

FREE RESOURCE

SOUL CHECK

7-Day Spiritual Reset



A Free 7-Day Guide to Help You Identify
What's Blocking Your Spiritual Growth
and Reconnect with God

“Search me, O God,
and know my heart...”

— Psalm 139:23



SOULED OUT
— FOR CHRIST —

BY: MONTINIQUE JOHNSON



INTRODUCTION

Have you ever felt:

- ✓ Spiritually stuck?
- ✓ Distant from God?
- ✓ Overwhelmed by anxiety, fear, guilt, or shame?
- ✓ Like you're praying but not growing?

You're not alone.

This 7-Day Spiritual Reset was created to help you pause, reflect, and invite God into the areas of your life that need healing and freedom.

This guide is only the beginning.

For a deeper journey into spiritual growth, freedom, healing, and walking with Christ, continue with the full workbook:

Soulfully Set Free

A Biblical Guide to Spiritual Growth, Freedom, Healing & Walking with Christ.

*Be still
and know
that I am
God.*

PSALM 46:10

DAY 1: HEART CHECK



SCRIPTURE

Proverbs 4:23

*“Guard your heart above all else,
for it determines the course of your life.”*



REFLECTION QUESTIONS

- What has been occupying my heart lately?

.....

.....

- Is there anything I am placing above God?

.....

.....

- What burdens am I carrying?

.....

.....



PRAYER

*Lord, reveal the condition of my heart
and help me surrender anything that is
separating me from You.*





ACTIVITY:
HEART INVENTORY



 *What has been filling my heart?*

Check all that apply:

- | | |
|-------------------------------------|------------------------------------|
| ☐ Fear | ☐ Peace |
| ☐ Worry | ☐ Joy |
| ☐ Anger | ☐ Gratitude |
| ☐ Comparison | ☐ Pride |
| ☐ Busyness | ☐ Hope |
| ☐ Anxiety | |
| ☐ Bitterness | |



JOURNAL

What is God showing me about my heart today?



*Search me, O God,
and know my heart.*
Psalm 139:23





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DAY 2: IDENTIFY THE WEIGHT



SCRIPTURE

Hebrews 12:1

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles.”



REFLECTION QUESTIONS

- What am I struggling to let go of?

.....

.....

- What fear keeps showing up?

.....

.....

- What is preventing me from moving forward?

.....

.....

