



THE  
7 DAY  
BEGINNING  
JOURNEY



A DEVOTIONAL FOR WHEN YOU DON'T KNOW  
WHERE TO START

7 DAYS OF SCRIPTURE.  
HONEST REFLECTION.  
ONE STEP AT A TIME.



THE BROKEN STRONG  
WHERE BROKEN PEOPLE BECOME STRONG  
II COR 12:9-10

## **7 Day Beginning Journey**

A step from brokenness toward strength.

This devotional is designed to help you begin a journey of healing, honesty, and spiritual strength through the truth of God's Word. Each day invites you to slow down, reflect, and allow Scripture to guide your heart toward hope and renewal.

Brokenness is not the end of the story. When we bring our struggles, questions, and weaknesses before God, He begins shaping them into places of strength.

Take your time as you move through these seven days. Read the Scripture carefully, reflect honestly, and allow God to speak to you through His Word.

The journey from brokenness toward strength begins with a single step.

## **Day 1 — You Are Not Here by Accident**

Psalm 34:18

“The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.”

### **Supporting Scripture**

Isaiah 57:15

Matthew 11:28

2 Corinthians 12:9

Psalm 147:3

### **Devotional**

There are seasons in life when the weight of everything we carry begins to feel heavier than we expected it to be. Responsibilities pile up, disappointments linger, and questions about the future quietly sit in the back of our minds. During moments like these it becomes easy to believe the lie that we are completely alone in our struggle. The enemy whispers that no one understands, that nothing will change, and that somehow our story has lost its value. Yet Psalm 34 reminds us of something deeply comforting and profoundly true. The Lord draws near to those whose hearts are broken.

Notice what this verse does not say. It does not say that God waits until someone becomes strong again before He approaches them. It does not say that He stands at a distance observing their pain. Scripture says the Lord is near. That means He moves toward the very place where people feel the weakest. When hearts are bruised and spirits are discouraged, God does not withdraw. Instead, He comes close.

Brokenness rarely arrives through one dramatic event. More often it grows slowly through disappointment, loss, pressure, and unanswered questions that quietly wear down the heart. A person may spend years trying to keep everything together while secretly feeling as though something inside them is falling apart. The effort to appear strong can become exhausting.

Because of that exhaustion many people begin to hide their struggles. They avoid speaking honestly about what they are experiencing because it feels easier than trying to explain the pain. Yet hiding often deepens loneliness. Psalm 34 reveals

that the place where we feel most vulnerable is the place where God is already present.

The verse also speaks of a contrite spirit. A contrite spirit is not weakness. It is humility. It is the moment when a person finally admits they cannot fix everything on their own. Our culture often celebrates independence, but Scripture reveals that real strength begins when we recognize our dependence on God.

When pride loosens its grip, grace begins to work. God can rebuild what life has damaged. He restores courage where fear once lived and breathes hope into places that once seemed permanently dark. The Lord specializes in bringing life out of broken situations.

You are not reading this devotional by accident. Something inside you still believes that change is possible. That quiet belief matters more than you realize. It is the beginning of movement, and movement is the enemy of despair.

Strength rarely begins with dramatic victories. More often it begins with a quiet decision to keep moving forward. A decision to trust God with the next step even when the future feels uncertain.

God's work often begins in the hidden places of the heart. Over time those small changes reshape how we think, how we respond, and how we see our future.

If today feels heavy, remember this truth. The Lord is near. He sees your struggle and understands your pain. Your story is not finished, and your brokenness does not have the final word.

### **Question**

Where in your life do you currently feel most broken or discouraged?

### **Prayer**

Lord, You know the places in my life that feel uncertain and painful. Draw near to me today and help me trust that You are able to bring strength even from broken places. Guide me as I begin this journey with You. Amen.

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## **Day 2 — God Sees Your Story**

Genesis 16:13

“Thou God seest me.”

### **Supporting Scripture**

Psalm 139:1–3

Hebrews 4:13

Jeremiah 1:5

Exodus 3:7

### **Devotional**

One of the most painful feelings a person can experience is the feeling of being unseen. Someone can be surrounded by people and still feel completely alone because no one truly understands what is happening inside their heart. Some struggles are invisible to others. Some wounds are too complicated to explain. Because of this many people learn to carry their burdens quietly.

Genesis 16 tells the story of Hagar, a woman who found herself alone in the wilderness after experiencing rejection and hardship. Her life had become complicated and painful. It seemed as though no one truly cared about what she was facing. Yet in the middle of that wilderness experience God met her.

When He did, Hagar spoke words that reveal something powerful about the character of God. She said, “Thou God seest me.”

