

Seven-Day Grace-Filled Leadership Reset

A devotional reset for weary leaders

Catrenna Dawson
Christian Leadership Podcast



Welcome to Your Rest

A Letter from Me to You

Welcome.

I'm so glad you're here.

If you found your way to this rest, it's likely because something in you needed permission to pause, to breathe, to lay down what you've been carrying, and to rest in God's presence without explanation or performance. This space was created for the weary leader, the faithful servant, the quiet caregiver, and the professional who shows up every day while carrying more than anyone realizes. You don't need to arrive here with answers. You don't need to be strong. You don't need to be "fixed." You are safe to rest here. My prayer is that over these days, you would feel God gently meeting you where you are, not rushing you forward, but restoring you from the inside out.

The Purpose of This Reset

This reset is an invitation to step out of striving and into stillness. It is not a productivity plan or a self-improvement challenge. It is a sacred pause, a space to reconnect with God, realign your heart, and tend to the parts of you that have been overlooked while you were busy caring for others. Through scripture, reflection, and quiet moments, this reset is designed to help you: Release pressure and unrealistic expectations Recenter your heart on God's presence and promises Create room for renewal, spiritually, emotionally, and mentally

Who This Reset Is For

This reset is for: Leaders and professionals carrying responsibility, decision fatigue, and unseen pressure Ministry leaders and servants who pour out faithfully and rarely pause to receive Caregivers, at home, in the workplace, or in your community, who give without keeping score Anyone who loves God deeply but feels tired, stretched thin, or quietly overwhelmed If you feel weary but still willing... this reset is for you.

How to Use This Guide

Move through this guide one day at a time. There is no rush and no expectation to “catch up.” Choose a quiet space where you can be present, even if only for a few minutes Keep a journal nearby to write what rises naturally, no filtering, no perfection Read slowly. Pause often. Sit with the scripture and reflections If a day feels heavy, stop early. If a day feels life-giving, linger This is your time.

A Gentle Reminder

This is not about fixing, this is about resting.

Not striving, just surrender.

Not rushing, just receiving.

Take a breath.

God is already here.

Day 1: Releasing the Weight

Theme: Letting Go of Pressure and Expectations

Scripture

"Come to Me, all who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light." — Matthew 11:28–30

Teaching Reflection

Many of us are tired not because we lack faith, but because we have been carrying more than we were ever meant to hold. Expectations, from others, from ourselves, and even from roles we once accepted in love, can quietly become weights on our souls.

Jesus does not ask us to push harder or prove our devotion through exhaustion. He invites us to come as we are, to exchange what is heavy for what is lighter, and to learn a different way of walking, one marked by gentleness, not pressure. Rest begins when we release what was never ours to carry.

Journal Prompts

Take a few moments to reflect and write honestly.

What am I carrying right now that God never asked me to hold?

Where have I confused faithfulness with exhaustion?

(There are no right answers, only honest ones.)

Guided Prayer: A Prayer of Release

God, I come to You tired, carrying weight I was never meant to bear. Today, I name what has been heavy, expectations, responsibilities, fears, and pressure. I release them into Your hands.

Teach me how to walk with You without striving. Show me the difference between obedience and overload. Help me trust that rest is not weakness, but an act of faith.

I receive Your gentleness.

I receive Your rest.

Amen.

Gentle Action for Today

On a separate page or in your journal, write down what you are releasing today.

There is no need to explain it, just name it.

Then take a deep breath and remind yourself:

I was never meant to carry this alone.

Tomorrow, we will continue this reset, one gentle step at a time.

Day 2: Returning to Grace

Theme: Grace Over Striving

Scripture

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." — Ephesians 2:8–9

Teaching Reflection

Striving often disguises itself as faithfulness. We push harder, do more, and carry the quiet belief that if we just try enough, we will finally feel settled, approved, or at peace. But grace was never meant to be earned, it was meant to be received.