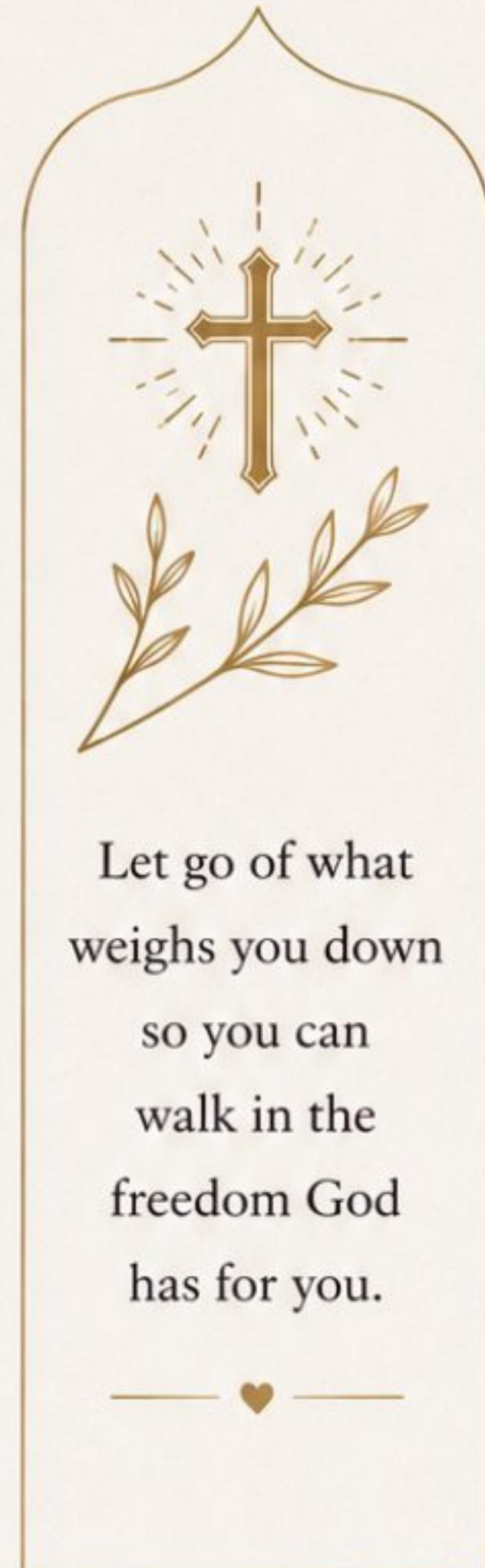


ACTION STEP

Write down one thing you're ready to surrender to God.

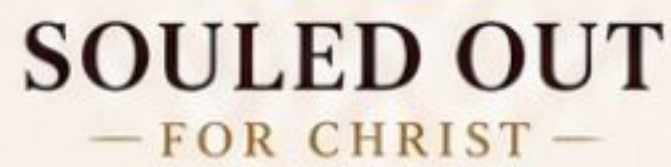
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Let go of what weighs you down so you can walk in the freedom God has for you.





IDENTIFY THE WEIGHT



LEAVE IT AT THE CROSS



- ☐ Stress
- ☐ Fear
- ☐ Shame
- ☐ Control
- ☐ Unforgiveness
- ☐ Doubt
- ☐ Anxiety
- ☐ Addiction
- ☐ Other _____

"I surrender these things to Jesus."



DAY 3: FORGIVENESS CHECK



SCRIPTURE

Ephesians 4:31-32

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”



REFLECTION QUESTIONS

- Is there someone I need to forgive?

.....

- Am I holding bitterness?

.....

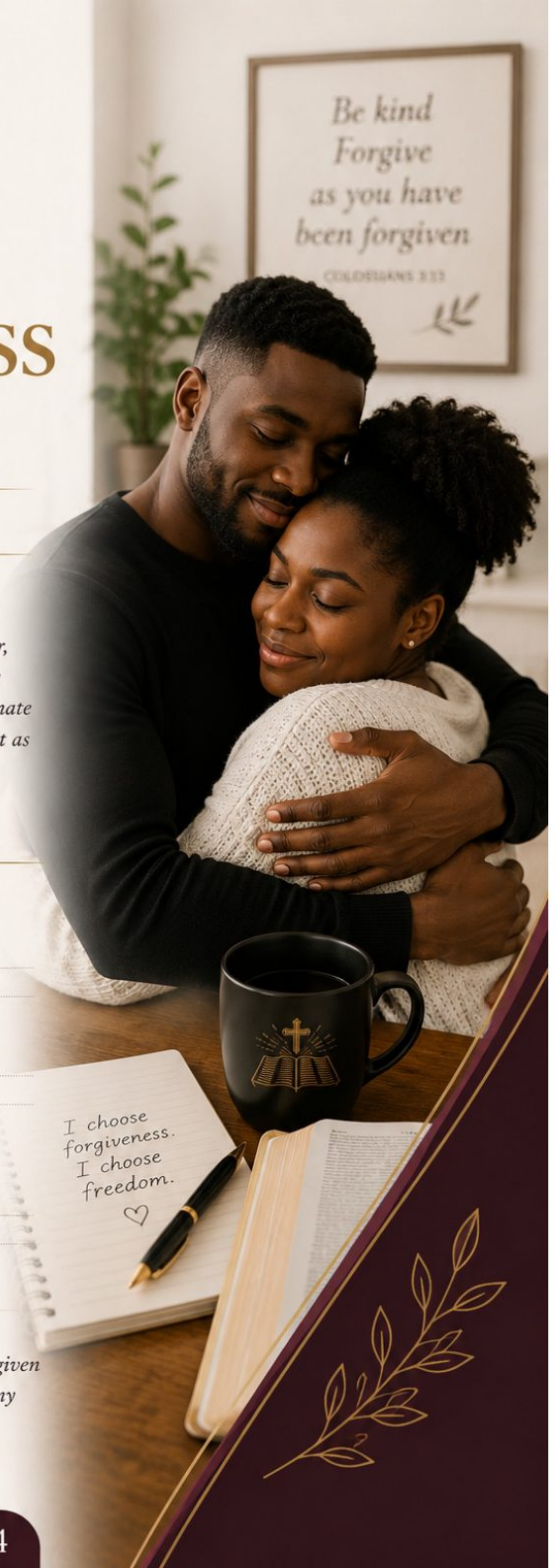
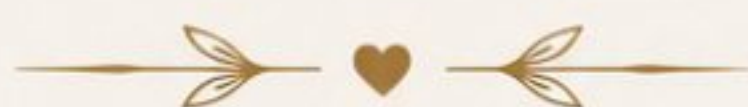
- Have I accepted God's forgiveness for myself?