Those four words remind us that God is never distant from the struggles of His people. He sees the tears that fall when no one else is around. He understands the disappointments we cannot easily explain. He knows the fears that keep us awake at night and the thoughts that quietly trouble our hearts.

God’s awareness of our lives is not passive observation. His attention is compassionate and personal. He understands the past that shaped you, the present that challenges you, and the future that concerns you. Nothing about your life is hidden from Him.

Many people carry the fear that if others truly knew their struggles they would walk away. That fear leads to isolation, and isolation often deepens

discouragement. Yet Scripture teaches the opposite truth about God. He knows everything about you and still draws near.

Being seen by God means that your life is not invisible. Your experiences matter. Your struggles matter. Your prayers matter. Even when you feel overlooked by others, you are never overlooked by the Lord.

When we remember that God sees us, it begins to change how we face life. Instead of believing we are wandering alone, we begin to realize that every step unfolds before a God who understands us completely.

The same God who saw Hagar in the wilderness also sees you today. He sees your worries, your questions, and the things you are trying to hold together. Nothing about your story is outside His knowledge or beyond His care.

Being seen by God also means that your life still has direction. The Lord who sees you is also able to guide you. He can provide wisdom for decisions, courage for difficult moments, and hope for the road ahead.

Your circumstances may not change overnight, but your confidence can begin to grow because you are not walking through life unnoticed. The God who sees you is also the God who cares deeply about your future.

Today remember this truth. You do not have to convince God that your struggles are real. He already knows them. You do not have to earn His attention. You already have it.

The God who saw Hagar in the wilderness is the same God who sees you today.

### **Question**

Where in your life do you feel unseen or misunderstood?

### **Prayer**

Father, thank You that nothing about my life is hidden from You. Help me rest in the truth that You see my struggles and understand my heart. Give me peace knowing that You care about every part of my story. Amen.

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## **Day 3 — Lay Down the Burden**

Matthew 11:28

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

### **Supporting Scripture**

Psalm 55:22

1 Peter 5:7

John 14:27

Isaiah 26:3

### **Devotional**

Life has a way of placing burdens on people that they never expected to carry. Some burdens come through responsibility, others through disappointment, and some through circumstances that feel completely beyond our control. Over time those burdens can grow so heavy that we begin to believe exhaustion is simply part of life.

Jesus spoke directly to people who felt overwhelmed. His invitation in Matthew 11 is remarkably simple. “Come unto me.” He did not say come after you solve every problem. He did not say come after you prove that you are strong enough to handle life on your own. He invited the weary exactly as they were.

Many people resist that invitation because they feel they must keep everything together. Pride tells us that asking for help is weakness. Yet the words of Christ reveal the opposite truth. Real strength begins when we admit we cannot carry everything ourselves.

The phrase “heavy laden” describes a person weighed down by pressure and responsibility. It describes someone who has carried their worries so long that they no longer remember what it feels like to be at peace. Jesus looked at people living under that weight and offered them rest.

Rest in Scripture does not mean laziness or escape from responsibility. It means peace that comes from trusting God with what we cannot control. It is the calm strength that grows when we stop trying to manage every outcome ourselves.

Many people carry emotional burdens that others never see. Regret from past mistakes, fear about the future, and anxiety about relationships can quietly shape the way we live. Over time those burdens affect our thoughts, our decisions, and even our hope for the future.

Christ invites us to bring those burdens to Him. Prayer is not simply a religious habit. It is the place where we transfer the weight we carry into the hands of God.

When we release our burdens to Him, something begins to change inside us. Our circumstances may remain the same for a time, but our hearts begin to find peace. Anxiety slowly loses its grip, and clarity begins replacing confusion.

This is why Jesus' invitation is so powerful. He does not promise that life will always be easy, but He promises that we will not have to carry life alone.

If you have been carrying something heavy, today is a good day to bring it to Christ. Speak honestly to Him about what is weighing on your heart. The God who invites the weary also gives the rest that they need.

### **Question**

What burden have you been carrying that you need to bring to Christ today?

### **Prayer**

Lord Jesus, I bring my burdens to You today. Help me release the weight I have been carrying and trust that You are able to sustain me. Teach me to walk in the rest that You promised. Amen.

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## **Day 4 — Honest Before God**

Psalm 51:17

“The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.”

### **Supporting Scripture**

Proverbs 28:13

1 John 1:9

James 4:10

Hebrews 10:22

### **Devotional**

One of the most difficult things for many people to do is to be completely honest about what is happening inside their hearts. It is often easier to appear strong than to admit that we are struggling. People learn to hide their fears, disappointments, and failures behind carefully constructed appearances.

Yet Scripture shows us that God is not impressed by appearances. What He desires most is honesty.

Psalm 51 was written by David during one of the most painful seasons of his life. After confronting his own sin and failure, David did not try to justify himself. He did not blame circumstances or other people. Instead, he came before God with a broken and contrite heart.

