

Fill My Cup, Lord



DEVOTIONAL JOURNAL



TO EVERY BRAVE HEART A DEDICATION

Maya Angelou said – “*You may not control all the events that happen to you, but you can decide not to be reduced by them.*” This booklet is dedicated to every woman who has faced heartbreak, disappointment, and seasons of emptiness, yet still chooses to rise each day with courage. To the woman who is bravely rediscovering her worth, her voice, and her strength. To the woman who dares to believe that healing is possible, and joy can find her again.

You are not forgotten. You are not invisible. You are deeply loved by the One who created you and calls you by name. May this journey be a reminder that you are seen, you are heard, and you are being held by grace. Your healing matters. Your joy matters. Your story matters.

May God fill your cup until it overflows with hope, peace, and life anew.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."
— Psalm 34:18





Dear Beautiful Woman of God,

I want you to know that this booklet was created with you in mind. I know what it feels like to walk through seasons of emptiness, heartbreak, and rebuilding. I wrote these words as a gentle guide to remind you that you are not alone — and that healing, joy, and wholeness are possible, one step at a time.

This is more than a 7-day plan; it's an invitation to reconnect with the God who sees you, loves you, and desires to fill every dry place in your life. If at any point you would like someone to walk alongside you — to encourage, guide, and support you — I would be honored to connect with you through Activate Your Life Coaching. You don't have to take this journey alone.

You can reach out to me at:

- Website: www.activateyourlife.info
- Facebook: www.facebook.com/activateyourlife
- Email: coach@activateyourlife.info

I am cheering for you, believing for you, and praying for your complete healing.

With love and hope,

Coach Connie



When a woman who is hurting prays, "Lord, teach me how to fill my own cup," she is saying so much beneath those simple words. Here's what that prayer really expresses:

What She Is Really Saying:

- "God, I feel empty inside."
- "I have poured so much into others — into my marriage, into my family — and now I don't know how to nurture myself."
- "I want to learn how to find joy, peace, and worth not from someone else, but from You and from within."
- "Teach me how to be whole, healed, and full, even when nobody else is pouring into me."
- "Show me how to value myself again, how to love who I am, and how to be sustained by You."

In other words, she is asking to be taught how to experience love, joy, peace, strength, and fulfillment directly from the Source (God)—rather than depending solely on external relationships or circumstances.

Is this you? If it is the next couple of pages will help you on your journey to fill your own cup. But before we begin this journey let's pray together...

Father God, as I start this journey, I surrender my broken places to You. Teach me how to sit in Your presence, to drink from Your living waters, and to be filled by Your Spirit. I trust that You are healing me day by day, moment by moment. Let this week be a turning point — from empty to overflowing. Thank You for loving me.

In Jesus' name, Amen.



Daily Declaration: Filling My Own Cup

"Today, I choose to receive all that I need from God.

 His love fills my heart.

 His peace guards my mind.

 His joy strengthens my soul.

I am whole, I am worthy, and I am deeply loved.

 I do not live empty; I live overflowing.

I am becoming the woman God created me to be – full, healed, and free."



Filling My Own Cup Prayer

Father God, as I start this journey, I surrender my broken places to You. Teach me how to sit in Your presence, to drink from Your living waters, and to be filled by Your Spirit. I trust that You are healing me day by day, moment by moment. Let this week be a turning point – from empty to overflowing. Thank You for loving me so perfectly. In Jesus' name, Amen.





Here are some examples, on learning how to fill your cup:

1. Daily Time with God (Receiving, Not Just Talking)

- **Example:** Instead of only presenting a list of problems to God, sit quietly, listen, and let His love wash over you.
- **Practice:** Meditate on Scriptures like Psalm 23 ("He restores my soul") or John 4 (Jesus, the Living Water).
- **Prayer:** "Lord, help me not just to pray to You, but to also sit still and receive from You."

2. Speaking Life Over Yourself

- **Example:** You can declare over yourself what God says, not what your wounds say. ("I am beloved, I am chosen, I am enough.")
- **Practice:** Create a personal affirmation list drawn from Scriptures like Ephesians 1 or Romans 8.
- **Prayer:** "Father, reprogram my mind to hear Your voice louder than my fear or shame."

3. Engaging in Healing Activities

- **Example:** You can rediscover passions, hobbies, and new experiences that remind you of your uniqueness and God's goodness. (Painting, walking, singing, learning something new.)
- **Practice:** Schedule time weekly for something that nourishes your creativity or sense of wonder.
- **Prayer:** "Lord, show me how to enjoy the gifts You've placed in me and around me."

4. Building Healthy Community

- **Example:** Surround yourself with people who speak life, encouragement, and hope—not condemnation or bitterness.
- **Practice:** Join a small group, Bible study, or women's support circle.
- **Prayer:** "God, lead me to those who will pour into me as I heal, not drain me further."

5. Allowing Yourself to Grieve and Heal

- Example: Journaling your honest feelings, crying when needed, not rushing to "be fine."
- Practice: Give herself permission to sit with grief in God's presence, trusting that He can handle the rawness.
- **Prayer:** "Jesus, sit with me in the parts of me that hurt too much for words."

