



# Connecting WITH GOD

ALIGNING YOUR HEART DAILY WITH HIS

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**Connecting with God**

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## Dedication

This book is dedicated first and foremost to **God**—my ever-present Father, faithful Friend, and constant Guide.

To the One who never stops pursuing my heart, even when I wander.

To the One whose love realigns me, anchors me, and transforms me.

To the One who whispers truth over every lie and lights the path before me.

Lord, this is for You. May every word point back to Your heart.

And to every woman longing for deeper connection with God—this is your invitation to reset, realign, and walk in the fullness of His love.

You are never alone.

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## Acknowledgments

I want to express my deepest gratitude to **God**—for planting this message in my heart, for leading me through my own personal journey of connection and healing, and for being the Author of every word written here.

To the Holy Spirit—thank You for being my constant Companion, Counselor, and Comforter. Your voice has guided me through every step of this process.

To those who have supported me in ways seen and unseen—whether through prayer, encouragement, or simply standing by me in faith—I am thankful for you.

Finally, to the women who will read these pages—your hunger for God’s presence is what inspired this work. I pray this book becomes a sacred space where you meet Him, hear Him, and discover the unshakable love that has been pursuing you all along.

May this journey be just the beginning.

With all my heart,  
*Nicole Potter*

## Preface

There was a season in my life when my heart felt distant from God—though I never stopped believing in Him, even when I questioned if He was real.

I still prayed.  
I still read my Bible.  
I still went to church.

But something was off.

It felt like there was an invisible wall between me and God. I longed to feel His presence the way others did—to hear His voice clearly, to know with confidence that He was near. And not just wonder if He was a crutch I was using to get through life. Wishful thinking!

And yet, the more I tried to “fix” the distance, the more disconnected I felt.

It wasn't until I stopped striving and started surrendering that the reset truly began.

What I realized in that season was this: **God hadn't moved—I just wasn't able to recognize Him.**

The distance I felt wasn't a punishment or a sign that He had withdrawn His love. It was an invitation to seek Him personally for me.

An invitation to recognize what was weighing me down.  
To let go of burdens I was never meant to carry.  
To silence the noise so I could hear His voice again.  
To break agreement with the lies I didn't even realize I was believing.  
And to step into daily alignment with His heart.

This journey isn't about chasing a feeling—it's about realigning your heart with the truth of who God is and who you are in Him.

**Connection with God isn't a one-time event—it's a rhythm of life.**

This book is an invitation to reset, not just once, but every single day.

Because intimacy with God isn't a distant dream—it's a present reality.

And He's waiting for you with open arms.

Are you ready to realign your heart with His?

Let's begin.

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# Table of Contents

## Preface

- A Heart Ready for Reset

## Introduction

- Why a Connection Reset with God Matters
- How to Use This Book

## Chapter 1: Recognizing the Distance

- Key Takeaway: You can't heal what you don't acknowledge.
- Scripture: Psalm 34:18
- Reflection: Where in your heart do you feel distant from God?
- Daily Assignment: Identifying spiritual distance
- Go Deeper: Journaling prompts and prayer

## Chapter 2: Surrendering the Weights

- Key Takeaway: Letting go isn't weakness—it's trust.
- Scripture: Matthew 11:28
- Reflection: What's one burden you've been carrying alone?
- Daily Assignment: Writing your surrender list
- Go Deeper: Releasing your burdens through prayer

## Chapter 3: Hearing God's Voice Again

- Key Takeaway: God is always speaking—we just need to quiet the noise.
- Scripture: John 10:27
- Reflection: When was the last time you felt God nudging you—even in a small way?
- Daily Assignment: Practicing silence and stillness
- Go Deeper: Journaling God's whispers

## Chapter 4: Replacing Lies with God's Truth

- Key Takeaway: Life can plant lies, but God's truth uproots them.
- Scripture: 2 Corinthians 10:5
- Reflection: What's one lie you've believed about yourself or God?
- Daily Assignment: Identifying and replacing lies
- Go Deeper: Speaking God's truth over your life

## **Chapter 5: Living in Daily Alignment**

- Key Takeaway: Alignment isn't a one-time event—it's a lifestyle.
- Scripture: Proverbs 3:5-6
- Reflection: How would your life look different if your heart stayed fully connected to God?
- Daily Assignment: Creating a daily alignment plan
- Go Deeper: Inviting God into your routines

### **Conclusion: Walking Forward in Connection**

- Embracing a life anchored in God's presence
- Staying connected beyond this reset

### **Legacy Game Changers**

- Join the Community: Legacy Game Changers Facebook Group

### **Next Steps**

- Connect with me: Website, Email, YouTube, Instagram, and Facebook
- Share your story and testimony
- Invite others to reset their hearts with God

### **About the Author**

### **Scripture Index**

# Introduction: When Your Heart Feels Far from God

**“The Lord is close to the broken-hearted and saves those who are crushed in spirit.” —  
*Psalm 34:18***

Have you ever felt far from God—even when you were doing all the “right” things?

