

FOLLOWING JESUS EVERY DAY

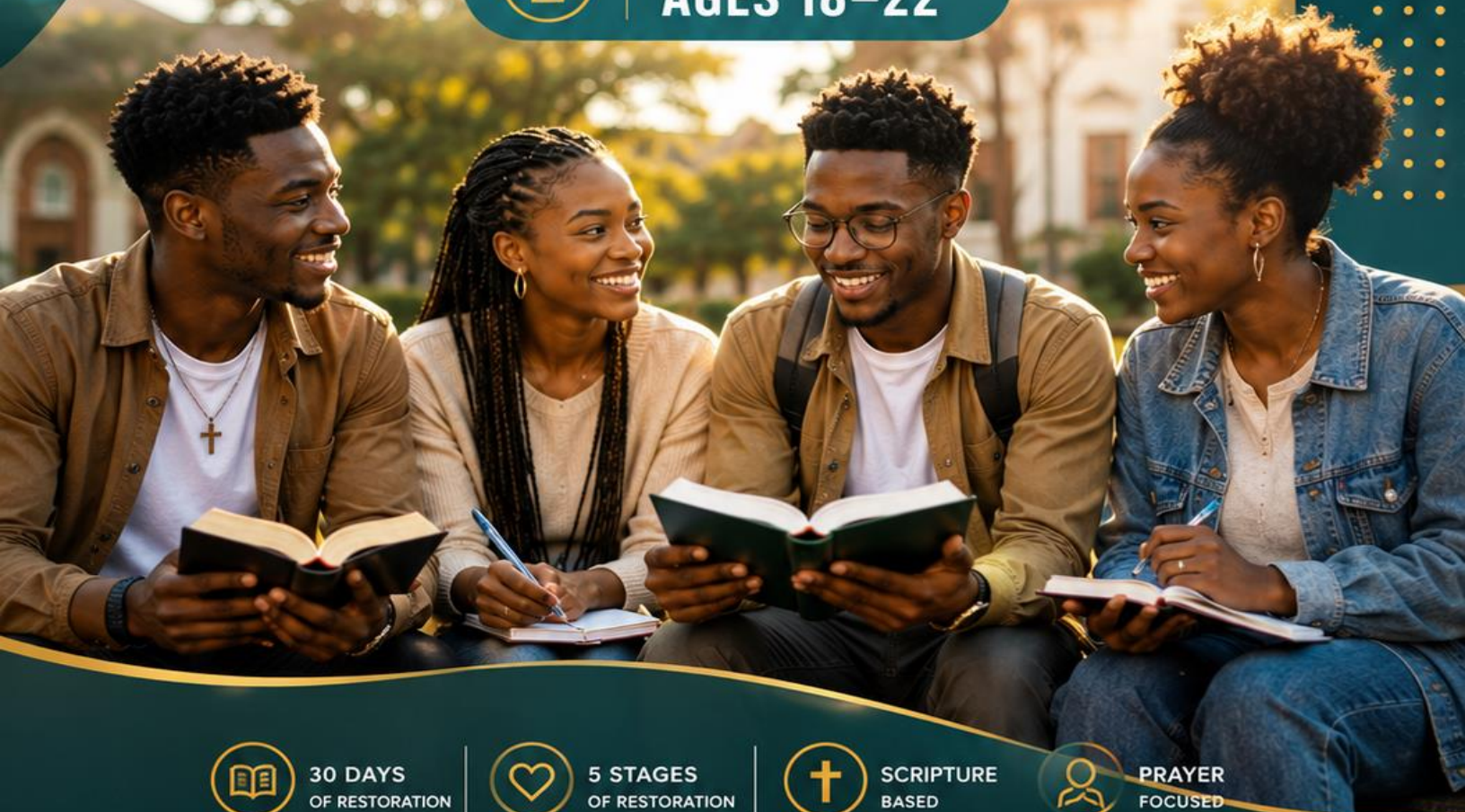


FROM HEALING TO HOLINESS

SEPTEMBER DEVOTIONAL



YOUNG ADULT EDITION
AGES 18–22



30 DAYS
OF RESTORATION



5 STAGES
OF RESTORATION



SCRIPTURE
BASED



PRAYER
FOCUSED

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30-DAY DEVOTIONAL · YOUNG ADULT EDITION · SEPTEMBER 2026

FROM HEALING TO HOLINESS

THE SAMSON JOURNEY - 30 DAYS OF RESTORATION

30 DAYS

5 STAGES OF RESTORATION

Ages 18-22

Scripture: NKJV, unless otherwise noted

WRITTEN BY

AKINKUNMI EMMANUEL AKINLABI

THIS MONTH'S JOURNEY

Your Hair Is Growing Again

This September, we are going to follow the story of Samson -- a man who was chosen by God before he was born, who had great strength and a great calling, but who made some terrible choices. Samson's life was full of pain, bad decisions, and brokenness. But here is the good news: God was not finished with him.

The Bible says that even after Samson lost everything -- his strength, his eyes, his freedom, his purpose -- his hair began to grow again. That's a picture of God's grace. God never gives up on you. He can heal your wounds, forgive your mistakes, and restore your purpose.

This month, we will learn:

- How to acknowledge our wounds
- How to grieve our losses
- How to forgive those who hurt us
- How to receive God's love
- How to break free from lies
- How to walk in holiness and purity
- How to trust God for restoration

No matter what you have been through, no matter how broken you feel, God is not finished with you. Your hair is beginning to grow again.

HOW TO USE THIS

One page a day. Read it slow. Let it land.**01****READ**

Three Scriptures a day. Read them slowly -- out loud if you can.

02**SIT WITH IT**

Every lesson speaks to real life. Let it speak to what's actually going on with you.

03**PRAY IT**

Each day has a short prayer. Make it yours.

04**DECLARE IT**

End with the Word Affirmation. Speak it over your life.

A NOTE BEFORE YOU START

This month deals honestly with pain, brokenness, and things that were never your fault. If something you read stirs up something heavy, don't carry it alone -- talk to a parent, pastor, counselor, or another trusted adult in your life. God heals, and He often does it through people who love you.

THE ROADMAP

30 Days at a Glance**STAGE 1 - THE WOUND**

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STAGE 2 - THE TURNING POINT

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Day 21	The Rhythm of Restoration	Sep 21
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Day 23	The Return of Samson, The Return of You	Sep 23
Day 24	The Call to This Generation	Sep 24
Day 25	The Samson Principle	Sep 25
Day 26	A Prayer for the Journey	Sep 26
Day 27	God's Compassion Never Fails	Sep 27
Day 28	From Healing to Holiness, Your Journey	Sep 28
Day 29	The Hope of Restoration	Sep 29
Day 30	The Return of Samson, The Return of You (Final Day)	Sep 30

STAGE 1

THE WOUND

DAYS 1–7

Before healing can begin, the wound has to be named. This stretch is honest about pain -- rejection, betrayal, brokenness -- the things Samson felt, and the things you may feel too.

DAY

01

TUESDAY, SEPTEMBER 1, 2026

God Sees the Cry of This Generation**TODAY'S WORD****Proverbs 1:7 (NKJV)***The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.***Psalms 1:1-3 (ERV)***Great blessings belong to those who don't listen to evil advice, who don't live like sinners, and who don't join those who make fun of God. Instead, they love the Lord's teachings and think about them day and night. They are like trees planted near a stream. Their roots are strong, and their leaves are always green. They produce fruit in season, and everything they do succeeds.***Psalms 34:18 (NKJV)***The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.***MEMORY VERSE - LOCK IT IN*****Psalms 34:18 (NKJV) -- "The Lord is near to those who have a broken heart."*****THE REAL TALK**

We are living in a time of unprecedented emotional crisis. Globally, one in seven adolescents lives with a mental-health disorder. The statistics are not just numbers, they represent real people, real pain, real cries for help. And yet, the church has often responded by moralizing what should be healed. We preach against sin without understanding the wounds that drive people to sin. The book of Psalms gives us a different model. David, a man after God's own heart, wrote laments, raw, honest prayers of pain and confusion. And Psalm 34:18 makes a staggering promise: God is near to the brokenhearted. Not the perfect. Not the put-together. The broken. The wounded. The crushed. If you are carrying pain today, from rejection, abuse, abandonment, or betrayal, God is not disgusted by you. He is not distant. He is near. He draws close to the very places you are most ashamed of. That is the starting point for holiness: not pretending you're whole, but bringing your brokenness to the only One who can heal you.

