You weren't created to do life alone. God designed us to thrive in community, especially in our journeys of faith and health. Accountability partners or supportive groups can provide encouragement, wisdom, and strength when your own resolve wavers.

Wellness Action: Identify one person who can encourage you in your wellness journey—or consider joining a community that aligns with your values.

Prayer: Lord, surround me with people who will uplift me, challenge me, and walk with me in this journey.

Reflection

How has community helped you grow in faith or health in the past?

Day 5 Patience in the Process

Romans 5:3-5 NIV

Not only so, but we[a] also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Wellness is not an overnight change—it's a journey of perseverance. Every challenge you face can refine your character and deepen your hope. God's faithfulness is steady, even when progress feels slow.

Wellness Action:

Set one realistic health goal this week. Celebrate even the smallest victories as evidence of God's grace at work.

Reflection

What's one area where you need to embrace patience and trust God's timing?

Day 6 Purpose and Service

Ephesians 2:10 NIV

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Your health isn't just about you—it's about how you show up for others. A well-cared-for body enables you to serve, love, and fulfill the purpose God has prepared for you. When you strengthen your wellness, you increase your capacity to serve with joy.

Wellness Action:

Ask yourself: How does taking care of my health help me better serve my family, community, or calling? Write down one way improved wellness will impact your ability to serve.

Prayer: Lord, help me connect my health to my purpose. Give me clarity, motivation, and joy in serving others.

Day 7 Glory Not Guilt

Romans 8:1 NIV

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Your wellness journey is not about guilt, shame, or punishment—it's about glorifying God. In Christ, you are free from condemnation. Grace, not guilt, should motivate your choices. Every step you take in faith and wellness is a testimony of God's love and transformation.

Wellness Action: Replace any guilt-based statements (like “I failed” or “I’ll never change”) with grace-based affirmations (like “I am growing” or “God’s grace empowers me”).

Celebration: Take a moment today to celebrate how far you’ve come. Your journey is just beginning, and God is with you every step of the way.

Reflection

What does freedom from guilt look like for you in your wellness journey?

Final Reflection

As you finish this 7-day journey, take a moment to pause, reflect, and celebrate what God has done in you.

Closing Prayer

Heavenly Father,

Thank You for walking with me through these seven days of faith and wellness. I praise You for reminding me that my body is Your temple, that rest is holy, that community strengthens me, and that Your grace is greater than my guilt.

Help me to carry these truths into my daily life—not just for a week, but as a lifelong journey of honoring You in body, mind, and spirit. When I feel weak, renew my strength. When I grow impatient, remind me of Your timing. And when I stumble, lift me up with Your mercy.

Lord, let my wellness be an offering of worship to You, and may my life reflect Your glory in all that I do.

Amen.

Next Step: Join the Glory Not Guilt Community

Your journey doesn't have to end here.

In the Glory Not Guilt Community, you'll find:

- Ongoing encouragement rooted in Scripture
- Practical wellness tips you can apply right away
- Accountability and support from like-minded believers
- A safe place to grow—without shame, without comparison

To know more, please visit glorynotguilt.com

Use this space in your journal to capture what God has been showing you during this journey.

A large, empty white rectangular box intended for journaling, occupying the central portion of the page below the introductory text.