Spiritually Fed: A 7-Day Journey for Busy Women



Discover how busy women can stay spiritually nourished daily, embracing God's word to renew strength and soul in every season of life.





Table of contents

<u>Introduction</u>	3
Day 1: S Finding Rest in God's Presence	4
Day 2: F Growing Through God's Word	10
Day 3: 6 Strength in God's Power	16
Day 4:	22
Day 5: Embracing Your Worth in Christ	28
Day 6: R Prioritizing Time with God	34
Day 7: 🎇 Living Out Your Faith Confidently	40







Introduction

Welcome to this 7-day Bible study plan designed especially for busy women longing to stay spiritually fed. Life can feel overwhelming—balancing work, family, and personal responsibilities often leaves little time for quiet moments with God. Yet, amidst the busyness, your soul desperately needs nourishment. *Spiritual feeding* is vital for strength, clarity, and peace, especially when schedules pull us in many directions.

Throughout this study, we'll explore God's Word to discover how to cultivate a healthy spiritual life no matter how hectic your days are. These devotions acknowledge the unique challenges women face, reminding you of God's unwavering presence, provision, and power. Each day focuses on a key biblical truth, offering practical encouragement and reflection to help you integrate faith into your daily routine.

Whether you're a mom juggling children's needs, a professional managing deadlines, or someone facing unexpected life's seasons, these scriptures and devotions will offer refreshment and guidance. Embrace this time as an intentional pause—a sacred space to listen, learn, and grow closer to Jesus.

Remember, spiritual nourishment isn't about doing more but about connecting deeply with the One who sustains you. Let this study be your gentle reminder that your soul matters, and God is your eternal source of strength. Let's journey together to discover how to stay spiritually fed in every season of life, keeping your soul vibrant and alive!















Your Verse

Matthew 11:28–30 NIV – "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Psalm 23:1-2 "The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength."







Devotional: Embracing Rest in a Busy Life

Busy women often feel weighed down by constant demands, but Jesus invites us to something different—rest for our souls. In Matthew 11:28–30, Jesus tenderly calls those who are weary to come to Him for rest. This isn't just physical rest, but a deep, spiritual renewal that refreshes our whole being.

Taking time to connect with God might seem impossible in a packed schedule. Yet, finding brief moments—even five minutes of stillness or prayer —can replenish your spirit. Remember, resting in God's presence recharges your soul, allowing you to face daily responsibilities with renewed strength and peace.

Let go of the burden of self-reliance. Lean into Jesus—your ultimate source of rest—and watch how your perspective and energy shift. Your soul needs this nourishment to keep going in every season.







Reflect and Apply

1.	What signs of weariness do you notice in your life right now?
	How can you create intentional moments of spiritual rest during your busy day?
	What would it mean for you to rely more fully on Jesus instead of your own strength?







Journaling Prompts

	Write about a time when you felt spiritually rested. What contributed to that experience?
2.	List simple ways you can pause and invite Jesus into your busy moments.
	Reflect on the phrase "Come to me… and I will give you rest." What does this promise mean to you personally?







Prayer for Today

Dear Lord, *Thank You* for Your invitation to find rest in You. In the midst of busy days, help me to pause and lean into Your presence. Renew my soul and give me strength beyond my own. Teach me to trust You more deeply and to find peace in Your loving arms. May I never forget that in You I am fully cared for, and my soul is nourished. Guide me as I journey through each season with Your grace. **Amen.** 💮 🙏 🎔 😡

















Your Verse

Psalm 119:105 NIV - "Your word is a lamp to my feet and a light to my path."

Supporting Scriptures

- 2 Timothy 3:16–17 "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."
- Jeremiah 15:16 "Your words were found, and I ate them; your words became a joy to me."







Devotional: Nourishing Your Soul with Scripture

God's Word is the spiritual food that sustains and guides us. Psalm 119:105 reminds us that scripture illuminates our path, especially when life feels uncertain or overwhelming. For busy women, carving out time to engage with the Bible may be challenging, but even small daily portions can deeply nourish your soul.

Consider how you might integrate scripture into your routine—listening to a devotional in the car, reading a verse during a lunch break, or memorizing encouraging verses. The Word of God strengthens, corrects, and leads us, ensuring our spiritual growth no matter the season.

When you feed on God's truth regularly, your heart receives clarity and peace. It inspires confidence and hope, ensuring you are spiritually equipped to face every challenge and celebrate every joy.







Reflect and Apply

1.	How consistent is your current time in Scripture?
2.	What are some creative ways you can incorporate God's Word into your busy schedule?
3.	Which scripture has recently brought you encouragement or guidance?