PRAYER*God, I don't have to hide my pain from You. You are near to me in my brokenness. Please begin the healing work in my heart today. Amen.***SPEAK IT OVER YOUR LIFE****"God is near to me when I am brokenhearted. My pain does not repel Him, it draws Him close."**

DAY

02

WEDNESDAY, SEPTEMBER 2, 2026

The Domino Effect of Brokenness**TODAY'S WORD****Proverbs 2:6-7 (NKJV)**

For the Lord gives wisdom; from His mouth come knowledge and understanding; He stores up sound wisdom for the upright; He is a shield to those who walk uprightly.

Psalms 2:11-12 (ERV)

Serve the Lord with fear and trembling. Be glad and celebrate, but bow down to him with fear. Show that you obey his son, or he will be angry and destroy you. But everyone who goes to the son for safety is blessed.

Hebrews 12:15 (NKJV)

Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.

MEMORY VERSE - LOCK IT IN

Hebrews 12:15 (NKJV) -- "Lest any root of bitterness springing up cause trouble, and by this many become defiled."

THE REAL TALK

The progression of unhealed pain is devastating: Hurt → Resentment → Bitterness → Hatred → Rebellion. This is the "domino effect of brokenness," and it explains so much of the dysfunction we see in families, churches, and communities. Samson's story is the biblical archetype. He was consecrated before birth, yet he grew up in a chaotic time, "no king in Israel; everyone did what was right in his own eyes." His parents were likely distant (his mother was barren, a source of shame). His first recorded interaction with them is him disregarding their pleas not to marry a Philistine woman. Samson was a man of great strength but little emotional maturity. His unhealed wounds drove him to destructive behavior, and he never fully addressed them until the very end. Hebrews 12:15 warns us about the "root of bitterness", a root that grows in the soil of unforgiveness. It is not just a personal problem; it defiles many. Your bitterness affects your relationships, your decisions, your walk with God. The remedy is not to pretend the wound doesn't exist, it's to bring it to the Healer. Today, ask yourself: What hurts have I never dealt with? Who have I not forgiven? Bring those roots to God and let Him pull them up.

PRAYER

God, I know the danger of bitterness. Please show me the wounds I've been carrying and help me bring them to You for healing. Amen.

SPEAK IT OVER YOUR LIFE

"I will not let bitterness take root. I bring my wounds to God for healing."

DAY

03

THURSDAY, SEPTEMBER 3, 2026

The Pain That Drives Us**TODAY'S WORD****Proverbs 3:5-6 (NKJV)**

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.

Psalms 3:3-4 (NKJV)

But You, O Lord, are a shield for me, my glory and the One who lifts up my head. I cried to the Lord with my voice, and He heard me from His holy hill. Selah

Judges 14:1-3 (NKJV)

Now Samson went down to Timnah, and saw a woman in Timnah of the daughters of the Philistines. So he went up and told his father and mother, saying, 'I have seen a woman in Timnah of the daughters of the Philistines; now therefore, get her for me as a wife.' Then his father and mother said to him, 'Is there no woman among the daughters of your brethren, or among all my people, that you must go to get a wife from the uncircumcised Philistines?' And Samson said to his father, 'Get her for me, for she pleases me well.'

MEMORY VERSE - LOCK IT IN

Proverbs 3:5-6 (NKJV) -- "Trust in the Lord with all your heart, and lean not on your own understanding."

THE REAL TALK

Samson's pattern is tragically consistent. The text says he "went down", to Timnah, to Gaza, always down. The language is deliberate: he was descending spiritually, emotionally, and morally. Why? Because unhealed pain drives people to seek relief in unhealthy ways. Samson was set apart by God, but he never dealt with the wound of rejection, from his parents, from his culture, from his own people. Instead, he pursued Philistine women, knowing it would provoke conflict. He was angry, impulsive, and self-destructive. And he kept going down until he hit bottom, blind, bound, grinding grain in a prison. The question for you today is: what pain are you trying to relieve through busyness, through performance, through unhealthy relationships, through addiction? What are you running from? The first step in healing is acknowledging the wound. Stop pretending you're fine. Stop numbing the pain. Bring it to God. He is not disgusted by your brokenness. He is waiting to heal it.

PRAYER

God, I admit I've been running from my pain. I bring it to You now. Please heal the wounds I've been avoiding. Amen.

SPEAK IT OVER YOUR LIFE

"I stop running from my pain. I bring it to God and trust Him to heal me."

DAY

04

FRIDAY, SEPTEMBER 4, 2026

The Fractured Self**TODAY'S WORD****Proverbs 4:23 (NKJV)***Keep your heart with all diligence, for out of it spring the issues of life.***Psalms 4:7-8 (NKJV)***You have put gladness in my heart, more than in the season that their grain and wine increased. I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety.***James 1:8 (NKJV)***He is a double-minded man, unstable in all his ways.***MEMORY VERSE - LOCK IT IN*****James 1:8 (NKJV) -- "He is a double-minded man, unstable in all his ways."*****THE REAL TALK**

James 1:8 uses the Greek word *dipsychos*, literally, "two souls." It describes a person whose inner self is fractured, divided, at war with itself. Trauma is the primary cause of this division. When you experience something too painful to integrate, you compartmentalize it. You learn to separate the "good" parts of yourself from the "bad" parts, the "acceptable" from the "shameful." This divided self fuels contempt, self-punishment, and neglect. Samson embodied this division: called to be holy yet living in compromise; empowered by the Spirit yet enslaved by passions; a deliverer of Israel yet unable to deliver himself. His division was the source of his instability, and his destruction. Healing requires integration. It means bringing all the parts of yourself, the light and the dark, the strength and the weakness, the triumphs and the failures, to God. It means no more compartmentalizing sin. No more hiding shame. God wants to heal your divided soul. He wants to make you whole, not perfect, but integrated. One person, centered in Him.

PRAYER*God, I bring all of myself to You, the parts I'm proud of and the parts I'm ashamed of. Heal my divided soul and make me whole. Amen.***SPEAK IT OVER YOUR LIFE****"God is healing the fractures in my soul. I am becoming whole in Him."**

DAY

05

SATURDAY, SEPTEMBER 5, 2026

The Pain of Rejection**TODAY'S WORD****Proverbs 5:21 (NKJV)***For the ways of man are before the eyes of the Lord, and He ponders all his paths.***Psalms 5:11-12 (NKJV)***But let all those rejoice who put their trust in You; let them ever shout for joy, because You defend them; let those also who love Your name be joyful in You. For You, O Lord, will bless the righteous; with favor You will surround him as with a shield.***Judges 13:2-5 (NKJV)***Now there was a certain man from Zorah, of the family of the Danites, whose name was Manoah; his wife was barren and had no children. And the Angel of the Lord appeared to the woman and said to her, 'Indeed now, you are barren and have borne no children, but you shall conceive and bear a son. Now therefore, please be careful not to drink wine or similar drink, and not to eat anything unclean. For behold, you shall conceive and bear a son. And no razor shall come upon his head, for the child shall be a Nazirite to God from the womb; and he shall begin to deliver Israel out of the hand of the Philistines.'***MEMORY VERSE - LOCK IT IN*****Psalms 5:11-12 (NKJV) -- "Let all those rejoice who put their trust in You; with favor You will surround him as with a shield."*****THE REAL TALK**

The opening chapters of Judges 13 reveal a backstory of pain. Samson's mother is barren, a condition that, in the ancient world, was seen as divine disfavor. She likely endured years of shame. His father, Manoah, is portrayed as well-meaning but passive. Their marriage was probably strained by the weight of unmet expectations. Samson entered the world not as a child of secure attachment, but as a child of pain and longing. He grew up feeling the sting of his parents' rejection, not malicious rejection, but the kind that comes from parents who are overwhelmed, distracted, or wounded themselves. This is the deepest wound many carry: the feeling that you were not fully wanted. Rejection tells you that you are not enough, that you don't belong, that you have to earn love. But here is the gospel: God does not reject you. He chose you. Before you were born, He set you apart. You are not an accident, you are a child of promise. The rejection you experienced was not the final word. God's acceptance is.