You prayed, but it felt like your words bounced off the ceiling.  
You read your Bible, but the words felt flat.  
You worshiped, but your heart felt numb.

It’s a painful place to be—because it’s not just spiritual distance you feel. It’s a gnawing ache in your soul.

The ache of wondering:

- *Did I do something wrong?*
- *Why does God feel so far away?*
- *Is it me—or has He pulled away?*

If you’ve ever felt this way, **you’re not alone.**

I’ve been there too.

And so have countless others—faithful women who love God deeply but wrestle with seasons of silence, confusion, and spiritual weariness.

But here’s the truth I want you to hold onto from the very beginning of this journey:

**God is not distant.**

The distance we feel isn’t because God has left—it’s because something in our hearts has shifted.

Maybe it's the weight of unprocessed pain.  
Maybe it's the noise of life crowding out His voice.  
Maybe it’s believing subtle lies about who God is or who we are.

Whatever it is, **you can’t fix what you don’t acknowledge.**

That’s why this book exists—not to “fix” you, but to gently guide you back into alignment with God’s heart.

This journey is about resetting your connection with God through five simple, but powerful, steps:

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1. **Recognizing the Distance** — because healing starts with honesty.
2. **Surrendering the Weights** — because letting go is an act of trust, not weakness.
3. **Hearing God’s Voice Again** — because He is always speaking; we just need to quiet the noise.
4. **Replacing Lies with God’s Truth** — because the enemy plants lies, but God’s truth uproots them.
5. **Living in Daily Alignment** — because alignment isn’t a one-time event—it’s a lifestyle.

Each chapter will not only unpack these steps but will also invite you to engage with God through reflection questions, guided prayers, and practical actions.

This is not a book to simply read—it’s a book to experience.

Because your heart was designed for intimacy with God.

And no matter how distant He feels right now—**He’s closer than you think.**

So, take a deep breath.

Let your heart settle.

And let’s start this journey of realignment—one simple, grace-filled step at a time.

Are you ready?

Let’s begin.

# Chapter 1: Recognizing the Distance

**Key Takeaway:** You can't heal what you don't acknowledge.

**Scripture:**

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

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## When Distance Creeps In

Have you ever found yourself in a room full of people, yet felt completely alone?

It's strange—being surrounded by life but feeling a hollow ache in your heart.

Spiritual distance can feel like that too.

You still show up to church.  
You still say your prayers.  
You still check all the "Christian" boxes.

But deep inside, something feels ... off.

Maybe your prayers feel forced.  
Maybe God's voice seems silent.  
Maybe worship feels more like a routine than a heart-to-heart.

It's not that you've stopped loving God.

It's that somewhere along the way, a gap formed between **what you know about Him** and **what you're experiencing with Him**.

And it hurts.

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## Acknowledging the Distance

Here's the truth many of us struggle to admit:

**You can love God deeply and still feel distant from Him.**

That distance doesn't mean you've failed or that God has pulled away—it simply means something has shifted in your heart.

The problem isn't the distance itself—it's pretending it's not there.

You can't heal what you don't acknowledge.

David, the man after God's own heart, wasn't afraid to recognize his own spiritual distance.

He poured out his soul, crying:

- *“Why, Lord, do you stand far off?”* (Psalm 10:1)
- *“My God, why have you forsaken me?”* (Psalm 22:1)

David didn't sugarcoat his feelings—he brought his honest, raw heart to God.

### **What about you?**

- Have you felt a shift in your closeness with God?
- Are there areas of your heart you've kept hidden from Him?
- When was the last time you truly felt connected to His presence?

Let's pause for a moment.

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## **Reflection Moment: Where Are You Right Now?**

I want you to grab your journal or a piece of paper. Or maybe all you are ready for is to think on things—wherever you are—is okay. This is your process.

Find a quiet place—breathe in deeply and slowly exhale.

Ask yourself this question, and let your heart speak honestly:

### **“Where do I feel distant from God?”**

- Is it in my prayer life?
- In trusting His plans for me?
- Is it in believing He loves me?
- In sensing His presence in my everyday life?