Journaling Prompts

1.	Write about a favorite verse and why it resonates with you.
2.	Plan out specific times during your day when you can engage with Scripture.
	Reflect on how God's Word has impacted your perspective or decisions lately.







Prayer for Today

Lord Jesus, thank You for the gift of Your Word. Help me to hunger for Your truth and find joy in feeding my soul daily. Teach me how to prioritize time with You even when life is demanding. May Your Scripture light my path and strengthen my spirit to walk faithfully in every season. *Guide me and grow me, Lord.* Amen.









Day 3: 💪 Strength in God's Power









Day 3: 💪 Strength in God's Power

Your Verse

Isaiah 40:29 NIV - "He gives strength to the weary and increases the power of the weak."

Supporting Scriptures

- Philippians 4:13 "I can do all this through him who gives me strength."
- Nehemiah 8:10 "The joy of the Lord is your strength."







Day 3: 6 Strength in God's Power

Devotional: Receiving Strength When You Feel Weak

Feeling weak or overwhelmed is part of life, especially for busy women with countless demands. Yet, God promises to give strength to the weary and power to those who feel weak (Isaiah 40:29). This strength is not just physical but emotional and spiritual—enabling you to persevere.

When exhaustion threatens your spirit, turn to God in prayer and surrender your burdens to Him. Philippians 4:13 reminds us that through Christ, we can do all things because He empowers us.

Also, embrace the joy found in the Lord as a wellspring of renewed strength. Joy rebukes discouragement and fuels perseverance. Your strength comes by daily trusting God's power, not relying solely on your own.







Day 3: 💪 Strength in God's Power

Reflect and Apply

1.	In what areas of your life do you feel weak or drained?
2.	How can remembering God's power change your approach to daily challenges?
3.	What role does joy play in your spiritual strength?







Day 3: 💪 Strength in God's Power

Journaling Prompts

1.	List situations where you experienced God's strength uplifting you.
2.	Write about how you can invite God's power into your daily tasks.
3.	Reflect on ways to cultivate joy even amidst busyness or struggles.







Day 3: Strength in God's Power

Prayer for Today

Gracious God, I come to You weary and in need of Your strength. Fill me with Your power when I feel weak, and help me rely on You rather than my own abilities. Renew my joy so I may persevere with hope and courage. Thank You for sustaining me in every season. In Jesus' name, Amen.















Your Verse

Philippians 4:6-7 NIV - "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you."
- Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it."







Devotional: Cultivating Peace Amid Anxiety

Busyness and responsibility often breed anxiety and stress for women juggling many roles. Philippians 4:6–7 encourages us to present our anxieties to God through prayer and thanksgiving. When we do so, God promises a peace that surpasses human understanding to guard our hearts and minds.

Guarding your heart involves being mindful of what you allow to take root in your thoughts and emotions. Proverbs 4:23 reminds us that everything flows from the heart. Choosing to surrender worries and embrace God's peace transforms your inner life.

Practice turning your anxious thoughts into prayers. This simple act invites God's tranquility and shields your spirit. Over time, cultivating this habit keeps your soul nourished, even when the world feels chaotic.







Reflect and Apply

What anxieties or worries are currently weighing on your heart?
How can prayer and thanksgiving become your first response to stress?
What steps can you take to better guard your heart daily?







Journaling Prompts

1.	Write down the anxieties you want to surrender to God today.
2.	Describe what God's peace feels like in your life.
3.	Plan practical ways to incorporate prayer when anxiety arises.







Prayer for Today

Heavenly Father, anxiety sometimes clouds my heart, but I choose to bring my worries to You. Replace my fear with Your perfect peace and guard my heart and mind through Christ Jesus. Help me to lean on You daily and embrace the calm only You can provide. Thank You for Your unfailing love and protection. Amen.

















Day 5: 💮 Embracing Your Worth in Christ

Your Verse

Proverbs 31:25 NIV – "She is clothed with strength and dignity; she can laugh at the days to come."

Supporting Scriptures

- Psalm 139:14 "I am fearfully and wonderfully made."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."







Day 5: 💮 Embracing Your Worth in Christ

Devotional: Knowing Your Value and Identity

The pressures of life can make women feel undervalued or overwhelmed by expectations. Proverbs 31:25 paints a beautiful picture of a woman wrapped in strength and dignity, confident in the future because of her identity in God.

You are wonderfully made (Psalm 139:14) and uniquely crafted for purposeful living (Ephesians 2:10). Embracing this truth guards against comparison, self-doubt, and discouragement.