PRAYER*God, I've been carrying the pain of rejection. I bring it to You now. Please heal the wounds from my parents, my peers, and my past. Help me know that I am fully accepted in You. Amen.*

SPEAK IT OVER YOUR LIFE

"God does not reject me. I am chosen, loved, and accepted in Christ."

DAY

06

SUNDAY, SEPTEMBER 6, 2026

The Pain of Betrayal**TODAY'S WORD****Proverbs 6:20-22 (NKJV)**

My son, keep your father's command, and do not forsake the law of your mother. Bind them continually upon your heart; tie them around your neck. When you roam, they will lead you; when you sleep, they will keep you; and when you awake, they will speak with you.

Psalms 6:8-9 (NKJV)

Depart from me, all you workers of iniquity; for the Lord has heard the voice of my weeping. The Lord has heard my supplication; the Lord will receive my prayer.

Judges 14:20 (NKJV)

But Samson's wife was given to his companion, who had been his best man.

MEMORY VERSE - LOCK IT IN

Psalms 6:8-9 (NKJV) -- "The Lord has heard the voice of my weeping; the Lord will receive my prayer."

THE REAL TALK

Samson's life was marked by betrayal. His Philistine wife was given to another man during his own wedding (Judges 14:20). His own people bound him and handed him over to the Philistines (Judges 15:11-13). Delilah betrayed him for silver (Judges 16:18-20). Betrayal is not just painful, it fractures trust. When you are betrayed by people you loved and trusted, it creates a deep wound that can affect every subsequent relationship. You become guarded, suspicious, and afraid to be vulnerable. Samson never healed from his betrayals, he just sought revenge. But healing from betrayal is possible. It starts with acknowledging the pain. It continues by bringing the betrayal to God and trusting Him with your heart. God is not a betrayer. He is faithful. He is the one Person you can trust completely. Let Him begin to heal the wounds of betrayal in your heart.

PRAYER

God, I bring to You the betrayals I've experienced. Please heal the wounds and help me learn to trust again, starting with trusting You. Amen.

SPEAK IT OVER YOUR LIFE

"God is faithful. He heals the wounds of betrayal and restores my trust."

DAY

07

MONDAY, SEPTEMBER 7, 2026

Samson's Pain Points**TODAY'S WORD****Proverbs 7:1-3 (NKJV)**

My son, keep my words, and treasure my commands within you. Keep my commands and live, and my law as the apple of your eye. Bind them on your fingers; write them on the tablet of your heart.

Psalm 7:17 (NKJV)

I will praise the Lord according to His righteousness, and will sing praise to the name of the Lord Most High.

Judges 16:18-20 (NKJV)

When Delilah saw that he had told her all his heart, she sent and called for the lords of the Philistines, saying, 'Come up once more, for he has told me all his heart.' So the lords of the Philistines came up to her and brought the money in their hand. Then she lulled him to sleep on her knees, and called for a man and had him shave off the seven locks of his head. Then she began to torment him, and his strength left him. And she said, 'The Philistines are upon you, Samson!' So he awoke from his sleep, and said, 'I will go out as before, at other times, and shake myself free!' But he did not know that the Lord had departed from him.

MEMORY VERSE - LOCK IT IN

Psalm 7:17 (NKJV) -- "I will praise the Lord according to His righteousness."

THE REAL TALK

Samson's pain points are not incidental to his story, they are central to understanding his choices. He experienced rejection (his parents' distant, strained relationship), betrayal (his wife given to another, Delilah's betrayal), and isolation (a man utterly alone). These wounds drove him to destructive behaviors, revenge, compromise, and self-destruction. The question is not whether Samson was sinful, he was. But his sin cannot be understood apart from his wounds. The same is true for you. If you want to understand why you struggle with certain sins, why you seek love in the wrong places, why you act out in anger, why you escape through addiction, you have to look at the wounds beneath the sin. God doesn't excuse sin because of wounds. But He does heal wounds so that sin loses its power. The path from healing to holiness begins with acknowledging your pain. So be honest: what are your pain points? Bring them to God. He is waiting to heal them.

PRAYER

God, I stop pretending I'm fine. I bring my wounds to You, the rejection, the betrayal, the isolation. Please heal the pain beneath my sin. Amen.

SPEAK IT OVER YOUR LIFE

"God heals the wounds beneath my sin. I bring my pain to Him."

STAGE 2

THE TURNING POINT

DAYS 8–10

Hope isn't denial -- it's the first step back. This short stretch is about the moment pain turns toward repentance and a real turning point with God.

DAY

08

TUESDAY, SEPTEMBER 8, 2026

The Hope That Begins Healing**TODAY'S WORD****Proverbs 8:17 (NKJV)***I love those who love me, and those who seek me diligently will find me.***Psalms 8:3-4 (NKJV)***When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained, what is man that You are mindful of him, and the son of man that You visit him?***Judges 16:22 (NKJV)***However, the hair of his head began to grow again after it had been shaved.***MEMORY VERSE - LOCK IT IN*****Judges 16:22 (NKJV) -- "The hair of his head began to grow again after it had been shaved."*****THE REAL TALK**

The narrative of Samson's restoration hinges on one verse: "However, the hair of his head began to grow again after it had been shaved" (Judges 16:22). This is a theology of grace in a single sentence. It reveals that grace precedes repentance. Samson had not yet prayed the prayer of Judges 16:28, and yet God was already at work. This mirrors Romans 5:6: "Christ died for the ungodly." While we were still powerless, still enemies, still in our sin, Christ acted. Grace is not a reward for repentance; it is the ground that makes repentance possible. Notice also the process: the hair "began to grow", it was gradual, hidden, and significant. Sanctification is not instantaneous transformation. It is a process. The same is true for your healing journey. You may not feel restored yet. You may not see dramatic change. But grace is working quietly beneath the surface. Your "hair" is beginning to grow again. God is not finished with you.

PRAYER*God, I thank You that grace is already at work in me, even before I fully repent. Please help me trust the quiet process of restoration. Amen.***SPEAK IT OVER YOUR LIFE****"Grace precedes my repentance. God is already at work restoring me."**

DAY

09

WEDNESDAY, SEPTEMBER 9, 2026

Repentance, The Turning Point**TODAY'S WORD****Proverbs 9:10 (NKJV)***The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding.***Psalms 9:9-10 (NKJV)***The Lord also will be a refuge for the oppressed, a refuge in times of trouble. And those who know Your name will put their trust in You; for You, Lord, have not forsaken those who seek You.***Judges 16:28 (NKJV)***Then Samson called to the Lord, saying, 'O Lord GOD, please remember me and strengthen me, just once more, O God, so that I may with one blow take vengeance on the Philistines for my two eyes.'***MEMORY VERSE - LOCK IT IN*****Judges 16:28 (NKJV) -- "O Lord GOD, please remember me and strengthen me, just once more."*****THE REAL TALK**

Samson's prayer in Judges 16:28 is remarkable precisely because it is so desperate. "O Lord GOD, please remember me and strengthen me, just once more." He doesn't negotiate. He doesn't bargain. He simply throws himself on God's mercy. This is repentance: the acknowledgment that you have nothing to offer, nothing to bargain with, only the grace of God. Notice what preceded this prayer: his hair began to grow again (Judges 16:22). Grace preceded his repentance. God was already preparing restoration before Samson asked. And notice what repentance did: it changed the direction of his life. His final act was for God's glory, not his own revenge. He killed more Philistines in his death than in his life. Repentance is not a moment of feeling sorry, it's a turning of the whole life. If you've been living for yourself, today is the day to turn. God will remember you. He will strengthen you. He will use you again.

