



## Simple Faith Mini Study: 30 Days/30 Verses

Prepare Your Heart - March 21-April 19, 2025

*15 minutes a day of reflection to deepen your relationship with God in the Lent season or anytime!*

### INSTRUCTIONS:

- Begin with prayer for God's guidance and understanding.
- Read the verse, then write it out.
- Record your reflection.
- Pray.
- Meditate on the verse and how you can live it out.
- Do your best to implement the application for each day.

### Day 1: Surrender

Matthew 16:24 - *"Then Jesus said to his disciples, 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me.'"*

**Verse:** \_\_\_\_\_

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**Reflection:** What does it mean to deny yourself? \_\_\_\_\_

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**Prayer:** Lord, help me to surrender my will to Yours. Teach me to trust You in every area of my life. Let me lay down my burdens and follow You wholeheartedly. Amen.

**Application:** What is one thing you need to surrender to God today? Pray and release it to Him.

### Day 2: Repentance

Acts 3:19 - *"Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."*

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**Reflection:** What does true repentance look like? \_\_\_\_\_

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**Prayer:** Father, I come before You in repentance. Cleanse me of anything that keeps me from walking closely with You. Renew my heart and mind. Amen.

**Application:** Take time today to confess anything weighing on your heart and embrace God's forgiveness.

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### Day 3: Grace

Ephesians 2:8 - *"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God."*

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**Reflection:** What does God's grace mean to me? \_\_\_\_\_

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**Prayer:** Lord, thank You for Your unmerited grace. Help me extend grace to others as freely as You have given it to me. Amen.

**Application:** Show grace to someone today, even if they don't deserve it.

### Day 4: Faith

Hebrews 11:1 - *"Now faith is confidence in what we hope for and assurance about what we do not see."*

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**Reflection:** How do I live out my faith? \_\_\_\_\_

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**Prayer:** Father, increase my faith. When doubts arise, remind me of Your faithfulness. Help me to trust You completely. Amen.

**Application:** Reflect on a time when God proved His faithfulness in your life. Thank Him for it.

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## Day 5: Forgiveness

Colossians 3:13 - *"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."*

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**Reflection:** Do you believe God has fully forgiven you? \_\_\_\_\_

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**Prayer:** Lord, help me to forgive others as You have forgiven me. Free me from bitterness and resentment. Amen.

**Application:** Is there someone you need to forgive? Pray for the strength to let go of any hurt.

## Day 6: Love

1 Corinthians 13:4-5 - *"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs."*

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**Reflection:** How do you exhibit these attributes of love with your loved ones? \_\_\_\_\_

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**Prayer:** Lord, fill my heart with Your love. Help me to love others as You love me, with patience and kindness. Amen.

**Application:** Find one way to show love to someone today, even if it's a simple act of kindness.

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## Day 7: Humility

Philippians 2:3 - *"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."*

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**Reflection:** It is easy to think of ourselves first, can you recall a recent time you willingly put someone else's needs before your own? \_\_\_\_\_

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**Prayer:** Father, teach me to walk in humility. Remove pride from my heart and help me serve others selflessly. Amen.

**Application:** Look for a way to put someone else's needs before your own today.

## Day 8: Obedience

John 14:15 - *"If you love me, keep my commands."*

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**Reflection:** How do you follow Jesus' instructions? \_\_\_\_\_

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**Prayer:** Lord, help me to obey Your word even when it's difficult. Strengthen my heart to follow Your will. Amen.

**Application:** Choose one command from Scripture and actively live it out today.

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## Day 9: Sacrifice

Romans 12:1 - *"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."*

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**Reflection:** What does it mean to be a living sacrifice? \_\_\_\_\_

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**Prayer:** Lord, help me live sacrificially, giving my time, talents, and resources to You. May my life be an offering of worship. Amen.

**Application:** Find one way to serve or sacrifice for someone else today.

## Day 10: Renewal

2 Corinthians 5:17 - *"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

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**Reflection:** How has God made you a new creature? \_\_\_\_\_

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**Prayer:** Father, renew my heart and mind. Help me let go of the old and embrace the new life You have given me. Amen.

