



SEED & SOIL

Welcome To Your
3-Day Reset

DEVOTED TO FLOURISH

ABOUT US

Before The Bloom

Devoted to Flourish exists for the woman who's spiritually hungry but emotionally drained — who shows up for everyone else and still feels empty, who craves rest but doesn't know how to receive it. She wants to live from her faith, not her exhaustion.

Every journal and planner we create is rooted in Scripture, designed to help you slow down and hear God again.

Seed & Soil is where that begins. Over the next three days, you'll pause, reflect, and make space for God to till up ground that's gotten hard — so something new can grow.

Tamara

Founder, Devoted to Flourish



Tamara J Morris

Wife, Mama, and founder of Devoted to Flourish. Here to help you return to the quiet places where God still speaks.

ROOTED IN FAITH
INTENTIONAL IN DESIGN
TRANSFORMATIVE BY NATURE

HOW TO USE THIS RESET

Find a quiet ten minutes each day. Bring your Bible, this guide, a journal, and an honest heart — that's all you need. There's no right way to feel while you do this. Just show up, and let God meet you where you are.

Before you begin, spend a few moments in the presence of God. Allow the Holy Spirit to prepare your heart to release and receive.

DAY 1

BREAKING UP THE GROUND

“So God created man in his own image; he created him in the image of God; he created them male and female.”

Genesis 1:27

Reflection

Before anything can grow, the ground has to be broken up. Hard soil can't receive seed — it just sits on top, exposed and covered over by whatever's been layered on it. Over time, we all pick up layers that aren't ours: who we had to be to be accepted, what our performance says about our worth, the roles we play so no one worries about us. Those layers can harden into an identity we never actually chose — one we were never created for.

Before any of the titles, you were made in the image of God. Not in the image of your job position, your relationship status, your body, or your best day. **His image.** That's the ground underneath everything else.

Today isn't about fixing anything. It's about naming what's been layered on top, so God can till it up and uncover what was always true.

Journal Prompt

Who am I right now, honestly — not who I think I should be? When you peel back the layers, who is left? What identities, roles, or labels have I let define me that were never God's original design for who I am? **Don't edit the answer — just tell the truth.**

DAY 2

WHAT YOU PLANT, YOU WATER

“For we are his workmanship, created in Christ
Jesus for good works, which God prepared
ahead of time for us to do.”

Ephesians 2:10

Reflection

Once the false layers are broken up, a question remains: who do you actually want to become? Not the version of you built to impress, perform, or keep everyone else comfortable — but the version God already had in mind when He made you.

Growth isn't instant — it's tended. Every seed needs consistent water, light, and time before it ever breaks through the soil. The same is true for becoming who God created you to be. You weren't made to drift into an identity by accident. **You were made on purpose, for purpose** — handcrafted for good works He prepared for you before you ever took your first breath.

The small, faithful moments — a few minutes of prayer, an honest conversation with Him, a single verse read slowly — are what water that purpose into something real.

Journal Prompt

Who do I want to be, and does it align with who God created me to be? Am I watering what He is growing in me right now? What good works has God placed in front of me that I've been too tired, distracted, or unsure to step into? **What's one small, faithful practice you could return to this week to nurture that?**

DAY 3

SOMETHING NEW IS GROWING

"I will instruct you and show you the way to go; with my eye on you, I will give counsel."

Psalms 32:8

Reflection

Growth is often quiet before it's visible. Underground, roots are forming long before a single leaf breaks the surface. You may not feel like anything has changed over these three days — but something has shifted. You named the false identities. You let God remind you who you really are. Now the question is whether you'll trust Him with where that leads.

You don't need the whole path mapped out. You need to trust the One who's watching over you, step by step, with a loving eye fixed on you the whole way.

Journal Prompt

Where am I going from here? What would it look like to trust God with the next step, instead of needing to see the whole path first? **Looking back over these three days, what's one thing — however small — that feels different, softer, or more awake in you?**

The Ground Is Softer Now

Thank you for showing up for yourself these last three days. That's not a small thing — in a season that asks so much of you, you carved out space to be honest, to be still, and to let God meet you there.

If these three days stirred something in your soul, we'd love to keep walking with you.

The Take Inventory Journey is a 90-day guided journal built around Mind, Body, and Spirit — the natural next step for going deeper. [Join the waitlist to be the first to know when we launch.](#)

You can also join [THE POUR](#), our newsletter — a weekly pour of Scripture, encouragement, and connection delivered straight to your inbox.

Until then, *Grace & Peace.*

*Scripture quotations marked CSB have been taken from the Christian Standard Bible®, Copyright © 2017 by Holman Bible Publishers. Used by permission. Christian Standard Bible® and CSB® are federally registered trademarks of Holman Bible Publishers.