PRAYER*God, I have nothing to offer but my brokenness. Please remember me and strengthen me. Use me again for Your glory. Amen.***SPEAK IT OVER YOUR LIFE****"Repentance is turning my whole life back to God. He remembers me and strengthens me."**

DAY

10

THURSDAY, SEPTEMBER 10, 2026

The Marks of Genuine Repentance**TODAY'S WORD****Proverbs 10:19 (NKJV)***In the multitude of words sin is not lacking, but he who restrains his lips is wise.***Psalms 10:17-18 (NKJV)***Lord, You have heard the desire of the humble; You will prepare their heart; You will cause Your ear to hear, to do justice to the fatherless and the oppressed, that the man of the earth may oppress no more.***Luke 3:8-9 (NKJV)***Therefore bear fruits worthy of repentance, and do not begin to say to yourselves, 'We have Abraham as our father.' For I say to you that God is able to raise up children to Abraham from these stones. And even now the ax is laid to the root of the trees. Therefore every tree which does not bear good fruit is cut down and thrown into the fire.***MEMORY VERSE - LOCK IT IN*****Luke 3:8 (NKJV) -- "Bear fruits worthy of repentance."*****THE REAL TALK**

John the Baptist's call to "bear fruits worthy of repentance" distinguishes between two things: remorse (feeling bad about sin) and repentance (turning from sin). Samson's story gives us a case study. His repentance was demonstrated by recognition (he acknowledged his dependence on God), release (his eyes were gone, removing the source of his lust), return (he turned to God's purposes), and restoration (God answered and used him). Genuine repentance is not a one-time prayer, it is a changed life. It produces fruit. The fruit is not perfection, it's direction. It's turning away from sin and turning toward God. It's letting go of what led you astray and embracing what pleases God. If you have confessed sin but continue in it, you have not truly repented, you have only felt regret. Today, examine your life. Is your repentance producing fruit? If not, ask God to give you the grace to truly turn.

PRAYER*God, I want my repentance to be real, not just regret. Please give me the grace to turn fully from sin and bear fruit for Your kingdom. Amen.***SPEAK IT OVER YOUR LIFE****"Genuine repentance produces fruit. I will turn from sin and live for God."**

STAGE 3

THE HEALING PROCESS

DAYS 11–16

Healing has steps: acknowledge the wound, grieve the loss, forgive the offender, receive God's love, break the ungodly agreements. This is the road to wholeness.

DAY

11

FRIDAY, SEPTEMBER 11, 2026

Acknowledge the Wound**TODAY'S WORD****Proverbs 11:24-25 (NKJV)**

There is one who scatters, yet increases more; and there is one who withholds more than is right, but it leads to poverty. The generous soul will be made rich, and he who waters will also be watered himself.

Psalms 11:4-5 (NKJV)

The Lord is in His holy temple, the Lord's throne is in heaven; His eyes behold, His eyelids test the sons of men. The Lord tests the righteous, but the wicked and the one who loves violence His soul hates.

Psalms 34:18 (NKJV)

The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.

MEMORY VERSE - LOCK IT IN

Psalms 34:18 (NKJV) -- "The Lord is near to those who have a broken heart."

THE REAL TALK

Healing requires acknowledgment. You cannot heal what you will not face. Samson's tragedy is that he never truly faced his wounds, the rejection from his parents, the betrayal by his wives, the isolation of his life. He spent his life running from pain, and it destroyed him. The first step in your journey from healing to holiness is to stop running. Face your wounds. Write them down. Be specific: "This person rejected me when\..." "This person betrayed me by\..." "This loss took away\..." "This abuse left me feeling\..." Don't minimize. Don't compare. Your pain is real, and God sees it. He is not disgusted by your wounds, He is drawn to the brokenhearted. But He waits for you to bring them to Him. Today, take the courageous step of acknowledging your wounds. Bring them to God. He will not reject you. He will heal you.

PRAYER

God, I stop running from my pain. I bring all my wounds to You, the rejections, the betrayals, the losses, the abuses. Please heal me. Amen.

SPEAK IT OVER YOUR LIFE

"I acknowledge my wounds so God can heal them."

DAY

12

SATURDAY, SEPTEMBER 12, 2026

Grieve the Loss**TODAY'S WORD****Proverbs 12:25 (NKJV)***Anxiety in the heart of man causes depression, but a good word makes it glad.***Psalms 12:5-6 (NKJV)***For the oppression of the poor, for the sighing of the needy, now I will arise," says the Lord; "I will set him in the safety for which he yearns." The words of the Lord are pure words, like silver tried in a furnace of earth, purified seven times.***Lamentations 3:19-23 (NKJV)***Remember my affliction and roaming, the wormwood and the gall. My soul still remembers and sinks within me. This I recall to my mind, therefore I have hope. Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.***MEMORY VERSE - LOCK IT IN*****Lamentations 3:22-23 (NKJV) -- "Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning."*****THE REAL TALK**

Grief is the necessary process of releasing what was lost. Samson never grieved. He never mourned his losses, the rejection of his parents, the betrayal of his wives, the loss of his purpose. Instead, he suppressed, numbed, and acted out. The result was a life of unprocessed pain. Lamentations 3 gives us a model of biblical grief: the writer acknowledges the pain ("my soul remembers and sinks"), then turns to hope ("His compassions fail not"). Grief is not the absence of hope, it is the path to hope. You cannot skip the sadness and still find healing. What losses are you carrying? What dreams have died? What relationships have ended? What parts of your childhood were taken from you? You need to grieve those losses, not forever, but truly. Bring your grief to God. He will meet you in it and lead you to hope.

PRAYER*God, I have losses I've never grieved. Please help me feel the sadness so I can find Your hope. Amen.***SPEAK IT OVER YOUR LIFE****"I grieve my losses so I can find hope in God."**

DAY

13

SUNDAY, SEPTEMBER 13, 2026

Forgive the Offender**TODAY'S WORD****Proverbs 13:12 (NKJV)***Hope deferred makes the heart sick, but when the desire comes, it is a tree of life.***Psalm 13:5-6 (NKJV)***But I have trusted in Your mercy; my heart shall rejoice in Your salvation. I will sing to the Lord, because He has dealt bountifully with me.***Ephesians 4:31-32 (NKJV)***Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.***MEMORY VERSE - LOCK IT IN***Ephesians 4:32 (NKJV) -- "Be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."***THE REAL TALK**

The apostle Paul's command is stark: "Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice." These are not suggestions, they are requirements for the forgiven. And they are requirements because bitterness defiles many (Hebrews 12:15). Samson's bitterness destroyed him. He never forgave his betrayers, and it consumed him. But forgiveness is not a feeling, it's a choice. It is releasing the offender from the debt you feel they owe you. It is not excusing the offense. It is not forgetting what happened. It is not reconciling with an unrepentant person. It is giving the pain to God and trusting Him to do justice. And it is for your freedom. Who do you need to forgive today? A parent? A friend? A spouse? An abuser? Name them. Release them. Give the pain to God. You will be set free.

