

A 3 Day Journey Back To God

Peace Is Closer Than You Think



*A Gentle, Biblical Guide to Finding Peace
and Trusting God Again*

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W E L C O M E

You Are Welcome Here

If you're here, it's likely because something feels heavy.

Maybe your mind won't slow down.

Maybe you're carrying fear you can't explain.

Maybe you trust God... but you still feel anxious.

And that tension is exhausting.

But here's the truth:

God sees you.

God understands you.

And He has not left you to carry this alone.

This 3-day reset isn't about fixing everything overnight. It's about coming back to Him — honestly, gently, and without pressure.

Over the next few days, you'll begin to:

- Uncover what's really weighing on your heart
- Release what you've been holding too tightly
- Reconnect with the peace that comes from trusting God

You don't need to have it all together.

You just need to be willing to come closer.

Day 1

What's Really Weighing on Your Heart?

Fear has a way of hiding beneath the surface.

It shows up as overthinking... control... restlessness... but underneath it, there's often something deeper asking to be seen.

Today is not about judging yourself.

It's about being honest — with yourself and with God.

◆ S C R I P T U R E ◆

*"God has not given us a spirit of fear,
but of power, love, and a sound mind."*

— 2 Timothy 1:7

Pause for a moment. Breathe. Then gently ask yourself:

- > *What has been weighing on me the most lately?*
- > *What am I afraid might happen?*
- > *Where do I feel like I'm losing control?*

Write it down — without filtering it.

R E F L E C T I O N

God is not afraid of your honesty.

The things you've been holding in... the thoughts you've been trying to push away... He already sees them — and He invites you to bring them into the light.

This is where healing begins.

Day 2

Let Him Carry What You Can't

You've been strong for a long time.

Holding it together.

Pushing through.

Trying to manage everything on your own.

But you were never meant to carry this weight by yourself.

God is not asking you to figure everything out — He's asking you to let go and trust Him with it.

◆ S C R I P T U R E ◆

*"Cast all your anxiety on Him
because He cares for you."*

— 1 Peter 5:7

E X E R C I S E

Go back to what you wrote yesterday.

Now, one by one, open your hands (literally if you can)... and say:

"God, I give this to You."

Even if it doesn't feel natural.

Even if part of you wants to hold on.

Let this be a moment of release — not perfection.

P R A Y E R

Lord,

You see everything I've been carrying.

The fear, the pressure, the uncertainty.

I don't want to hold this alone anymore.

Teach me how to trust You —

not just with the easy things,

but with the things that scare me the most.

Fill me with Your peace.

Remind me that You are in control.

Amen.

Day 3

Choosing Trust, One Step at a Time

Faith doesn't mean the fear disappears overnight.

It means you begin to walk differently — even when the feelings are still there.

Today is about shifting your focus.

*Not onto your fears...
but onto the God who is greater than them.*

◆ S C R I P T U R E ◆

*"Be strong and courageous...
for the Lord your God will be
with you wherever you go."*

— Joshua 1:9

Let these truths settle into your heart:

- God is with me — even in this
- I don't have to understand everything to trust Him
- I am not alone in what I'm facing

Say them slowly. Let them sink in.

A C T I O N S T E P

What is one small thing fear has been holding you back from?

*Do it today — not because you feel ready...
but because you're choosing to trust God with the outcome.*

R E F L E C T I O N

You are not expected to be fearless.

*You are invited to be faithful.
And every small step of trust matters.*

G O I N G D E E P E R

You Don't Have to Go Back to Living in Fear

*If this felt like a breath of fresh air...
if something in your heart softened...
if you felt even a little closer to God...*

That's just the beginning.

Inside *From Fear to Peace, A Christian Woman's Guide to Overcoming Anxiety Through Faith*, you'll go deeper into:

- Breaking patterns of fear at the root
- Learning how to hear God more clearly
- Building a steady, unshakable faith in difficult seasons

This isn't just about feeling better.

*It's about becoming grounded, peaceful,
and anchored in God —
no matter what life brings.*

Ready to go deeper?

Download your full guide here:

[YOUR JOURNEY STARTS HERE](#)