The phrase “contrite heart” describes humility that comes from recognizing our need for God. It is the moment when pride fades and honesty takes its place. David understood that God was not looking for impressive words or religious performance. God desired sincerity.

Many people fear that if they are completely honest with God they will be rejected. Yet Scripture teaches the opposite. The Lord does not despise a broken heart. He welcomes it.

Honesty with God opens the door for healing. When we stop pretending that everything is fine, we allow God to begin working in the areas where we need Him most.

A broken spirit is not the same as hopelessness. It is humility that recognizes our need for grace. When pride gives way to humility, God's mercy has room to work.

This is why confession is so important in the Christian life. Confession is not about shame. It is about freedom. It allows us to bring what is hidden into the light where God's grace can transform us.

The truth is that God already knows everything about us. He knows our struggles, our fears, and our failures. Nothing about our lives surprises Him. When we come to Him honestly, we are simply agreeing with what He already sees.

The good news of the gospel is that God's mercy is greater than our failures. His grace is stronger than our weaknesses. When we approach Him with humility, He responds with compassion.

If you have been hiding something in your heart, today is a good day to bring it before God. Speak honestly to Him. Tell Him what you are struggling with and where you need His help.

The God who does not despise a contrite heart is ready to meet you with mercy.

### **Question**

Is there something in your life you need to bring honestly before God today?

### **Prayer**

Lord, help me to come before You with honesty and humility. Remove the pride that keeps me from being truthful about my struggles. Thank You for Your mercy and grace that welcome me when I come to You sincerely. Amen.

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## **Day 5 — Trusting the Path**

Proverbs 3:5–6

“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

### **Supporting Scripture**

Psalm 37:23

Isaiah 55:8–9

Jeremiah 29:11

Romans 8:28

### **Devotional**

One of the greatest struggles people face in difficult seasons is the uncertainty of the future. When life becomes complicated, we naturally want to understand what is happening and how everything will turn out. Questions begin to form in our minds. Why did this happen? What should I do next? How will this situation work out?

Proverbs 3 speaks directly to this struggle. The passage calls us to trust in the Lord with all our heart and to resist the temptation to rely solely on our own understanding. That instruction may seem simple, yet it is often one of the hardest things to practice.

Human understanding has limits. We can see the present moment, but we cannot see the full picture of how every event in our lives fits into God’s greater plan. We may understand part of the story, but God sees the entire story from beginning to end.

When we lean only on our own understanding, we often become discouraged or anxious. We try to analyze every circumstance and solve every problem on our own. When answers do not come quickly, frustration begins to grow.

Trusting the Lord does not mean we ignore wisdom or avoid responsibility. It means we recognize that God’s wisdom is greater than ours. It means we allow Him to guide our steps even when we do not fully understand the path ahead.

The promise in this passage is powerful. When we acknowledge God in all our ways, He directs our paths. This does not mean the road will always be easy, but it does mean we will not walk it alone.

Sometimes God's direction becomes clear quickly. Other times it unfolds slowly as we continue to trust Him day by day. Faith often grows in those moments when we take the next step forward without seeing the entire journey.

Many people want certainty before they move forward, but faith often requires movement before certainty appears. Trusting God means believing that He is able to guide us even when our vision is limited.

God's plans are not shaped by confusion or accident. He works through circumstances, relationships, and even challenges to accomplish His purposes. The path may not look the way we expected, but that does not mean God is absent from it.

When you trust the Lord with your heart, you allow Him to lead you into places of growth, healing, and strength that you might never discover on your own.

Today may still hold questions, but it also holds an opportunity to trust God with the next step. As you acknowledge Him in your decisions and in your thoughts, you can walk forward with confidence that He is directing your path.

### **Question**

Where in your life do you need to trust God instead of leaning on your own understanding?

### **Prayer**

Lord, help me trust You with my whole heart. When I am tempted to rely only on what I can see or understand, remind me that Your wisdom is greater than mine. Guide my steps and direct my path as I follow You. Amen.

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## **Day 6 — Strength Through Christ**

Philippians 4:13

“I can do all things through Christ which strengtheneth me.”

### **Supporting Scripture**

Isaiah 40:29–31

2 Corinthians 12:9–10

Ephesians 6:10

Psalm 18:32

### **Devotional**

Many people reach moments in life when they feel as though they have reached the end of their strength. Responsibilities feel overwhelming, challenges seem endless, and the energy to keep moving forward begins to fade. In those moments it can feel as though everything depends on our own ability to endure.

Philippians 4:13 reminds us of a different source of strength. Paul writes, “I can do all things through Christ which strengtheneth me.” This verse is often quoted during moments of encouragement, but its meaning becomes even more powerful when we understand the context in which it was written.