PRAYER*God, I forgive \[name the person\] for \[name the offense\]. I release them from the debt I feel they owe me. I give my pain to You. Please heal me. Amen.***SPEAK IT OVER YOUR LIFE****"I forgive because I am forgiven. I release my offenders to God."**

DAY

14

MONDAY, SEPTEMBER 14, 2026

Receive God's Love**TODAY'S WORD****Proverbs 14:29 (NKJV)***He who is slow to wrath has great understanding, but he who is impulsive exalts folly.***Psalms 14:1-2 (NKJV)***The fool has said in his heart, 'There is no God.' They are corrupt, they have done abominable works, there is none who does good. The Lord looks down from heaven upon the children of men, to see if there are any who understand, who seek God.***Romans 8:38-39 (NKJV)***For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.***MEMORY VERSE - LOCK IT IN*****Romans 8:38-39 (NKJV) -- "Nothing shall be able to separate us from the love of God."*****THE REAL TALK**

The apostle Paul's declaration in Romans 8:38-39 is one of the most stunning promises in Scripture: nothing can separate us from the love of God. He lists every conceivable power, death, life, angels, demons, present, future, height, depth, any created thing, and says none of them can break God's love. This is the answer to every wound of rejection. You were created to be loved by God. You cannot earn it. You cannot deserve it. You can only receive it. Samson never fully received this love, he spent his life trying to earn acceptance through his strength, his victories, his conquests. And it left him empty. The opposite of rejection is not achievement, it's acceptance. God accepts you. He loves you. Not because of what you've done, but because of who He is. Today, stop striving. Stop performing. Just receive His love.

PRAYER*God, I receive Your love. I stop trying to earn what You already give. Please heal the wounds of rejection with the truth of Your acceptance. Amen.***SPEAK IT OVER YOUR LIFE****"I am loved with an unbreakable love. I rest in God's acceptance."**

DAY

15

TUESDAY, SEPTEMBER 15, 2026

Break Ungodly Agreements**TODAY'S WORD****Proverbs 15:1 (NKJV)***A soft answer turns away wrath, but a harsh word stirs up anger.***Psalm 15:1-2 (NKJV)***Lord, who may abide in Your tabernacle? Who may dwell in Your holy hill? He who walks uprightly, and works righteousness, and speaks the truth in his heart.***John 8:31-32 (NKJV)***Then Jesus said to those Jews who believed Him, 'If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.'***MEMORY VERSE - LOCK IT IN*****John 8:32 (NKJV) -- "You shall know the truth, and the truth shall make you free."*****THE REAL TALK**

Ungodly agreements are lies we have internalized, usually through trauma, that become the foundation of our identity. These agreements say: "I am worthless. I am unlovable. I have to earn acceptance. God is angry with me. No one will ever stay." Samson believed the lie that his strength was in his hair, not in his consecration to God. When his hair was cut, he thought he was powerless, but his strength had always been a gift from God. The lie destroyed him. Jesus said, "You shall know the truth, and the truth shall make you free." You cannot be free while you are in agreement with a lie. You must identify the lies, break the agreement, and replace them with God's truth. What lies have you believed about yourself? About God? About others? Write them down. Write the truth that contradicts each one. Declare the truth aloud. Break the agreement. Receive your freedom.

PRAYER*God, I break every ungodly agreement. I renounce every lie I've believed. I receive Your truth about who I am. Amen.***SPEAK IT OVER YOUR LIFE****"I break every lie and receive God's truth. The truth sets me free."**

DAY

16

WEDNESDAY, SEPTEMBER 16, 2026

The Path to Wholeness**TODAY'S WORD****Proverbs 16:24 (NKJV)***Pleasant words are like a honeycomb, sweetness to the soul and health to the bones.***Psalms 16:5-6 (NKJV)***O Lord, You are the portion of my inheritance and my cup; You maintain my lot. The lines have fallen to me in pleasant places; yes, I have a good inheritance.***James 5:16 (NKJV)***Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.***MEMORY VERSE - LOCK IT IN*****James 5:16 (NKJV) -- "Confess your trespasses to one another, and pray for one another, that you may be healed."*****THE REAL TALK**

James 5:16 is not a suggestion, it's a prescription: "Confess your sins to one another and pray for one another, that you may be healed." Healing happens in community. Samson's isolation was his undoing. He had no one to speak into his life, no one to hold him accountable, no one to pray for him. He was alone, and he fell. You cannot heal alone. You need safe people, people who know your struggles and love you anyway, people who will speak truth even when it's hard, people who will pray for you. If you don't have those people, pray and ask God to bring them. And then be vulnerable enough to let them in. That is the path to wholeness.

PRAYER*God, I confess that I've been isolating myself. Please bring safe people into my life who will walk with me and pray for me. Give me the courage to be vulnerable. Amen.***SPEAK IT OVER YOUR LIFE****"Healing happens in community. I will seek safe people to walk with me."**

STAGE 4

HOLINESS & RESTORED STRENGTH

DAYS 17–22

Holiness was never about being perfect -- it's about being set apart. This stretch connects your healing to a daily walk with God, and shows how He uses broken people to do great things.

DAY

17

THURSDAY, SEPTEMBER 17, 2026

Holiness Is Consecration, Not Perfection**TODAY'S WORD****Proverbs 17:22 (NKJV)***A merry heart does good, like medicine, but a broken spirit dries the bones.***Psalms 17:6-7 (NKJV)***I have called upon You, for You will hear me, O God; incline Your ear to me, and hear my speech. Show Your marvelous lovingkindness by Your right hand, O You who save those who trust in You from those who rise up against them.***Romans 12:1-2 (NKJV)***I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.***MEMORY VERSE - LOCK IT IN*****Romans 12:1 (NKJV) -- "Present your bodies a living sacrifice, holy, acceptable to God."*****THE REAL TALK**

The biblical concept of holiness (kadosh) means "set apart." It is not moral perfection, it is being reserved for God's purposes. Samson was set apart from the womb, but he never fully embraced his consecration. He lived for himself, not for God. Romans 12:1-2 calls us to present ourselves as living sacrifices, holy, acceptable to God. That is not about sinlessness; it is about surrender. It is about saying, "God, I belong to You. Use me for Your purposes." The Nazirite vow, no wine, no contact with death, no cutting of hair, were signs of consecration. They were not about earning favor; they were about living as someone set apart. What are the signs of consecration in your life? Are you living like you belong to God? Holiness is not about being perfect; it's about being His.

PRAYER*God, I present myself to You as a living sacrifice. I am not perfect, but I am Yours. Use me for Your purposes. Amen.***SPEAK IT OVER YOUR LIFE****"I am consecrated to God. Holiness is about belonging to Him."**

DAY

18

FRIDAY, SEPTEMBER 18, 2026

The Connection Between Healing and Holiness**TODAY'S WORD****Proverbs 18:10 (NKJV)***The name of the Lord is a strong tower; the righteous run to it and are safe.***Psalms 18:1-2 (NKJV)***I will love You, O Lord, my strength. The Lord is my rock and my fortress and my deliverer; my God, my strength, in whom I will trust; my shield and the horn of my salvation, my stronghold.***1 Peter 1:15-16 (NKJV)***But as He who called you is holy, you also be holy in all your conduct, because it is written, 'Be holy, for I am holy.'***MEMORY VERSE - LOCK IT IN****1 Peter 1:15-16 (NKJV) -- "As He who called you is holy, you also be holy in all your conduct."****THE REAL TALK**

The connection between healing and holiness is not optional, it's essential. Unhealed wounds drive us to sin: the abandoned seek love in wrong places; the rejected seek validation in performance; the abused seek escape through addiction. Samson's unhealed pain kept him from living holy, he was set apart for God, but his wounds drove him to compromise. 1 Peter 1:15-16 calls us to be holy as God is holy. That is not a call to ignore our wounds; it is a call to bring them to God so He can heal us. Holiness is not about suppressing pain; it's about healing the wounds that drive us to sin. If you want to be holy, you must be healed. Bring your wounds to God. Let Him heal you. Then walk in freedom.

PRAYER*God, I want to be holy. Please heal the wounds that keep me from living for You. Amen.***SPEAK IT OVER YOUR LIFE****"Healing leads to holiness. I bring my wounds to God so I can live holy."**

DAY

19

SATURDAY, SEPTEMBER 19, 2026

Strength Restored, Purpose Repurposed**TODAY'S WORD****Proverbs 19:20-21 (NKJV)**

Listen to counsel and receive instruction, that you may be wise in your latter days. There are many plans in a man's heart, nevertheless the Lord's counsel, that will stand.