.....



PRAYER

Lord, help me to forgive as You have forgiven me. Release me from bitterness and fill my heart with Your peace.





ACTIVITY:

FORGIVENESS LETTER



I choose to forgive:



For:



I release:

PRAYER:



*Lord, help me release
every offense and
walk in freedom.*



DAY 4: RENEW YOUR MIND



SCRIPTURE

Romans 12:2

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”



REFLECTION QUESTIONS

- What negative thoughts do I frequently believe?
.....
.....
- What does God say about me instead?
.....
.....



REPLACE THE LIE

Lie:

.....
.....

Truth:

.....
.....





ACTIVITY:
REPLACE THE LIE



THE LIE I BELIEVE	GOD'S TRUTH

AFFIRMATIONS



- ☐ I am chosen.
- ☐ I am loved.
- ☐ I am forgiven.
- ☐ I belong to Christ.
- ☐ I am a new creation.

*Do not conform to
the pattern of this world,
but be transformed by
the renewing of your mind.
Romans 12:2*



DAY 5: BREAKING AGREEMENTS



SCRIPTURE

John 8:32

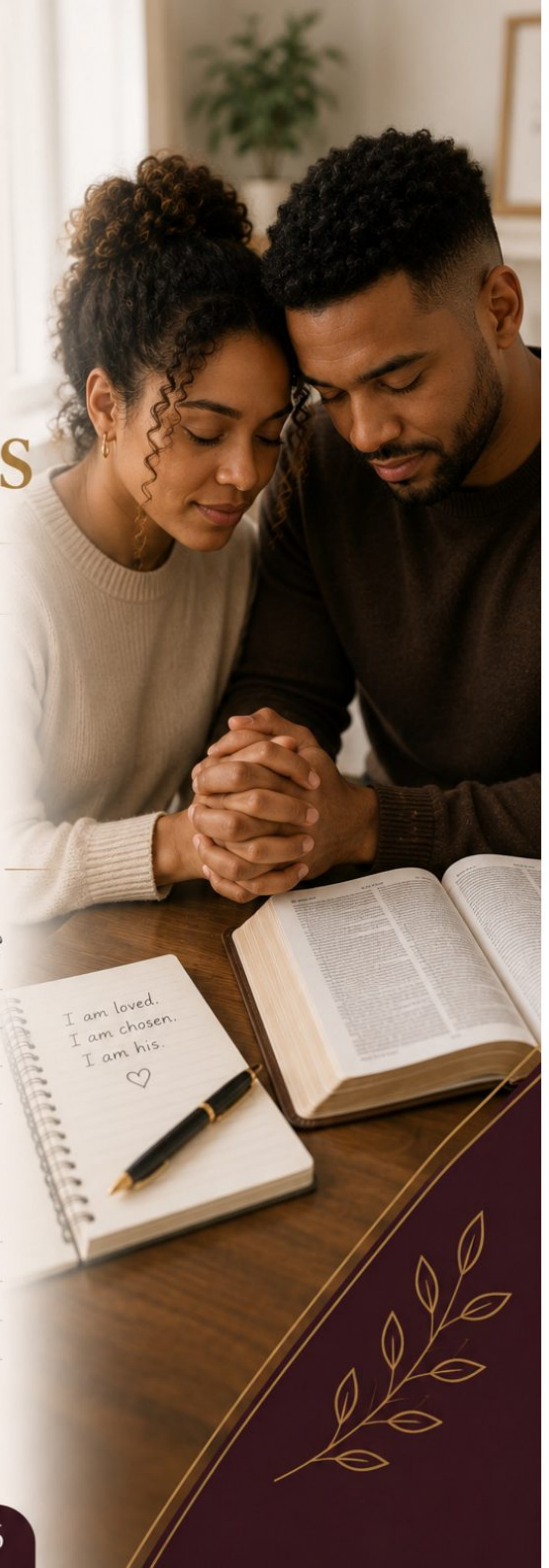
*"Then you will know the truth, and
the truth will set you free."*