**Application:** Identify an area in your life where God is calling you to renewal and take action.

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## Day 11: Peace

John 14:27 - *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*

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**Reflection:** How do you find peace in Jesus? \_\_\_\_\_

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**Prayer:** Jesus, thank You for the peace You offer. Calm my heart and help me trust in You. Amen.

**Application:** Spend five minutes in silence today, resting in God's peace.

## Day 12: Hope

Romans 15:13 - *"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."*

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**Reflection:** Do you trust God to do what he says? \_\_\_\_\_

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**Prayer:** Lord, fill my heart with hope, even in difficult times. Let my faith be unwavering. Amen.

**Application:** Write down three things you are hopeful for and pray over them.

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### Day 13: Perseverance

James 1:12 - *"Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him."*

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**Reflection:** How do you see God's faithfulness when you are going through trials? \_\_\_\_\_

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**Prayer:** Father, give me strength to endure trials with faith. Help me to persevere in Your truth. Amen.

**Application:** Encourage someone who is going through a hard time today.

### Day 14: Joy

Nehemiah 8:10 - *"Do not grieve, for the joy of the Lord is your strength."*

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**Reflection:** How can you choose to be joyful in all situations? \_\_\_\_\_

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**Prayer:** Lord, let Your joy be my strength, even in difficult moments. Amen.

**Application:** Find one thing to be joyful about today and thank God for it.

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## Day 15: Trust

Proverbs 3:5-6 - *"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*

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**Reflection:** In what area(s) of your life do you need to trust God more fully? \_\_\_\_\_

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**Prayer:**

Lord, help me to trust You completely, even when I don't understand. Guide my steps and make my path clear. Amen.

**Application:** Let go of control in one area of your life and give it totally to God.

## Day 16: Patience



Galatians 6:9 - *"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."*

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**Reflection:** How can you remain patient and steadfast in a current challenge? \_\_\_\_\_

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**Prayer:**

Father, give me endurance in difficult times. Strengthen my heart to remain faithful and patient in all circumstances. Amen.

**Application:** When you feel frustrated today, pause and pray for patience before reacting.

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## Day 17: Thankfulness

1 Thessalonians 5:18 - *"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

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**Reflection:** What are three things you can be grateful for today? \_\_\_\_\_

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**Prayer:**

Lord, cultivate a heart of gratitude within me. Help me to recognize and give thanks for Your blessings, even in challenging moments. Amen.

**Application:** Create a gratitude calendar and record one thing you are thankful for each day.

## Day 18: Compassion

Colossians 3:12 - *"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience."*

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**Reflection:** How can you extend compassion to someone today? \_\_\_\_\_

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**Prayer:** Jesus, help me to show Your love and compassion to others. Open my heart to be kind and gentle, reflecting Your grace. Amen.

**Application:** Perform an intentional act of kindness for someone today.

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## Day 19: Wisdom

James 1:5 - *"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."*

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**Reflection:** In what area of your life do you need God's wisdom? \_\_\_\_\_

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**Prayer:** Lord, grant me wisdom to make decisions that align with Your will. Teach me to seek Your guidance daily. Amen.

**Application:** Pray for wisdom before making a decision today, big or small.

## Day 20: Strength

Isaiah 40:31 - *"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."*

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**Reflection:** How can you rely on God's strength instead of your own? \_\_\_\_\_

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**Prayer:** Lord, when I feel weak, remind me that my strength comes from You. Renew my energy and spirit to face today's challenges. Amen.

**Application:** Take a moment today to rest in God's presence and ask Him to refresh your spirit.

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## Day 21: Contentment

Philippians 4:12-13 - *"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."*

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**Reflection:** What are areas of your life where you struggle with contentment? \_\_\_\_\_

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**Prayer:** Lord, help me to find contentment in every situation. Teach me to trust that You provide all that I need. Amen.