Psalms 19:7-8 (NKJV)

The law of the Lord is perfect, converting the soul; the testimony of the Lord is sure, making wise the simple; the statutes of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes.

Judges 16:30 (NKJV)

Then Samson said, 'Let me die with the Philistines!' And he pushed with all his might, and the temple fell on the lords and all the people who were in it. So the dead that he killed at his death were more than those he had killed in his life.

MEMORY VERSE - LOCK IT IN

Judges 16:30 (NKJV) -- "The dead that he killed at his death were more than those he had killed in his life."

THE REAL TALK

The Samson Principle is this: God can take the very results of your failure and use them for His glory. Samson's final act was his greatest. After all his failures, his compromise, his sin, his betrayal, God still used him. In his death, he killed more Philistines than in his life. This is the triumph of grace. God does not discard broken instruments; He redeems, restores, and repurposes them. Your failures do not disqualify you. Your mistakes do not end your purpose. If you have fallen, repent. If you have failed, get back up. God is not finished with you. Your strength is being restored. Your purpose is being repurposed. Will you trust Him?

PRAYER

God, I've made mistakes, but I believe You are not finished with me. Please restore my strength, repurpose my life, and use me for Your glory. Amen.

SPEAK IT OVER YOUR LIFE

"God repurposes my failures for His glory. He is not finished with me."

DAY

20

SUNDAY, SEPTEMBER 20, 2026

God Uses Broken Instruments**TODAY'S WORD****Proverbs 20:24 (NKJV)***A man's steps are of the Lord; how then can a man understand his own way?***Psalms 20:7-8 (NKJV)***Some trust in chariots, and some in horses; but we will remember the name of the Lord our God. They have bowed down and fallen; but we have risen and stand upright.***2 Corinthians 4:7 (NKJV)***But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us.***MEMORY VERSE - LOCK IT IN*****2 Corinthians 4:7 (NKJV) -- "We have this treasure in earthen vessels, that the excellence of the power may be of God."*****THE REAL TALK**

Paul's metaphor in 2 Corinthians 4:7 is striking: "We have this treasure in earthen vessels." The earthen vessel is fragile, unimpressive, easily broken. But the treasure inside is priceless, the knowledge of God's glory in Christ. Samson was an earthen vessel, broken by his wounds, shattered by his choices, cracked by his compromises. But God's treasure was in him, and his final act brought God glory. God does not use perfect instruments, there are none. He uses broken ones. The world looks for impressive people; God looks for available people. Brokenness is not a disqualification, it is the qualification. The vessel must be broken so the treasure can be seen. Will you let God use your brokenness for His glory?

PRAYER*God, I am a broken vessel. But I have Your treasure inside me. Please use me for Your glory. Amen.***SPEAK IT OVER YOUR LIFE****"God uses broken vessels. I am available for His glory."**

DAY

21

MONDAY, SEPTEMBER 21, 2026

The Rhythm of Restoration**TODAY'S WORD****Proverbs 21:1-2 (NKJV)**

The king's heart is in the hand of the Lord, like the rivers of water; He turns it wherever He wishes. Every way of a man is right in his own eyes, but the Lord weighs the hearts.

Psalms 21:13 (NKJV)

Be exalted, O Lord, in Your own strength! We will sing and praise Your power.

Philippians 1:6 (NKJV)

Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.

MEMORY VERSE - LOCK IT IN

Philippians 1:6 (NKJV) -- "He who has begun a good work in you will complete it."

THE REAL TALK

The rhythm of restoration is not instant, it's gradual. Samson's hair "began to grow", the process was slow, hidden, and yet certain. Philippians 1:6 assures us that God who began a good work in us will complete it. This is not a promise of instant perfection, it's a promise of steady, sure transformation. Sanctification is a process, from glory to glory. We may not feel healed today. We may not see the change tomorrow. But God is working beneath the surface. Be patient with yourself. Don't give up. The rhythm of restoration is slow and steady, but it is sure.

PRAYER

God, I trust the rhythm of restoration. I know You are not finished with me. Please continue Your work in me until it is complete. Amen.

SPEAK IT OVER YOUR LIFE

"God is patient with the process. He is completing His work in me."

DAY

22

TUESDAY, SEPTEMBER 22, 2026

Walking in Holiness Daily**TODAY'S WORD****Proverbs 22:6 (NKJV)***Train up a child in the way he should go, and when he is old he will not depart from it.***Psalm 22:24 (NKJV)***For He has not despised nor abhorred the affliction of the afflicted; nor has He hidden His face from Him; but when He cried to Him, He heard.***1 Thessalonians 4:3-8 (NKJV)***For this is the will of God, your sanctification: that you should abstain from sexual immorality; that each of you should know how to possess his own vessel in sanctification and honor, not in passion of lust, like the Gentiles who do not know God; that no one should take advantage of and defraud his brother in this matter, because the Lord is the avenger of all such, as we also forewarned you and testified. For God did not call us to uncleanness, but in holiness. Therefore he who rejects this does not reject man, but God, who has also given us His Holy Spirit.***MEMORY VERSE - LOCK IT IN****1 Thessalonians 4:3 (NKJV) -- "This is the will of God, your sanctification."****THE REAL TALK**

1 Thessalonians 4:3 is unambiguous: "This is the will of God, your sanctification." Not optional. Not for a select few. For everyone. And sanctification is lived out not in dramatic moments but in daily choices, what you watch, what you say, where you go, who you spend time with, what you meditate on. Samson's journey from strength to ruin was not one dramatic moment, it was a series of small compromises that led to his fall. Holiness is the cumulative result of daily choices to honor God. Today, in every small decision, ask: Does this align with God's will? Does it honor God? Does it lead to life or death? Walk in holiness, not perfectly, but faithfully.

PRAYER*God, I want to walk in holiness today, in my thoughts, my words, and my choices. Help me honor You in the small things. Amen.***SPEAK IT OVER YOUR LIFE****"I walk in holiness by making daily choices that honor God."**

STAGE 5

THE RETURN

DAYS 23–30

This is Samson's final chapter, and it can be yours too -- restoration, purpose, and a generation called back to God. Your hair is growing again.

DAY

23

WEDNESDAY, SEPTEMBER 23, 2026

The Return of Samson, The Return of You**TODAY'S WORD****Proverbs 23:23 (NKJV)***Buy the truth, and do not sell it, also wisdom and instruction and understanding.***Psalms 23:4 (NKJV)***Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.***Joel 2:25 (NKJV)***So I will restore to you the years that the swarming locust has eaten, the crawling locust, the consuming locust, and the chewing locust, My great army which I sent among you.***MEMORY VERSE - LOCK IT IN*****Joel 2:25 (NKJV) -- "I will restore to you the years that the swarming locust has eaten."*****THE REAL TALK**

The return of Samson is the hope of the gospel. Samson was broken, blind, bound, grinding grain in a prison. But God was not finished with him. His hair began to grow. His strength returned. And in his final moment, he accomplished more than in all his previous victories combined. Joel 2:25 promises that God will restore the years the locusts have eaten, the years wasted by sin, by suffering, by pain. God is not a God of waste. He redeems. He restores. He repurposes. Your story is not over. God is not finished with you. No matter how far you've fallen, God can restore you. Return to Him. He will restore the years. He will use you again.

