

The
RESET

APPETITE

*“Blessed are those who hunger and thirst for righteousness,
for they shall be filled.”*

Matthew 5:6

June 2 – 4, 2025

We are going to take 3 days to RESET our hearts, mind, and soul, aligning our will and desires with the Holy Spirit.

This month's theme is **Appetite**. We're focusing on both our physical and spiritual appetite as they relate to the soul and spirit. By the end of this RESET, we want our spiritual hunger to be ignited. We want to be revived, to hunger and thirst after righteousness and for the things of God.

The Lord cares about your emotional well-being and doesn't want you suffering with unprocessed emotions. His desire is for your soul to flourish just as much as your spirit man.

“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”

3 John 1:2

DAY 1	<i>Coping Mechanisms</i>	Fruit only
DAY 2	<i>Exposure</i>	Vegetables only
DAY 3	<i>Nature of the Flesh</i>	Fruit & Vegetables

Beverages: Spring water and teas only. Each day, set aside at least 30 minutes for worship and prayer. Don't rush this moment. He will meet you there. Ask the Holy Spirit questions. Be honest. Don't hide. Own it. Write what He reveals.

Exhale. Come back to center. Posture yourself. Get Ready to RESET.

01
DAY ONE

Coping Mechanisms

Getting honest about what we reach for.

Today we slow down and get honest. We're going to sit with our emotions and evaluate whether we've been using coping mechanisms to mask feelings we've been trying to bury. Emotional eating, binging social media, avoidance, impulsive behaviors, lashing out, overworking, fawning. Any behavior we're using to escape and manage internal and external stressors.

We're giving ourselves permission to say: I'm not okay, and I need to find a healthy way to process what I'm carrying. We're sitting with the question: Where am I emotionally and what do I actually need?

FOCUS SCRIPTURES

PSALM 139:23–24

“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting.”

David didn't hide from God. He invited God in. Today, give God full access. Let Him search the places you've kept locked. He won't condemn what He finds; He'll heal it.

PROVERBS 4:23

“Above all else, guard your heart, for everything you do flows from it.”

Our coping mechanisms are often the unlocked doors of our hearts. What we allow in becomes what flows out. Let's identify what we've been letting in and begin to fortify our emotional gate.

ISAIAH 43:18–19

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?”

The behaviors we've leaned on were often survival tools for a former season. God isn't condemning you for them. He's inviting you into something new. Today is about perceiving the new thing He's making room for.

REFLECTION PROMPTS

- ✓ What emotions have I been avoiding or suppressing? What does it feel like to actually sit with them?
- ✓ What is my go-to coping mechanism when life feels overwhelming? When did I first start using it?
- ✓ If I removed this behavior tomorrow, what emotion would I be left sitting with?
- ✓ What do I actually need right now emotionally, spiritually, relationally?
- ✓ What is one healthy resource or tool I can commit to exploring to process my emotions in a new way?

DECLARATIONS

— I am safe to feel. God is with me in my emotions.

— I am not my coping mechanisms. I am more than my survival strategies.

— I choose to face what I feel instead of fleeing from it.

— The Holy Spirit is my comforter, my counselor, and my guide.

— I commit to leading an emotionally healthy life, one honest moment at a time.

Meal: Fruit only · Beverages: Water & Tea

Exposure

Laying every appetite at the altar.

Today we ask the Holy Spirit to expose every appetite we've adopted that has negatively impacted us. We're asking the hard questions: Where did this come from? Why do I like this? How does this make me feel and why?

You're going to lay every appetite and desire at the altar and ask for an exchange. You're asking God to take every appetite that is harmful and unlike Christ and replace it with His desires. Today is a day of confession, repentance, and surrender. Ask the Holy Spirit to give you the desires of Christ.

FOCUS SCRIPTURES

JAMES 4:7-8

“Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.”

Exposure without surrender leads to shame. Exposure before God leads to freedom. When you bring your appetites to Him today, you're not confessing to be condemned. You're submitting to be transformed.

