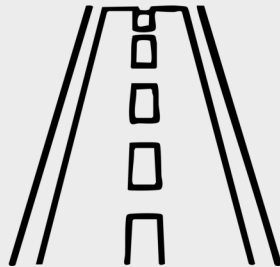


first7

STAY STEADY

A 7-Day Guide
for Spiritual
Discipline



Walk with God, One day at the time

This guide is a quiet space to stay steady
with God.

You don't need to do everything at once.
You don't need to be perfect.

Just come back each day.

Show up again.

ONE STEP IS ENOUGH.

It's easy to start strong.
It's harder to stay consistent.

Some days feel focused.
Some days feel distracted.

But growth is not built in one moment.

It is built in small, steady steps.

This week is not about doing more.
It's about staying faithful—
right where you are.

Each day, take a few quiet minutes.

Read slowly.
Reflect honestly.
Pray simply.

You don't need long time.

Just stay present.

God meets you in consistency.

Day 1 — Start Small

“For who hath despised the day of small things?”

– Zechariah 4:10 (KJV)

Small steps matter.

You don't need big change today.

Just begin.

God honors small beginnings.

Personal prayer: _____

Day 2 — Stay Consistent _____

“Moreover it is required in stewards, that a man be found faithful.”
— 1 Corinthians 4:2 (KJV)

Consistency builds strength.

Not perfection.
Not intensity.

Faithfulness over time.

Keep showing up.

Personal prayer: _____

Reflect

Where do you struggle to stay consistent?

What would faithfulness look like today?

Prayer

*God, help me stay faithful.
Even in small things.*

Personal prayer: _____

Day 3 — Show Up

“Draw nigh to God, and he will draw nigh
to you.”
— James 4:8 (KJV)

You don't need perfect conditions.

You don't need the right mood.

Just come.

God meets you when you show up.

Personal prayer: _____

Reflect

What keeps you from showing up?

What would it look like to come anyway?

Prayer

*God, help me come to You daily.
Even when I don't feel ready.*

Personal prayer: _____

Day 4 — Stay Focused

“Looking unto Jesus the author and finisher
of our faith...”
— Hebrews 12:2 (KJV)

Distractions will come.

Your focus will drift.

Bring your attention back.

Fix your eyes on Him.

Personal prayer: _____

Day 5 — Keep Going

“And let us not be weary in well doing...”
— Galatians 6:9 (KJV)

You may feel tired.

You may feel like stopping.

But don't give up.

What you are building matters.

Personal prayer: _____

Day 6 — Stay Grounded _____

“Continue in the faith grounded and settled...”

— Colossians 1:23 (KJV)

Stay rooted.

Not in feelings.
Not in circumstances.

In truth.
God is steady— and you can be too.

Personal prayer: _____

Day 7 — One Step

“Take therefore no thought for the
morrow...”
— Matthew 6:34 (KJV)

You don't need to plan everything.

You don't need to do it all.

Just take one step.

Today is enough.

Personal prayer: _____

YOU DON'T NEED TO BE PERFECT.

YOU DON'T NEED TO DO EVERYTHING.

JUST KEEP SHOWING UP.

STAY STEADY.

One Day at a Time

**GOD IS WITH
YOU.**

**IF THIS GUIDE HAS HELPED YOU,
YOU CAN SUPPORT THE MISSION
SO OTHERS CAN EXPERIENCE THIS TOO.**

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