PRAYER*God, I return to You. I trust You to restore the wasted years. Please bring beauty from ashes and use me for Your glory. Amen.***SPEAK IT OVER YOUR LIFE****"God restores the years that were wasted. He is not finished with me."**

DAY

24

THURSDAY, SEPTEMBER 24, 2026

The Call to This Generation**TODAY'S WORD****Proverbs 24:16 (NKJV)***For a righteous man may fall seven times and rise again, but the wicked shall fall by calamity.***Psalms 24:1-2 (NKJV)***The earth is the Lord's, and all its fullness, the world and those who dwell therein. For He has founded it upon the seas, and established it upon the waters.***Psalms 34:18 (NKJV)***The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.***MEMORY VERSE - LOCK IT IN*****Psalms 34:18 (NKJV) -- "The Lord is near to those who have a broken heart."*****THE REAL TALK**

This is the generation that needs to hear: you are not too broken. God is not finished with you. The statistics are sobering, two out of five high school students experience persistent sadness; one in five has considered suicide. The wounds of this generation are deep. And the church has often failed to address the emotional pain behind the moral failure. Psalm 34:18 offers a different path: God is near to the brokenhearted. He doesn't shame the wounded; He heals them. The call to this generation is not just holiness, it's healing. And then it's bringing that healing to others. To listen. To pray. To love. To tell someone: "Your pain is seen. Your wounds are not a disqualification. God can heal you and use you." Will you be a vessel of healing?

PRAYER*God, I answer the call to bring healing to this generation. Please use me to show Your love to the brokenhearted. Amen.***SPEAK IT OVER YOUR LIFE****"I answer the call to bring God's healing to this generation."**

DAY

25

FRIDAY, SEPTEMBER 25, 2026

The Samson Principle**TODAY'S WORD****Proverbs 25:21-22 (NKJV)**

If your enemy is hungry, give him bread to eat; and if he is thirsty, give him water to drink; for so you will heap coals of fire on his head, and the Lord will reward you.

Psalm 25:4-5 (NKJV)

Show me Your ways, O Lord; teach me Your paths. Lead me in Your truth and teach me, for You are the God of my salvation; on You I wait all the day.

Judges 16:22 (NKJV)

However, the hair of his head began to grow again after it had been shaved.

MEMORY VERSE - LOCK IT IN

Judges 16:22 (NKJV) -- "However, the hair of his head began to grow again."

THE REAL TALK

The Samson Principle is this: after all human failures, God always gives the possibility of restoration. Samson failed, compromised his calling, broke his vows, pursued his passions, lost everything. But Judges 16:22 is the hinge of hope: "However, the hair of his head began to grow again." Grace precedes repentance. Restoration begins before we ask. God does not discard broken instruments, He redeems, restores, and repurposes them. Your failures do not disqualify you. Your mistakes do not end your purpose. God can use you again. Your hair is growing. Your strength is returning. Trust the God who restores.

PRAYER

God, I believe You are not finished with me. I trust You to restore, redeem, and repurpose my life for Your glory. Amen.

SPEAK IT OVER YOUR LIFE

"God restores the fallen. He is not finished with me."

DAY

26

SATURDAY, SEPTEMBER 26, 2026

A Prayer for the Journey**TODAY'S WORD****Proverbs 26:20 (NKJV)***Where there is no wood, the fire goes out; and where there is no talebearer, strife ceases.***Psalm 26:1-2 (NKJV)***Vindicate me, O Lord, for I have walked in my integrity. I have also trusted in the Lord; I shall not slip. Examine me, O Lord, and prove me; try my mind and my heart.***Psalm 51:10-12 (NKJV)***Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.***MEMORY VERSE - LOCK IT IN*****Psalm 51:10 (NKJV) -- "Create in me a clean heart, O God, and renew a steadfast spirit within me."*****THE REAL TALK**

Psalm 51 is the prayer of a man who had failed, and who knew he could not fix himself. David prays, "Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit." This is the prayer for the journey from healing to holiness. It is the prayer that acknowledges we cannot cleanse ourselves, only God can. We cannot renew ourselves, only God can. We cannot restore our joy, only God can. And we cannot walk in holiness without His Spirit upholding us. This is the prayer of the broken, the repentant, and the hopeful. Pray it today. Pray it every day.

PRAYER*God, create in me a clean heart. Renew a steadfast spirit in me. Restore the joy of Your salvation. Uphold me by Your Holy Spirit. Amen.***SPEAK IT OVER YOUR LIFE****"I pray for a clean heart, a renewed spirit, and restored joy."**

DAY

27

SUNDAY, SEPTEMBER 27, 2026

God's Compassion Never Fails**TODAY'S WORD****Proverbs 27:19 (NKJV)***As in water face reflects face, so a man's heart reveals the man.***Psalms 27:1 (NKJV)***The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?***Lamentations 3:22-23 (NKJV)***Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.***MEMORY VERSE - LOCK IT IN*****Lamentations 3:22-23 (NKJV) -- "Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning."*****THE REAL TALK**

Lamentations 3:22-23 is an anchor for the soul: "Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning." This is the theology of hope. We are not consumed by our failures because God's mercy is inexhaustible. His compassion doesn't run out, it is renewed every morning. Samson needed this truth. He failed repeatedly, but God's mercy didn't fail. God didn't consume him; God restored him. The same is true for you. No matter how many times you've failed, God's mercy is new today. His compassion is fresh. You are not consumed, you are held.

PRAYER*God, thank You for new mercies every morning. I am not consumed because Your compassion never fails. Help me receive Your mercy today. Amen.***SPEAK IT OVER YOUR LIFE****"God's mercy is new every morning. His compassion never fails."**

DAY

28

MONDAY, SEPTEMBER 28, 2026

From Healing to Holiness, Your Journey**TODAY'S WORD****Proverbs 28:13 (NKJV)***He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.***Psalms 28:6-7 (NKJV)***Blessed be the Lord, because He has heard the voice of my supplications! The Lord is my strength and my shield; my heart trusted in Him, and I am helped; therefore my heart greatly rejoices, and with my song I will praise Him.***1 Peter 1:15-16 (NKJV)***But as He who called you is holy, you also be holy in all your conduct, because it is written, 'Be holy, for I am holy.'***MEMORY VERSE - LOCK IT IN****1 Peter 1:15-16 (NKJV) -- "Be holy, for I am holy."****THE REAL TALK**

The journey from healing to holiness is not a straight line, it's a process of progress and setbacks, growth and failure. It begins with acknowledgment, bringing your wounds to God. It moves through grief, feeling the pain you've suppressed. It requires forgiveness, releasing those who have hurt you. It demands receiving God's love, resting in His acceptance. And it includes breaking lies, renouncing the agreements you've made with falsehood. Then you walk in holiness, daily choices to honor God. Samson's journey was messy, but God restored him. Your journey will be messy too. But God is faithful. He will complete the work He started. Take one step today. Trust the process.

PRAYER*God, I trust You with my journey from healing to holiness. Please help me take one step today, and keep walking. Amen.***SPEAK IT OVER YOUR LIFE****"I am on a journey from healing to holiness. God will complete His work in me."**

DAY

29

TUESDAY, SEPTEMBER 29, 2026

The Hope of Restoration**TODAY'S WORD****Proverbs 29:25 (NKJV)***The fear of man brings a snare, but whoever trusts in the Lord shall be safe.***Psalms 29:10-11 (NKJV)***The Lord sat enthroned at the Flood, and the Lord sits as King forever. The Lord will give strength to His people; the Lord will bless His people with peace.***1 John 1:9 (NKJV)***If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.***MEMORY VERSE - LOCK IT IN****1 John 1:9 (NKJV) -- "He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."****THE REAL TALK**

1 John 1:9 is one of the most precious promises in Scripture: "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." Samson's prayer, "Remember me", was a confession. He didn't bargain. He didn't negotiate. He threw himself on God's mercy. And God was faithful. He forgave. He cleansed. He restored. The same is true for you. No matter what you've done, no matter how far you've fallen, God is faithful. He forgives. He cleanses. He restores. That's the hope of restoration. Receive it.