Take time today to affirm your God-given worth and to smile at the future with hope. Your value is not based on achievements or busyness but on who you are in Christ. Nourish your soul by speaking life and grace over yourself daily.







Day 5: 🎡 Embracing Your Worth in Christ

Reflect and Apply

1.	How do you currently define your worth?
2.	What lies or negative beliefs do you need to replace with God's truth?
3.	In what ways can embracing your God-given identity affect your daily choices?







Day 5: 🎡 Embracing Your Worth in Christ

Journaling Prompts

rite those







Day 5: Embracing Your Worth in Christ

Prayer for Today

Loving Father, thank You for creating me fearfully and wonderfully. Help me embrace my true worth found only in You. Clothe me with strength and dignity, and fill my heart with confidence and hope for the future. Teach me to see myself through Your eyes each day. Amen. ****** **

















Day 6:
☐ Prioritizing Time with God

Your Verse

Mark 1:35 NIV – "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place to pray."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- Luke 10:39-42 Mary chose to sit at Jesus' feet and listen.







Day 6:
☐ Prioritizing Time with God

Devotional: Making Space for Spiritual Nourishment

Jesus modeled the importance of carving out time with the Father, even amid a busy ministry. Mark 1:35 shows Jesus rising early to meet God alone, emphasizing this priority. Busy women can relate: the demands never stop, yet spiritual nourishment requires intentional time.

Setting aside moments to be still and listen to God renews your perspective and fuels your soul. Psalm 46:10 invites us to be still and acknowledge God's sovereignty. Like Mary in Luke's gospel, you can choose to sit at Jesus' feet in quiet worship and learning.

Start small—five to ten minutes—to create a sacred rhythm of time with God. This practice transforms busyness into meaningful living powered by God's presence inside you.







Day 6: $\overline{\Sigma}$ Prioritizing Time with God

Reflect and Apply

1.	What currently pulls your attention away from consistent time with God?
2.	How can you create space in your day to be intentionally still before Him?
3.	What benefits do you notice when you prioritize quiet times with God?







Day 6: $\overline{\Sigma}$ Prioritizing Time with God

Journaling Prompts

1.	Outline your personal daily schedule and identify moments where God can fit in.
2.	Reflect on how Jesus' example inspires you to prioritize prayer.
3.	Describe how stillness changes your mindset and energy.







Day 6:
☐ Prioritizing Time with God

Prayer for Today

Faithful God, thank You for modeling devotion to You through stillness and prayer. Help me to prioritize time with You, even when life is full. Teach me to be still and know You more deeply each day, renewing my soul and guiding my steps. May I cherish these moments with You above all else. Amen.







Day 7: 🗱 Living Out Your Faith Confidently









Day 7: 💥 Living Out Your Faith Confidently

Your Verse

2 Timothy 1:7 NIV – "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Supporting Scriptures

- Joshua 1:9 "Be strong and courageous... for the Lord your God will be with you wherever you go."
- Ephesians 3:16 "Out of his glorious riches he may strengthen you with power through his Spirit."







Day 7: 💥 Living Out Your Faith Confidently

Devotional: Walking Boldly in God's Strength

After nourishing your soul and building spiritual habits, the next step is living out your faith boldly and confidently. 2 Timothy 1:7 reminds us that God's Spirit fills us with power, love, and self-discipline—not fear or timidity.

God calls you to walk strong and courageous, knowing He is with you no matter the challenges ahead (Joshua 1:9). Spiritual nourishment equips you not only to survive but to thrive and influence others positively.

As you end this study, commit to living intentionally, relying on God's strength to face your season with confidence. Your faith is a light in your family, workplace, and community.







Day 7: 🎇 Living Out Your Faith Confidently

Reflect and Apply

	How has your understanding of spiritual nourishment changed this week?
2.	What fears or timidity might God be calling you to overcome?
3.	How can you use your strengths to encourage others spiritually?







Day 7: 🎇 Living Out Your Faith Confidently

Journaling Prompts

1.	Write about an area of your life where you feel called to step out in faith.
2.	Reflect on how God's Spirit empowers you daily.
	List ways you will continue to stay spiritually nourished beyond this study.







Day 7: 💥 Living Out Your Faith Confidently

Prayer for Today

Almighty God, thank You for filling me with Your Spirit that empowers and strengthens me. Help me to live boldly and love deeply, trusting in Your presence every step of the way. Give me courage to face challenges and wisdom to glorify You in all I do. May my life be a reflection of Your power and grace. In Jesus' name, Amen.







Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. Lase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.