REFLECTION QUESTIONS

- What lies have I believed about myself?

- What labels have I accepted that
God never gave me?





ACTIVITY:

IDENTITY IN CHRIST



Cross out every label that doesn't belong.



Rejected

Worthless

Not Enough

Failure

Hopeless

Unlovable

Broken

— THEN WRITE: —



Who God says I am



DAY 6: WALKING IN FREEDOM



SCRIPTURE

Galatians 5:1

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."



REFLECTION QUESTIONS

- What freedom has God already given me?

- How can I walk differently starting today?





ACTIVITY:

FREEDOM ACTION PLAN



This week I will:

- ☐ Spend 15 minutes in prayer
- ☐ Read my Bible daily
- ☐ Forgive someone
- ☐ Worship
- ☐ Fast from social media
- ☐ Memorize Scripture
- ☐ Serve someone
- ☐ Share my testimony



MY PERSONAL COMMITMENT:



DAY 7: YOUR NEXT STEP



SCRIPTURE

Philippians 1:6

“And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.”



REFLECTION QUESTIONS

- What has God revealed during these 7 days?

- What areas still need healing?

- What next step is God calling me to take?



PRAYER

Lord, thank You for meeting me in this journey. Continue Your good work in me. Help me walk in the freedom You have given me and step into the purpose You have for my life. Amen.



SPIRITUAL HEALTH ASSESSMENT



RATE YOURSELF 1-10



Prayer Life



Bible Study



Faith



Forgiveness



Trust in God



Peace



Identity in Christ



Consistency



COMMIT
YOUR WAY
TO THE LORD;
TRUST IN HIM,
AND HE WILL
ACT.
PSALM 37:5

BE STRONG
— AND —
COURAGEOUS
JOSHUA 1:9

HOLY
BIBLE



ACTIVITY:

