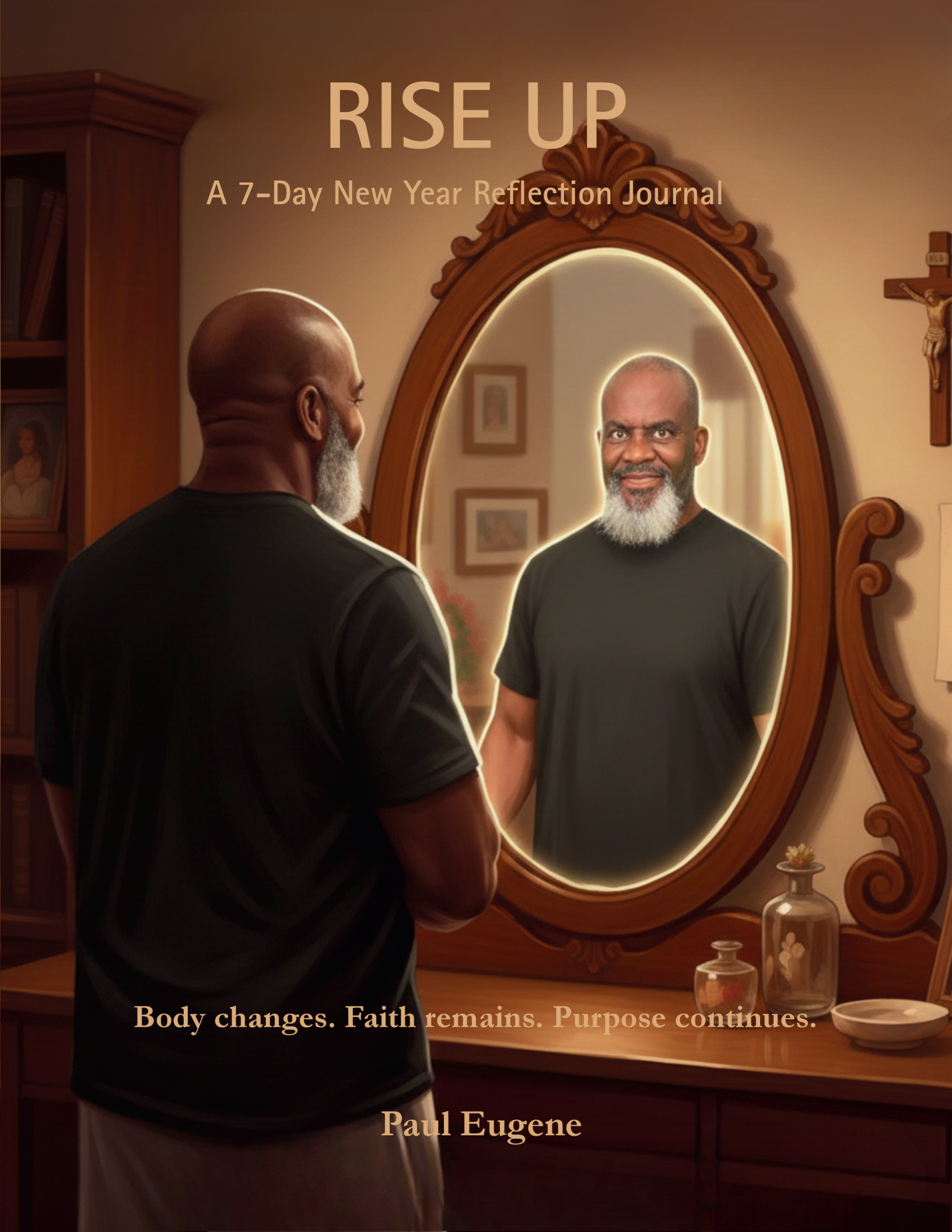


RISE UP

A 7-Day New Year Reflection Journal



Body changes. Faith remains. Purpose continues.

Paul Eugene

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Dedication

This reflection journal is dedicated to every everyone who has faced change and chosen not to quit.

To those whose bodies have changed,
yet whose hearts remain willing.

To those who keep showing up—
to move, to believe, to trust God—
even when the journey looks different than it once did.

May you know that your faith is seen,
your perseverance is honored,
and your life continues to have great value.

You are still showing up.
And God is still walking with you.

This Book Belongs To

Introduction

Rise Up

There comes a season in life when the body changes, the pace slows, and the mirror reflects more years than we expected to see. For many baby boomers, this season can feel confusing—filled with both gratitude for the life we've lived and questions about what lies ahead.

Rise Up was written for this very season.

This reflection journal is not about chasing youth, fixing appearances, or striving to become who you once were. It is about honoring who you are now—body, soul, and spirit—and recognizing that God is still at work in your life.

Over these seven days, you'll be invited to reflect on faith, resilience, self-acceptance, and purpose. You may find encouragement to keep moving, even when movement looks different. You may discover peace in releasing comparison and embracing grace. Most of all, you'll be reminded that God's strength has not left you—He is renewing it day by day.

If you've ever felt discouraged by physical changes, slowed down by health challenges, or quietly wondered if your best days are behind you, this devotional is for you.

You are not finished.

You are not forgotten.

You are still showing up—and that matters.

May these reflections meet you gently, strengthen you inwardly, and remind you that this season of life still holds purpose, meaning, and God's faithful presence.