**Application:** Identify one area where you need to trust God's provision and thank Him for what you already have.

## Day 22: Courage

Joshua 1:9 - "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

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**Reflection:** What is one fear that has been holding you back from stepping out in faith? \_\_\_\_\_

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**Prayer:** Lord, give me the strength and courage to trust You fully. Help me to step forward in faith, knowing that You are always with me. Amen.

**Application:** Today, take a step toward something that has intimidated you. Trust God to guide you through it.

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### Day 23: Mercy

Micah 6:8 - "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

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**Reflection:** Is there someone in your life you need to forgive or show kindness to today? \_\_\_\_\_

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**Prayer:** Father, thank You for Your mercy toward me. Help me to extend that same mercy to others, even when it's hard. Teach me to love as You love. Amen.

**Application:** Reach out to someone who may need your forgiveness, understanding, or kindness today.

### Day 24: Faithfulness

Lamentations 3:22-23 - "Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness."

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**Reflection:** How have you seen God's faithfulness in your life? \_\_\_\_\_

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**Prayer:** Lord, thank You for Your unfailing love and new mercies each day. Help me to trust You, even when I don't see the full picture. Amen.

**Application:** Write down three ways God has been faithful to you recently, and thank Him for them.

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## Day 25: Servanthood

Mark 10:45 - "For even the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many."

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**Reflection:** How can you serve someone selflessly today? \_\_\_\_\_

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**Prayer:** Jesus, You humbled Yourself to serve others. Give me a servant's heart that reflects Your love. Show me ways to help those around me. Amen.

**Application:** Find a way to serve someone today—whether through an act of kindness, a word of encouragement, or lending a helping hand.

## Day 26: Light

Matthew 5:14-16 - "You are the light of the world. A town built on a hill cannot be hidden... let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

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**Reflection:** How can you be a light in someone's life today? \_\_\_\_\_

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**Prayer:** Lord, help me to shine brightly for You. May my actions, words, and attitude reflect Your love and truth. Amen.

**Application:** Be intentional about spreading kindness and encouragement today. Look for opportunities to uplift others.

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## Day 27: Rest

Matthew 11:28 - "**Come to me, all you who are weary and burdened, and I will give you rest.**"

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**Reflection:** Are you taking time to rest in God's presence? \_\_\_\_\_

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**Prayer:** Jesus, I lay my burdens at Your feet. Give me peace and rest in the midst of my busy life. Amen.

**Application:** Set aside at least 15 minutes today to simply be still and rest in God's presence.

## Day 28: Redemption

Ephesians 1:7 - "In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace."

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**Reflection:** How does knowing you are redeemed impact the way you live? \_\_\_\_\_

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**Prayer:** Thank You, Jesus, for redeeming me through Your sacrifice. Help me to walk in the freedom and grace You have given me. Amen.

**Application:** Take time to reflect on Christ's sacrifice and thank Him for redeeming you.

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## Day 29: Resurrection

John 11:25-26 - "Jesus said to her, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?'"

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**Reflection:** How does Jesus' resurrection give you hope today? \_\_\_\_\_

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**Prayer:** Jesus, You are the resurrection and the life. I rejoice in Your victory over death and the promise of eternal life. Amen.

**Application:** Share the hope of Christ with someone today.

## Day 30: Victory

1 Corinthians 15:57 - "But thanks be to God! He gives us the victory through our Lord Jesus Christ."

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**Reflection:** What area of your life do you need to surrender to God's victory? \_\_\_\_\_

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**Prayer:** Thank You, Lord, for the victory I have in Christ. Help me to walk in bold faith and not in fear. Amen.

**Application:** Walk confidently today, knowing that in Jesus Christ, you are victorious!

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*Congratulations on completing the 30 Day-30 Verses Simple Study! You've dedicated yourself to reflecting on God's Word, deepening your faith, and preparing your heart during this meaningful season. Remember, this journey doesn't end here—let the lessons and reflections continue to inspire and guide you each day. May you carry the truths you've learned into your daily life, always walking closer to Christ. Blessings on your continued journey!*

*Robyne*