LETTER TO FUTURE ME



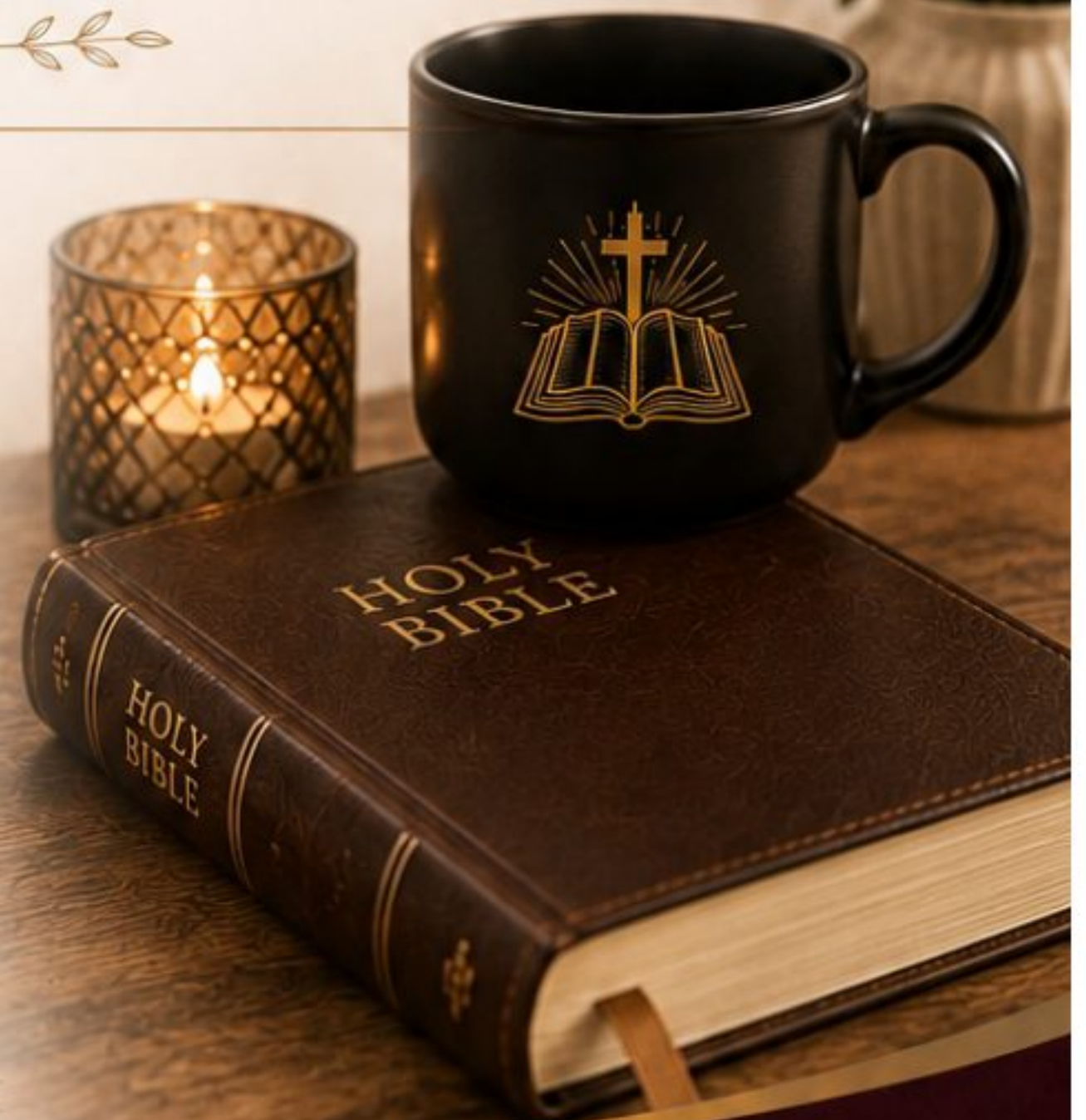
Dear Future Me,

I pray that...



OPEN THIS AGAIN IN:

- ☐ 30 Days
- ☐ 90 Days
- ☐ 6 Months
- ☐ 1 Year





CONTINUE YOUR JOURNEY WITH CHRIST

♡ Congratulations!

You've completed the
Soul Check: 7-Day Spiritual Reset.

My prayer is that these seven days have helped you draw closer to God, recognize areas where He is working in your life, and take your next step in faith.