Day 1 — My Body Has Changed, But God Has Not

Scripture

“Jesus Christ is the same yesterday and today and forever.” — Hebrews 13:8

As the years pass, our bodies tell new stories. Strength may feel different. Energy may come in waves. But while our bodies change, God remains steady. His love, presence, and calling over your life have not shifted with age or appearance.

This new year is not about reclaiming who you were—it’s about honoring who you are now, walking faithfully with the God who has never left your side.

Encouragement

You are not behind. You are still held.

Reflection

Where have you seen God remain faithful through changes in your life?

Prayer: "Lord, when I look in the mirror and see a different version of myself, remind me that Your love for me remains identical to the day I was born. Help me to rest in Your unchanging nature today. Amen."

Day 2 — Health Is More Than a Number

Scripture

"Man looks at the outward appearance, but the Lord looks at the heart." — 1 Samuel 16:7

We live in a world that measures health by numbers—weight, size, steps, results. But God measures health by wholeness. Peace of mind. A softened heart. A willing spirit.

If the scale has gone up or down, it does not define your value or your obedience. True wellness includes body, soul, and spirit—and God cares deeply about all three.

Encouragement

Your worth has never been measurable.

Reflection

What areas of your life have grown stronger, even if your body feels different?

Prayer: "Father, even when scales goes up and down, let my inner life be so vibrant and full of Your peace and acceptance that the physical changes are small in comparison. Amen."

Day 3 — Still Showing Up Is Strength

Scripture

“Let us not grow weary in doing good, for at the proper time we will reap a harvest.” — Galatians 6:9

Showing up when it's easy is common. Showing up when life has changed —that's strength. Each time you move your body, care for your health, or choose hope over discouragement, you are practicing perseverance.

God sees every effort you make, even when others don't understand the journey, you're on.

Encouragement

Faithfulness counts more than perfection.

Reflection

What does “showing up” look like for you in this season?

God, remind me that when I don't feel like putting in the effort, it's not how much I do, but every step counts, that even taking a rest counts. Being still with you. Amen.

Day 4 — My Calling Was Not Based on My Appearance

Scripture

“The gifts and the calling of God are irrevocable.” — Romans 11:29

God did not call you because of how you looked at 30, 40, or even 60. He called you because of who you are—your heart, your wisdom, your willingness to serve.

Age does not cancel calling. Change does not disqualify purpose. This new year is an invitation to live out your calling with deeper humility and confidence.

Encouragement

You are still needed.

Reflection

Where do you sense God inviting you to continue serving or encouraging others?

Father, I thank you that when you created me and gifted me you saw the future me and that did not change your plans for me. For you look at my heart and not my outward appearance. Amen.

Day 5 — When the Mirror Tries to Steal My Joy

Scripture

“Why, my soul, are you downcast? Put your hope in God.” — Psalm 42:11

Some days the mirror speaks louder than truth. It points out changes and tries to steal joy. But joy is not rooted in reflection—it’s rooted in relationship with God.

Learning to love yourself in every season is a spiritual act. It’s choosing gratitude over comparison and grace over criticism.

Encouragement

You are fearfully and wonderfully made—still.

Reflection

What would it look like to speak kindly to yourself today?

Lord, Sometimes I look in the mirror, and I do not like what I see. Help me to see myself the way you do so I may experience your joy, peace, hope and love for me which becomes my strength. Amen.

Day 6 — Strength Renewed, Not Lost

Scripture

“Those who hope in the Lord will renew their strength.” — Isaiah 40:31

Strength at this stage of life may look different—but it is no less real. It’s found in wisdom, patience, resilience, and faith tested by time.

God does not promise yesterday’s strength. He promises renewed strength—exactly what you need for today.

Encouragement

You are being renewed, not replaced.

Reflection

Where do you see God renewing you in quiet ways?

God, thank you that your strength never losses it power. It is renewed in me moment by moment even though I may experience my own strength weakening. Amen.

Day 7 — Stepping Into the New Year Still Standing

Scripture

“Being confident of this, that He who began a good work in you will carry it on to completion.” — Philippians 1:6

As this new year begins, remember this: you are still standing. Still believing. Still moving forward. God is not finished with you.

Whatever this year holds—progress, pauses, healing, or growth—you will not walk it alone.

Encouragement

The best of God’s work in you is not behind you.

Reflection

What gives you hope as you look forward?

Lord, thank You that You are still at work in me. As I look ahead, give me hope, faith, and steady courage. I trust You with what lies before me. Amen.

Closing Blessing

Rising Up you come to the end of these seven days,
may you carry forward what truly matters.

May you move into the days ahead with grace instead of pressure,
peace instead of comparison,
and confidence instead of doubt.

May you honor your body for what it allows you to do,
care for your spirit with kindness,
and trust that your journey still has purpose.

You are not late.
You are not behind.
You are still showing up.
And that is more than enough.

Rise Up!

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Rise Up

This reflection journal was created for a season of life that deserves honesty, grace, and encouragement.

Rise Up is a 7-day New Year reflection journal for anyone who are navigating change—physical, emotional, and spiritual—and choosing to keep moving forward with faith and purpose.

It is not about fixing what has changed or striving to become who you once were. It is about honoring who you are now and recognizing that God is still present, still working, and still walking with you.

Each day offers a short reflection to remind you that your worth is not defined by appearance, your strength has not disappeared, and your purpose has not ended.

If your body has changed...

If your pace has slowed...

If you are learning to meet yourself with grace...

This reflection journal is for you.

You are still here.

You are still valued.

You are still showing up.

Rise Up.

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