Don't rush this.

Write down whatever rises in your heart, even if it feels messy or uncertain.

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## Recognizing the Gaps

Distance from God doesn't always show up as rebellion or sin.

Sometimes, it looks like:

- **Distraction:** Life gets busy, and quiet time fades.
- **Disappointment:** Unanswered prayers plant seeds of doubt.
- **Disconnection:** Pain and past wounds cause you to shut down emotionally—even with God.
- **Drift:** Little by little, you stop seeking Him with your whole heart.

Which of these feels most familiar to you right now?

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## God's Promise in the Distance

Even when you feel distant, **God's promise remains:**

*"The Lord is close to the broken-hearted."*

Your brokenness doesn't push Him away—it draws Him closer.

God isn't waiting for you to "fix" the distance before He moves—He's already near. He wants to be invited into those areas so He can move in them.

He's leaning in.

He's whispering your name.

He's gently inviting you to recognize the distance—not to shame you, but to heal you.

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## Daily Activation: A Heart Check with God

### Assignment:

Set a timer for 10 minutes today.

Find a quiet space and simply sit with God.

- No agenda.
- No “perfect” prayers.
- Just you and Him.

Ask:

**“God, show me where I’ve drifted.”**

Write down any thoughts, feelings, or memories that come to mind. This isn’t a time to question your answers. Just write down whatever comes up! Clear space for Him to talk to you.

Even if it’s silent at first, keep showing up—God always honours a seeking heart.

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## Self-Connection Prompt: Going Deeper with God

After your quiet time, reflect on this:

**“What part of my heart have I been protecting from God?”**

Be honest—He already knows, but there’s freedom in bringing it into the light.

Jot down your response in your journal.

What would it look like to let Him into that space?

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## Closing Prayer

*Father, I come to You with an open heart.*

*There are places within me that feel distant—places I’ve guarded or neglected.*

*But today, I choose honesty over hiding.*

*Show me the areas where I’ve drifted, not so I can fix them on my own, but so You can heal them.*

*Thank You for never pulling away from me—even when I feel far from You.*

*Draw me close again, Lord. Let Your presence be the place where my heart finds rest.*

*In Jesus’ name, Amen.*

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**You've just taken the first step—recognizing the distance.**

This isn't about guilt—it's about grace.

Tomorrow, we'll move into the next step: **Surrendering the Weights**—learning how to lay down what's been keeping you from fully stepping into God's embrace.

Until then, keep leaning in.

He's closer than you think.

# Chapter 2: Surrendering the Weights

**Key Takeaway:** Letting go isn't weakness—it's trust.

**Scripture:**

*"Come to me, all who are weary and burdened, and I will give you rest."* — Matthew 11:28

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## What Are You Carrying?

Have you ever noticed how, over time, we pick up invisible weights?

Disappointments.  
Unanswered prayers.  
Fears of the future.  
Shame from the past.

At first, they seem small—just a pebble here, a stone there.

But before we know it, we're dragging a mountain of burdens on our backs, trying to smile through the strain.

We tell ourselves, *"I've got this."*  
We convince ourselves, *"It's not that bad."*  
We fake strength, all while crumbling inside.

But here's the truth we often avoid:

**God never asked us to carry what He died to lift.**

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## The Illusion of Control

Why do we hold on so tightly to things we were never meant to carry?

For many of us, it's about control.

We fear that if we let go—

- **The hurt will grow bigger.**
- **The situation will get worse.**
- **We'll be left unprotected.**

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But surrender doesn't mean we're weak—it means we trust God more than ourselves.

It's not passive—it's active.

Jesus says in **Matthew 11:28**:

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

Notice He doesn't say, *“Come to me once you've figured it all out.”*

Or *“Come to me when you feel strong again.”*

He says, *“Come as you are.”*

With your mess.

With your unanswered questions.

With your heavy heart.

He doesn't demand perfection—He invites surrender.

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## **Reflection Moment: What Are You Holding Onto?**

Let's pause.

Close your eyes, take a deep breath, and ask yourself this simple but honest question:

**“What's one burden I've been carrying alone?”**

It could be:

- A fear about your future.
- A grudge you've been clinging to.
- Guilt over something you can't undo.
- The silent weight of feeling “not enough.”

Write it down.

Don't filter it—just let your heart speak.

If you feel tears rising, let them flow. This isn't about fixing anything—it's about acknowledging what's been holding you hostage. Tears are a form of release and can have many positive effects.

# Surrender in Action: The Hands-Open Exercise

## Today's Activation:

Find a quiet space.