Paul wrote these words while facing difficult circumstances. He had experienced hardship, imprisonment, and uncertainty about the future. Yet he discovered something important. His strength did not come from favorable conditions. It came from Christ.

Human strength has limits. Physical energy fades, emotions fluctuate, and determination can weaken when life becomes difficult. But the strength that Christ provides is different. It is not dependent on circumstances. It comes from the presence and power of God working within us.

The apostle Paul learned that God’s strength often becomes most visible when our own strength feels insufficient. In 2 Corinthians 12 he writes that God’s power is made perfect in weakness. That truth may seem surprising at first, but it reveals something important about how God works in our lives.

When we believe everything depends on our own ability, we tend to carry more pressure than we were meant to carry. But when we recognize our need for Christ, we allow His strength to sustain us.

Christ does not simply encourage us from a distance. Through the Holy Spirit He strengthens us from within. He provides wisdom when we need direction, endurance when we feel weary, and courage when we feel afraid.

Strength through Christ does not mean every challenge disappears. It means we are equipped to face those challenges with confidence that God is working within us.

Sometimes that strength appears as perseverance. Other times it appears as peace in the middle of difficulty. In every case it reminds us that we are not relying on our own ability alone.

When you begin to understand that Christ is your strength, you can approach life with a different perspective. Challenges may still come, but they no longer define what is possible.

The same Christ who strengthened Paul is able to strengthen you today. Whatever responsibilities, struggles, or uncertainties lie before you, His strength is sufficient.

### **Question**

Where in your life do you need to rely on Christ's strength rather than your own?

### **Prayer**

Lord Jesus, thank You for being the source of my strength. When I feel weak or overwhelmed, remind me that Your power is greater than my limitations. Help me rely on You each day as I move forward. Amen.

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## **Day 7 — The Journey Continues**

Philippians 1:6

“Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.”

### **Supporting Scripture**

Psalms 138:8

Hebrews 12:1–2

Romans 5:3–5

2 Timothy 1:7

### **Devotional**

Every meaningful journey begins with a first step, but growth rarely happens overnight. The Christian life is not a single moment of change. It is a process through which God gradually shapes our hearts, our thinking, and our direction.

Philippians 1:6 offers a powerful promise about this process. The verse reminds us that the God who begins a good work in us is also faithful to complete it. That means our growth does not depend entirely on our own ability to maintain it. It depends on the faithfulness of God.

Many people start a new season of life with hope but struggle when progress feels slow. They expect immediate transformation and become discouraged when old habits or fears occasionally resurface. Yet spiritual growth often unfolds gradually.

God works patiently in our lives. He uses experiences, relationships, Scripture, and prayer to shape us over time. The work He begins in our hearts continues day by day.

Understanding this truth can free us from unrealistic expectations. The journey from brokenness toward strength is not about becoming perfect overnight. It is about allowing God to continue His work within us.

There will be days when growth feels clear and encouraging. There may also be days when progress seems small or unnoticed. Yet even during those quiet moments God is still at work.

Just as a seed grows slowly beneath the surface before it becomes visible above the ground, spiritual growth often begins in ways we cannot immediately see. Over time those hidden changes become evident in our attitudes, decisions, and relationships.

One of the most encouraging truths about the Christian life is that we are not responsible for completing the work God has begun. Our responsibility is to remain faithful, to continue trusting Him, and to allow His truth to shape our lives.

God's faithfulness is greater than our inconsistency. His purpose is stronger than our uncertainty. The work He begins in the hearts of His people will not be abandoned.

As you finish this seven-day devotional, remember that this is not the end of a journey. It is the beginning of a new direction. The steps you have taken this week are part of a much larger work that God desires to accomplish in your life.

Continue seeking Him. Continue trusting Him. Continue allowing His Word to guide your thoughts and decisions.

The God who began this work in you will remain faithful to complete it.

### **Question**

What step can you take this week to continue growing in your relationship with God?

### **Prayer**

Father, thank You for the work You have begun in my life. Help me trust that You are continuing to shape and strengthen me each day. Give me faith to keep walking forward with You. Amen.

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## **The Journey Continues**

Completing these seven days is not the end of the journey. It is the beginning of a new direction.

Strength is not built in a moment. It grows as we continue walking with God, allowing His Word to shape our thoughts, our choices, and our character. Each step forward, even small ones, becomes part of the work God is doing within us.

If this devotional has encouraged you, challenged you, or helped you see your life through a new perspective, we would love to hear from you.

Your story may help someone else who is walking through a similar season of life.

You can reach us through our website and share how this journey has impacted you. Thank you for taking this step with The Broken Strong.

Broken before God. Strong in Christ.