

U.P.L.I.F.T. 6 - Day Devotional

A Spirit-Led Journey to Becoming Unshakeable

U – Unshakeable Identity

Rooted in who God says you are, not what the world reflects.

📖 Scripture: “You will be a crown of beauty in the hand of the Lord.” – Isaiah 62:3

🕒 Reflection: Where have I been agreeing with a false identity?

🔥 Activation: Declare aloud who God says you are — every morning this week.

P – Prepared and Positioned

You are not behind. You are being made ready for your next assignment — in His timing and His power.

📖 Scripture: “For such a time as this...” – Esther 4:14

🕒 Reflection: What season of preparation am I in right now?

🔥 Activation: Journal one area where you see God preparing you — even if it feels slow.

L – Living in Truth

Walking in alignment with the Word, not emotional chaos or limiting beliefs.

📖 Scripture: “You will know the truth, and the truth will set you free.” – John 8:32

🕒 Reflection: What belief needs to be replaced with God’s truth?

🔥 Activation: Find a Scripture that counters a lie you’ve been believing.

I – Inner Healing

Releasing past wounds, lies, and shame through God’s presence and truth.

📖 Scripture: “He heals the brokenhearted and binds up their wounds.” – Psalm 147:3

🕒 Reflection: Where am I still reacting from an old wound?

🔥 Activation: Ask the Lord to show you one layer He wants to heal this week.

F – Faith in Action

Bold obedience, spiritual confidence, and moving forward with grace.

📖 Scripture: “Faith without works is dead.” – James 2:26

💡 Reflection: Where is God calling me to move — even in uncertainty?

🔥 Activation: Take one small action step of obedience today.

T – Transformed by Truth

It is the truth that sets us free — and that truth is rebuilding you from the inside out.

📖 Scripture: “Be transformed by the renewing of your mind.” – Romans 12:2

💡 Reflection: What does transformation look like in my life today?

🔥 Activation: Write a declaration about who you are becoming.

Coach Lysa’s Blessing Over You:

May you rise, UPLIFTed by the Spirit of Truth, grounded in identity, and activated in purpose. May your healing be deep, your faith be bold, and your transformation undeniable. You are becoming unshakeable — and it shows.