PRAYER*God, I confess my sins to You. I don't deserve Your forgiveness, but I receive it. Please cleanse me and restore me. Amen.***SPEAK IT OVER YOUR LIFE****"God forgives me when I confess. He cleanses and restores me."**

DAY

30

WEDNESDAY, SEPTEMBER 30, 2026

The Return of Samson, The Return of You (Final Day)

TODAY'S WORD

Proverbs 30:5 (NKJV)

Every word of God is pure; He is a shield to those who put their trust in Him.

Psalms 30:5 (NKJV)

For His anger is but for a moment, His favor is for life; weeping may endure for a night, but joy comes in the morning.

Judges 16:22 (NKJV)

However, the hair of his head began to grow again after it had been shaved.

MEMORY VERSE - LOCK IT IN

Judges 16:22 (NKJV) -- "However, the hair of his head began to grow again."

THE REAL TALK

The return of Samson is the hope of every broken person. Samson failed, compromised his calling, broke his vows, pursued his passions, lost everything. But Judges 16:22 is the hinge of hope: "However, the hair of his head began to grow again." Grace was at work. God was not finished with him. And God is not finished with you. The journey from healing to holiness is not about being perfect, it's about returning. Returning to God. Returning to your purpose. Returning to hope. Your hair is growing. Your strength is returning. God can use you again. He can take the broken pieces of your life and repurpose them for His glory. Will you return? Will you trust Him? He is waiting.

PRAYER

God, I return to You. Thank You that You are not finished with me. Please restore my strength, repurpose my life, and use me for Your glory. Amen.

SPEAK IT OVER YOUR LIFE

"God is not finished with me. I return to Him. He will use me again. CONCLUSION TO SEPTEMBER This month, we have walked through Samson's story, a story of failure, brokenness, and restoration. We have seen that: · God is near to the brokenhearted · Healing begins with acknowledging the wound · Grief is the path to hope · Forgiveness sets us free · God's love is unbreakable · Lies must be broken with truth · Holiness is consecration, not perfection · Healing leads to holiness · God uses broken instruments · Restoration is a process · God is not finished with you The message of Samson's story,

and the message for your life, is this: After all human failures, God always gives the possibility of restoration. Your hair is beginning to grow again. Your strength is returning. God can use you again. Return to Him. He is waiting. Final Prayer: Lord Jesus, thank You for the story of Samson, a story that reminds us that You are not finished with us. Thank You that healing leads to holiness, and that restoration is always possible. We return to You today, with our wounds, our failures, our hopes. Please heal us, restore us, and use us for Your glory. In Jesus' name, Amen. Word Affirmation for the Month: God is not finished with me. My hair is growing. My strength is returning. He will use me again."

YOUR HAIR IS GROWING AGAIN.

You spent 30 days walking from wound to wholeness. Whatever was broken, God is not finished with you. Keep healing. Keep walking in holiness. Keep trusting Him for restoration.

FROM HEALING TO HOLINESS · YOUNG ADULT EDITION · SEPTEMBER 2026

Written by Akinkunmi Emmanuel Akinlabi

A PERSONAL WORD FROM PASTOR AKINKUNMI

So, What Now?

I pray this devotional has been a blessing to you. I've genuinely loved taking this 30-day journey with you. Let me encourage you to keep showing up for your daily quiet time with God. He is infinitely good, and I hope you've tasted that goodness as He met with you day after day.

If you haven't already, now is the time to share the gospel with someone God has put on your heart -- a friend, a classmate, a sibling. As you share Jesus with them, I'm praying God begins transforming their heart to turn to Him in repentance and faith. And if they come to know the Lord, rejoice with them! Tell them that heaven throws a party over every single person who turns to Jesus (see Luke 15:10).

If they aren't already part of a church, invite them to start attending one that teaches the Bible and will help them grow in their faith. Spend time with them. Help them understand why knowing God through His Word, prayer, and being around His people matters. And encourage them toward baptism -- it's their way of telling the world they now belong to Christ.

Now is also the time to find someone else who doesn't know Jesus yet, and start praying for them, investing in them, and sharing the gospel with them too. Keep pouring into the friend you just led to Christ, and help them find their own person to disciple. You never stop doing this until Jesus calls you home or the whole world hears about Him.

I'd love to hear from you. Tell me how this devotional impacted your life. And if someone surrendered their life to Jesus because you were faithful to share with them, I want to celebrate that with you.

LET'S STAY CONNECTED

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YouTube [Avalanche TV](https://www.youtube.com/AvalancheTV)

In Christ,

Akinkunmi Emmanuel Akinlabi

Global Senior Pastor, Avalanche of Grace Assembly



FROM HEALING TO HOLINESS

THE SAMSON JOURNEY — 30 DAYS OF RESTORATION



30
DAYS



5
STAGES OF
RESTORATION



AGES
18–22

This September, we are going to follow the story of Samson — a man who was chosen by God before he was born, who had great strength and a great calling, but who made some terrible choices. Samson's life was full of pain, bad decisions, and brokenness. But here is the good news: God was not finished with him.

The Bible says that even after Samson lost everything — his strength, his eyes, his freedom, his purpose — his hair began to grow again. That's a picture of God's grace. God never gives up on you. He can heal your wounds, forgive your mistakes, and restore your purpose.

This month, we will learn:

- How to acknowledge our wounds
- How to grieve our losses
- How to forgive those who hurt us
- How to receive God's love
- How to break free from lies
- How to walk in holiness and purity
- How to trust God for restoration



No matter what you have been through, no matter how broken you feel, God is not finished with you. Your hair is beginning to grow again.

HOW TO USE THIS



01
READ

Three Scriptures a day. Read them slowly — out loud if you can.



02
SIT WITH IT

Every lesson speaks to real life. Let it speak to what's actually going on with you.



03
PRAY IT

Each day has a short prayer. Make it yours.



04
DECLARE IT

End with the Word Affirmation. Speak it over your life.



A NOTE BEFORE YOU START

This month deals honestly with pain, brokenness, and things that were never your fault. If something you read stirs up something heavy, don't carry it alone — talk to a parent, pastor, counselor, or another trusted adult in your life. God heals, and He often does it through people who love you.

THE ROADMAP

• 30 Days at a Glance •



STAGE 1 — THE WOUND

Day 01	God Sees the Cry of This Generation	Sep 1
Day 02	The Domino Effect of Brokenness	Sep 2
Day 03	The Pain That Drives Us	Sep 3
Day 04	The Fractured Self	Sep 4
Day 05	The Pain of Rejection	Sep 5
Day 06	The Pain of Betrayal	Sep 6
Day 07	Samson's Pain Points	Sep 7



STAGE 2 — THE TURNING POINT

Day 08	The Hope That Begins Healing	Sep 8
Day 09	Repentance, The Turning Point	Sep 9
Day 10	The Marks of Genuine Repentance	Sep 10



STAGE 3 — THE HEALING PROCESS

Day 11	Acknowledge the Wound	Sep 11
Day 12	Grieve the Loss	Sep 12
Day 13	Forgive the Offender	Sep 13
Day 14	Receive God's Love	Sep 14
Day 15	Break Ungodly Agreements	Sep 15
Day 16	The Path to Wholeness	Sep 16



STAGE 4 — HOLINESS & RESTORED STRENGTH

Day 17	Holiness Is Consecration, Not Perfection	Sep 17
Day 18	The Connection Between Healing and Holiness	Sep 18
Day 19	Strength Restored, Purpose Repurposed	Sep 19
Day 20	God Uses Broken Instruments	Sep 20
Day 21	The Rhythm of Restoration	Sep 21
Day 22	Walking in Holiness Daily	Sep 22



STAGE 5 — THE RETURN

Day 23	The Return of Samson, The Return of You..	Sep 23
Day 24	The Call to This Generation	Sep 24
Day 25	The Samson Principle	Sep 25
Day 26	A Prayer for the Journey	Sep 26
Day 27	God's Compassion Never Fails	Sep 27
Day 28	From Healing to Holiness, Your Journey	Sep 28
Day 29	The Hope of Restoration	Sep 29
Day 30	The Return of Samson, The Return of You (Final Day)	Sep 30



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