Grace invites us back to the truth that God's love is not dependent on our performance. We do not prove our worth by exhausting ourselves, nor do we secure God's favor by staying busy. Grace meets us where we are, reminding us that rest is not a reward for doing enough, it is a gift freely given.

Journal Prompts

Take a moment to write honestly.

Where am I striving instead of trusting?

What would grace look like in my life today, practically and spiritually?

Prayer: A Grace-Centered Surrender

God,

I confess the ways I have tried to earn what You freely give.

I lay down the need to prove, perform, or strive.

Teach me how to live from grace instead of pressure.

Help me trust that Your love is steady, even when I slow down.

Today, I choose surrender over self-effort.

I receive Your grace again, fully, freely, and without condition.

Amen.

Gentle Action for Today

Today, **do one thing without pressure.**

No rushing. No overthinking. No expectation attached.

Let it be an act of grace, toward yourself.

Grace is not something you fall behind on. It is where you begin.

Day 3: Resetting Your Identity

Theme: Who You Are Beyond Your Role

Scripture

“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave Himself for me.” — Galatians 2:20

Teaching Reflection

Leadership has a way of quietly shaping our identity. Over time, titles, responsibilities, and expectations can begin to define who we believe we are. When we are constantly needed, relied upon, or looked to for answers, it becomes easy to forget who we are apart from what we do.

But our truest identity is not found in our roles, it is rooted in Christ. Before you were a leader, a professional, a caregiver, or a servant, you were loved. You were chosen. You were called God’s own. When we return to that truth, leadership becomes an expression of who we are, not a burden we must carry.

Journal Prompts

Who am I when I’m not leading, fixing, or producing?

What names has God given me that I may have forgotten?

Prayer: An Identity Affirmation

God,

I release every label that has tried to replace who You say I am.

I am not defined by my role, my success, or my exhaustion.

Today, I receive my identity as Your beloved.

Remind me who I am in You, secure, known, and held.

Let my life flow from that truth.

Amen.

Gentle Action for Today

Speak one truth about who you are in Christ aloud.

Let your own ears hear it.

You are loved beyond every role you hold.

Day 4: Learning to Rest Without Guilt

Theme: Rest as Obedience

Scripture

“Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, ‘Come with Me by yourselves to a quiet place and get some rest.’” — Mark 6:31

Teaching Reflection

Rest often feels undeserved, especially for those who are used to carrying responsibility. We tell ourselves we will rest later, after the work is done, after things settle down, after we’ve given enough. But Jesus does not treat rest as optional. He invites it.

Biblical rest is not laziness; it is obedience. It is trusting that God is still at work when we stop. When we learn to rest without guilt, we acknowledge that we are human, and that God never asked us to carry everything alone.

Journal Prompts

Why does rest feel difficult or uncomfortable for me?

What would holy rest look like in this season of my life?

Prayer: A Restoration Prayer

God,
I release the guilt I feel when I slow down.
Teach me to trust You enough to rest.

Restore what has been depleted in me,
my strength, my joy, my peace.
Help me receive rest as a gift, not a failure.
Amen.

Gentle Action for Today

Schedule intentional rest, even if it's just 10 quiet minutes.
Protect it without apology.

Rest is not a reward, it is a gift.

Day 5: Healing the Inner Leader

Theme: Addressing Emotional and Spiritual Fatigue

Scripture

"He heals the brokenhearted and binds up their wounds." — Psalm 147:3

Teaching Reflection

Leaders often carry wounds that go unseen, disappointment, grief, unmet expectations, and emotional fatigue that builds quietly over time. Because others depend on us, we learn how to keep going without ever pausing to tend to our own hearts.

God does not overlook those hidden places. He is attentive to the wounds we minimize and the pain we've learned to live with. Healing doesn't always come with answers, it often begins with compassion, honesty, and allowing God to meet us where it still hurts.

Journal Prompts

What has leadership cost me emotionally or spiritually?

Where do I need healing, not explanations?