6. Praising in Advance

- Example: Worshiping and thanking God even before she "feels full" as an act of trust.
- Practice: Start each morning with one worship song that declares God's goodness.
- **Prayer:** "Even when I don't feel full yet, I praise You because I know You are filling me."

Final Thought:

Filling your own cup doesn't mean doing life without God or isolating yourself. It means learning how to be filled by God first, so everything and everyone else becomes an addition—not your lifeline.

It's not selfish. It's stewardship of your soul.



A 7-Day Journey

- **Day 1: Come As You Are**

Scripture: Matthew 11:28

"Come to me, all you who are weary and burdened, and I will give you rest."

Action: Sit quietly for 10 minutes. No words, no fixing. Just breathe. Just be. Let God love you right where you are.

- **Day 2: Speak Life Over Yourself**

Scripture: Proverbs 18:21

"The tongue has the power of life and death."

Action: Stand in front of a mirror and speak today's declaration aloud three times:

"Today, I choose to receive all that I need from God. His love fills my heart. His peace guards my mind. His joy strengthens my soul. I am whole, I am worthy, and I am deeply loved. I live overflowing."

- **Day 3: Drink Deeply of the Word**

Scripture: Matthew 4:4

"Man shall not live on bread alone, but on every word that comes from the mouth of God."

Action: Pick one Scripture about God's love (ex: Romans 8:38-39). Read it slowly three times. After each reading, whisper:

"This is true for me."

- **Day 4: Rest Without Guilt**

Scripture: Isaiah 30:15

"In repentance and rest is your salvation, in quietness and trust is your strength."

Action: Set aside 30 minutes for guilt-free rest. No multitasking. No guilt. Just breathe and enjoy stillness as a gift.



A 7-Day Journey

- **Day 5: Gratitude Grows the Soul**

Scripture: 1 Thessalonians 5:18

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Action: List 5 small things you are grateful for today. Even in sorrow, there are glimpses of goodness.

- **Day 6: Let Joy Find You Again**

Scripture: Nehemiah 8:10

"The joy of the Lord is your strength."

Action: Do one thing today that makes you smile. Dance, paint, call a friend, watch the sunset. Allow yourself joy without apology.

- **Day 7: Trust That You're Becoming**

Scripture: Philippians 1:6

"Being confident of this, that he who began a good work in you will carry it on to completion."

Action: Journal about even the smallest changes you notice. Celebrate them.

Pray: "Lord, complete the beautiful work You have begun in me."

Closing Blessing: At the end of your 7 days, write yourself a letter:

Dear [Your Name],

I see your courage. I see your healing. I see your hope. You are not empty. You are overflowing with grace. God is not finished with you yet — He is just getting started.

Love,

[Your Name]

Journal Prompts for Healing and Wholeness

***At the end of each journal session, finish by writing:**

"God, today I give You the broken pieces, and I trust You to fill me with Your wholeness."

1. What parts of your heart feel empty right now?

Be honest and specific. Name the emotions or areas where you feel lacking (love, peace, security, joy, identity). Then invite God into each one.

Journal Prompts for Healing and Wholeness

2. What does it look like for you to be “full” in this season of your life?

Describe it: How would you feel? What would you do differently? What fruit would show up in your daily life if you were filled with God's love and joy?

Journal Prompts for Healing and Wholeness

3. Where have you been trying to fill your cup with things or people instead of God? Gently explore where you've been looking to something or someone else to meet needs that only God can truly satisfy. No judgment—just honest reflection.

Journal Prompts for Healing and Wholeness

4. What is one way you can love and nurture yourself today as an act of worship to God?

Self-care isn't selfish when it honors the body, mind, and soul God gave you. Write down one simple act of love toward yourself today.

Journal Prompts for Healing and Wholeness

5. What truth from God's Word can you cling to when you feel empty or discouraged?

Find a verse (like Psalm 23:5, John 7:37-38, or Isaiah 43:1-2) and write it out. Personalize it—put your name in it—and declare it over your life.

A Prayer for Learning to Fill My Own Cup

Father God,

I come to You today feeling empty in places I once tried so hard to fill.
Lord, I know You are the mender of hearts, the restorer of souls, the one who
binds up the broken and makes them beautiful again.

Lord, I don't want to keep reaching for things or people to complete me.
I don't want to live from a place of constant need, hoping someone else will pour
into me what only You can provide.

Teach me, Father, how to fill my own cup—how to let You be my first source.
Show me how to rest in Your love and help me to see myself the way You see me:
chosen, precious, whole.

Teach me to enjoy the life You've given me—
To laugh again without apology,

To explore the gifts and talents You've hidden inside me,
To connect with people who build, not break; who bless, not burden.
Help me to stop looking backward with regret or forward with fear.

Instead, teach me to sit here, today, in Your healing light, trusting that You are
making all things new—including me.

Lord, when grief comes, help me to feel it—but not to drown in it.

When loneliness whispers, help me to remember that I am never truly alone.
When old voices rise up to shame me, help me to drown them out with the truth of
Your Word.

Let my cup overflow—not with striving for approval, but with joy, peace, hope, and
confidence.

I place my heart in Your hands again. Fill me, God. Teach me. Heal me.
And help me to become a woman so full of Your love that it spills over into
everything I touch.

In Jesus' mighty name,
Amen.

