

THE
RICH LIFE
DISCIPLESHIP GUIDE



CHRISTMAS GIFT COMPANION



WELCOME!
THANK YOU FOR PURCHASING
THE RICH LIFE DISCIPLESHIP
JOURNAL
THIS CHRISTMAS SEASON.
THIS GUIDE IS OUR GIFT TO
YOU.

May this reflection guide
open your heart,
quiet your spirit,
and prepare you to walk
boldly
into the rich life God has
FOR you.



DAY 1 — GRATITUDE AS ARMOR

SCRIPTURE:

“Give thanks in all circumstances...” — 1
Thessalonians 5:18

REFLECTION:

Gratitude is more than a feeling — it’s a spiritual weapon. When life feels heavy, overwhelming, or uncertain, gratitude lifts your perspective and protects your heart from anxiety, comparison, and fear. Thank God today not because everything is perfect, but because He is present.

PROMPT:

What is one thing God has done for me this year that I haven’t fully thanked Him for?
Write 3–5 things you’re grateful for right now.



DAY 2 — RECOGNIZING GOD’S PROVISION

SCRIPTURE:

“The Lord is my shepherd; I lack nothing.” —
Psalm 23:1

REFLECTION:

Provision is not only money. God provides peace, wisdom, protection, opportunities, strength, and relationships.

Sometimes we miss His blessings because they didn’t look like what we expected.

Today, pause and recognize the ways God has carried you, covered you, and provided for you — even in unnoticed ways.

PROMPT:

Where have I seen God’s provision this year?

List at least one provision in each category:

Spiritual _____

Emotional _____

Financial _____

Relational _____



DAY 3 — RELEASING THE OLD SEASON

SCRIPTURE:

“Behold, I am doing a new thing...” — Isaiah
43:19

REFLECTION:

Before God can usher you into a new season, you must release the old one — the worries, the failures, the disappointments, the bitterness, the guilt.

Release is not forgetting; it’s trusting God enough to move forward.

What you release will make room for what He will rebuild.

PROMPT:

What am I still holding onto that God is asking me to release?

Write one thing you're ready to let go of before starting your 28-day journey.



Day 4 — Renewing Your Mind

SCRIPTURE:

“Be transformed by the renewing of your mind...” — Romans 12:2

REFLECTION:

Your mind is the battlefield. Your thoughts shape your feelings, your feelings shape your choices, and your choices shape your life.

This is why God invites us to renew our thinking — not once, but daily.

As you prepare to enter The Rich Life Discipleship Journal, allow God to interrupt old thoughts and plant new ones.

PROMPT:

What negative thought patterns do I need to surrender to God?

Write one old thought and one new truth from God’s Word.



Day 5 — Living the Rich Life Daily

SCRIPTURE:

“I have come that they may have life, and have it more abundantly.” — John 10:10

REFLECTION:

The Rich Life is not about luxury — it’s about spiritual abundance. It’s about living fully awake to God’s presence, purpose, and peace.

You don’t earn it — you receive it.

Let this day mark the beginning of a renewed, intentional, grace-filled journey toward the life God has lovingly prepared for you.

PROMPT:

What does the “Rich Life” look like for me in this season?

Write a 2–3 sentence declaration for the new year. _____



CLOSING ENCOURAGEMENT

You are now ready for your 28-day journey.

Every page of The Rich Life Discipleship Journal was prayerfully designed to guide you closer to God, closer to clarity, and closer to the woman He has called you to be.

As you move forward, remember:

- Take your time.
- Give yourself grace.
- Let God lead.
- Believe that transformation is possible.

You are not doing this alone — We are cheering for you, praying for you, and walking this journey with you.

With love,

The Rich Life Discipleship Team