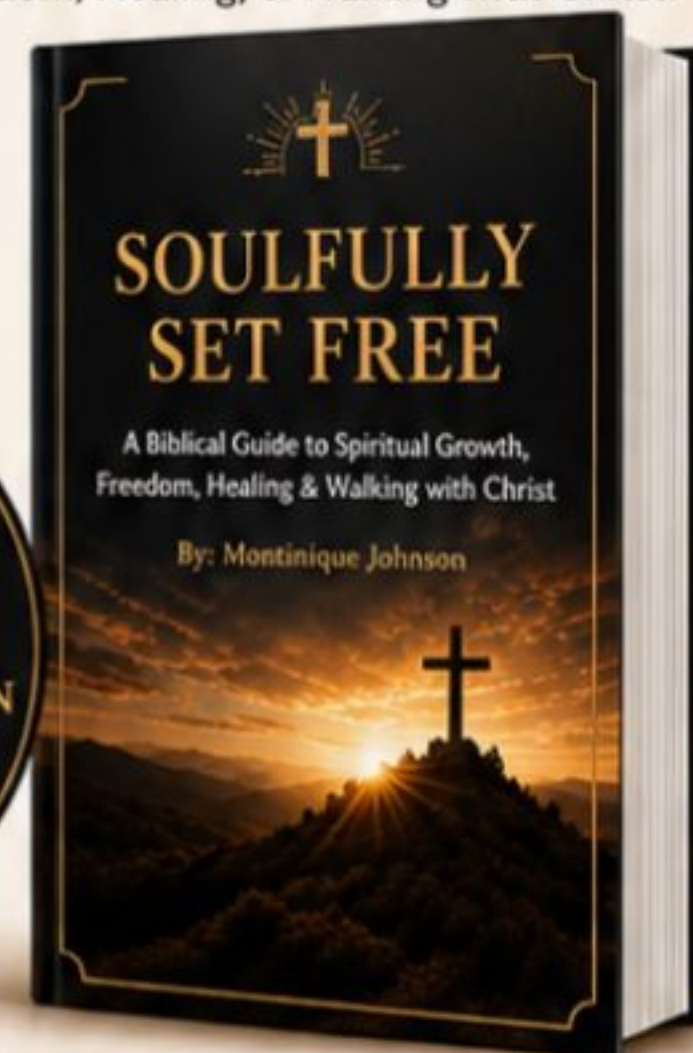
"He who began a good work in you will carry it on to completion."

— Philippians 1:6

COMING SOON

SOULFULLY SET FREE

A Biblical Guide to Spiritual Growth, Freedom, Healing, & Walking with Christ.



A DEEPER JOURNEY OF FREEDOM, HEALING & TRANSFORMATION IS COMING SOON!

STAY CONNECTED

Let's stay connected! Click the links below to connect with Souled Out for Christ.



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INSTAGRAM

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VISIT INSTAGRAM



EMAIL

souledoutforchrist_@outlook.com

SEND EMAIL

INSIDE YOU'LL DISCOVER:

- ✓ Spiritual Growth Roadmap
- ✓ Freedom from Fear, Shame & Bondage
- ✓ Identity in Christ Exercises
- ✓ Scripture-Based Action Plans
- ✓ Guided Prayers
- ✓ Reflection Journals
- ✓ Biblical Tools for Lasting Transformation



STAY CONNECTED WEEKLY

Join the Souled Out for Christ community for:



Weekly Devotionals



Bible Studies



Prayer Encouragement



New Resources



Faith-Filled Inspiration

Visit:

souledoutforchrist.info

REMEMBER THIS TRUTH

"So if the Son sets you free, you will be free indeed."

John 8:36



YOU WERE MADE FOR FREEDOM.
WALK IN IT. LIVE IT. SHARE IT.

SOULED OUT FOR CHRIST

Helping people grow closer to Christ through biblical encouragement, practical discipleship, and God's transforming grace.

With Love,

Montinique Johnson
Founder
Souled Out for Christ