ROMANS 12:2

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

Our appetites are often shaped by the world before we ever give God the chance to shape them. Today, we interrupt that pattern. Lay the world's menu down and ask God what He's serving.

PSALM 37:4

“Delight yourself in the Lord, and he will give you the desires of your heart.”

This isn't a promise that God gives us everything we want. It's a promise that when we delight in Him, He rewrites what we want. Ask Him today to change your cravings from the inside out.

1 JOHN 1:9

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

Confession is not about beating yourself up. It's about opening the door. God's faithfulness is greater than your failure. Confess freely and receive His cleansing with an open heart.

REFLECTION PROMPTS

- ✓ What appetites or desires have I adopted that I know aren't healthy or Christ-like? Where did they come from?
- ✓ Are there areas where I've been feeding my flesh more than my spirit? What does that look like daily?
- ✓ What am I afraid to lay at the altar? Why?
- ✓ What would it feel like to have Christ's desires replace mine in those areas?
- ✓ After confession and repentance, what does the Holy Spirit speak over you? Write it down.

DECLARATIONS

— *I lay every ungodly appetite at the altar, spirit, soul, and body.*

— *I am not defined by what I've craved. I am defined by who I belong to.*

— *I receive the desires of Christ. My appetite is being renewed.*

— *I confess without condemnation. I repent without shame.*

— *God's exchange is better than anything I've ever reached for on my own.*

Meal: Vegetables only · Beverages: Water & Tea

03
DAY THREE

Nature of the Flesh

Dying to self. Hungry for more of Him.

Today we go deep. We're exposing the characteristics of walking in the flesh versus walking in the Spirit and we're choosing a side. We're asking the Holy Spirit to help us die to our flesh, our desires, and our worldly appetites.

This is the day we cry out. We ask to hunger and thirst for righteousness. We ask for more of His Spirit within us so that we can live a life that is fully, wholly pleasing to Him. This is not a passive request. This is a consecration.

FOCUS SCRIPTURES

GALATIANS 5:16–17

“But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other.”

The flesh and the Spirit are always in tension. Only one wins based on who you feed. Today, you're choosing to feed the Spirit. You're declaring that hunger for God is greater than any craving of the flesh.

ROMANS 8:13–14

“For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are sons of God.”

Dying to the flesh is not a one-time event. It's a daily choice. Today marks a new benchmark. You are a son or daughter of God, led by His Spirit, not driven by your appetites.

MATTHEW 5:6

“Blessed are those who hunger and thirst for righteousness, for they shall be filled.”

This is where we started and this is where we land. The hunger you've cultivated over these three days is not accidental. It's holy. It's the invitation of God. Cry out for it. Ask for it. Believe you'll be filled.

PHILIPPIANS 3:13–14

“Forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.”

The flesh wants to revisit. The Spirit says press forward. Today you press. You don't go back to what you've laid down. You move toward the prize of His fullness- the upward call of God in Christ Jesus.

REFLECTION PROMPTS

- ✓ In what areas of my life has my flesh been louder than my spirit? What does that look like practically?
- ✓ What does it mean for me, specifically, to die to my flesh in this season?
- ✓ What spiritual appetites do I want to grow? What do I want to hunger for more of?
- ✓ What would a Spirit-led version of my daily life look like in habits, choices, and desires?
- ✓ Write a declaration to God today. Tell Him what you're surrendering and what you're believing Him for spiritually.

DECLARATIONS

— *I choose the Spirit over the flesh, today and every day.*

— *I am dying to what was so I can live in what God has prepared.*

— *I hunger and thirst for righteousness. I will be filled.*

— *My flesh does not have the final word. The Spirit does.*

— *I press forward. I don't go back. The best is ahead.*

Meal: Fruit & Vegetables · Beverages: Water & Tea

You did it.

You didn't just fast. You surrendered. You didn't just sit with discomfort. You let the Holy Spirit meet you in it. That is not small. That is holy ground.

“And I'm sure of this, that He who began a good work in you will bring it to completion at the day of Jesus Christ”

Philippians 1:6

Carry what was deposited. Walk in your renewed appetite. Hunger for Him above all else.