Prayer: A Healing and Renewal Prayer

God,

I bring You the parts of me that feel worn, tender, and tired.

I stop pretending I'm fine.

Heal what has been quietly hurting.

Renew my heart where it feels heavy. Remind me that I am allowed to be cared for too.

Amen.

Gentle Action for Today

Write a compassionate note to yourself,

as if you were speaking to someone you deeply love.

Healing begins where honesty is welcomed.

Day 6: Re-Aligning Your Leadership Posture

Theme: From Control to Surrender

Scripture

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." — Proverbs 3:5-6

Teaching Reflection

Control often feels like responsibility, but it can quietly turn into pressure. We grip outcomes tightly because we care, but in doing so, we place ourselves in positions God never intended us to occupy.

Surrender does not mean disengaging; it means trusting God with what we cannot manage alone. When we release control, our leadership posture shifts, from striving to trusting, from carrying to partnering with God.

Journal Prompts

Where am I holding on too tightly right now?

What would surrender look like in this situation?

Prayer: A Posture-Shifting Prayer

God,

I release my need to control outcomes.

I place what I've been gripping into Your hands.

Teach me how to lead from trust, not fear.

Help me walk forward with humility and peace.

Amen.

Gentle Action for Today

Intentionally release one decision or concern to God today.

Name it. Let it go.

What you release, God faithfully holds.

Day 7: Moving Forward With Peace

Theme: Carrying Peace Beyond the Reset

Scripture

*"You will keep in perfect peace those whose minds are steadfast, because they trust in You." —
Isaiah 26:3*

Teaching Reflection

Peace is not the absence of responsibility, it is the presence of trust. As this reset comes to a close, the invitation is not to return to old patterns, but to carry forward what God has gently restored.

Sustainable peace is built through small, faithful practices, moments of surrender, rest, and truth that anchor us when life becomes demanding again. Peace becomes a posture, not just a feeling.

Journal Prompts

What has shifted in me during this reset?

What practices do I want to carry forward?

Prayer: A Blessing and Commissioning

God,

Thank You for the work You've done in me this week.

Help me carry this peace into my everyday life.

Guide my steps.

Guard my heart.

Let me lead, and live, from a place of rest.

Amen.

Gentle Action for Today

Create one simple grace-filled rhythm you will continue,
something sustainable, not demanding.

Peace is not something you chase—it is something you carry.

Final Reflection Page

What Has God Revealed?

Before you move forward, take a few unhurried moments to reflect on what this reset has stirred in you. There is no pressure to summarize everything, simply notice what has shifted, softened, or surfaced.

Let this be a quiet conversation between you and God.

Reflection Prompts

What did I learn about myself during this reset?

Where did I notice God inviting me to rest, trust, or release?

What feels lighter than it did when I began?

What does grace-filled leadership look like for me now?- [click this text to edit.](#)

What God has begun, He will continue.

Closing Blessing

May you move forward lighter than you arrived.

May grace meet you before striving returns.

May rest become a rhythm, not a rarity.

When leadership feels heavy again, remember, you are not alone.

God walks with you, sustains you, and restores you.

Return to this space whenever you need to reset.

You are always welcome here.

"The Lord bless you and keep you..." - Numbers 6:24-26

About the Author

Catrenna Dawson is the host and founder of the Christian Leadership Podcast, a space created for leaders who desire to lead with faith, integrity, and grace, especially in seasons when leadership feels heavy.

With years of experience serving in leadership, ministry, and the workplace, Catrenna understands the quiet weight leaders often carry. Her heart is to create spaces where leaders can pause, reflect, and reconnect with God without pressure or performance.

Through teaching, storytelling, and guided reflection, she walks alongside leaders as they navigate real-life leadership grounded in biblical truth, honest reflection, and encouragement for the journey.

If this reset met you where you are, you are not alone. This space, and this journey, continues.

Christian Leadership Podcast

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Thank you for allowing me to walk with you through this reset.