- Sit comfortably, close your eyes, and place your hands palm-up on your lap—symbolizing openness to God.
- Picture the burden you wrote down. Visualize holding it in your hands.
- Now, imagine Jesus standing in front of you—gentle, kind, and patient.

As an act of faith, whisper this prayer:

*“Jesus, I release this to You. I can't carry it anymore. I trust You with what I've been holding onto. Take this weight and replace it with Your peace.”*

Slowly turn your hands over—palms down—symbolizing you letting go and releasing the burden into God's hands.

Breathe.

Let His peace settle in.

You can redo this act of faith for each burden.

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## God's Promise of Rest

Surrender isn't a one-time event—it's a daily choice.

But every time you release a weight to God; He trades it for something better:

- **Your fear** for **His peace**.
- **Your guilt** for **His grace**.
- **Your striving** for **His rest**.

You weren't created to carry the world on your shoulders—God already holds it in His hands.

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## Self-Connection Prompt: A Heart-to-Heart with God

Once you've completed the hands-open exercise, grab your journal and sit quietly with this question:

**“God, what do You want me to pick up now that I’ve let this go?”**

Maybe He’ll remind you of His peace.  
Maybe He’ll speak words of hope over you.  
Maybe He’ll simply whisper, *“I’ve got this.”*

Write down whatever rises in your spirit—trust what you hear, even if it’s just a simple word or phrase.

Maybe you will feel peace, comfort, love, acceptance.

Maybe you will see a vision or get an impression. Receive whatever He gives you. Take note of it in your journal.

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## Closing Prayer

*Father, You see every burden I’ve carried—some I’ve spoken out loud, others I’ve kept buried in silence.*

*But today, I choose surrender over self-reliance.*

*I lay these weights at Your feet—not because I’m giving up, but because I’m choosing to trust You.*

*Jesus, take the heaviness I’ve held onto and replace it with Your lightness and rest.*

*Teach me to live with open hands—releasing what’s not mine to carry and holding onto only what You’ve given me.*

*Thank You for Your constant presence and Your gentle invitation to come as I am.*

*In Jesus’ name, Amen.*

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**You’ve just taken a bold step—releasing what’s been weighing you down.**

It’s not always easy, but each time you surrender, you make space for God’s grace to flow freely in your life.

Tomorrow, we’ll step into the next chapter: **Hearing God’s Voice Again**—because with hands free from burdens, your heart can better hear His gentle whisper.

Until then, walk lightly—God’s already holding what you’ve let go.

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# Chapter 3: Hearing God's Voice Again

**Key Takeaway:** God is always speaking—we just need to quiet the noise and recognize how He speaks to us personally.

**Scripture:**

*“My sheep listen to my voice; I know them, and they follow me.”* — John 10:27

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## When God's Voice Feels Silent

Have you ever gone through a season where God's voice seemed... distant?

Maybe you once felt His nudges so clearly—

- A verse that jumped off the page.
- A whisper in your heart during worship.
- A deep sense of “this is the way” in a tough decision.

But now, it feels like silence.

The truth?

**God's voice didn't stop—other noises just got louder.**

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## The Noise of the World vs. God's Whisper

Think about your daily life.

From the moment you wake up, you're bombarded by sound—

- Notifications pinging.
- News headlines blaring.
- To-do lists screaming for attention.

Then there's the internal noise:

- Worries looping in your mind.
- Self-doubt echoing past mistakes.
- The enemy's lies disguised as “your own thoughts.”

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No wonder God's whisper feels hard to hear.

But His voice hasn't disappeared.

He's still speaking—faithfully, softly, waiting for you to lean in.

Just like **John 10:27** says:

*“My sheep listen to my voice; I know them, and they follow me.”*

The key isn't whether He's speaking—it's whether we're listening.

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## **Reflection Moment: Recognizing His Nudges**

Let's pause for a moment.

Take a deep breath.

Close your eyes if you can.

Now, ask yourself:

**“When was the last time I felt God nudging me—even in a small way?”**

It might have been:

- An unexpected moment of peace during chaos.
- A sudden reminder of a Scripture when you needed it.
- A “random” thought to check on a friend—who ended up needing prayer.

**God speaks in the ordinary.**

Write down the last time you sensed His voice—even if it was subtle.

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## **Clearing the Noise: The Heart Whisper Exercise**

**Today's Activation:**

Let's intentionally quiet the noise and invite God to speak.

**1. Find a quiet spot.**

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2. **Take 3 deep breaths**—in through your nose, out through your mouth.
3. Whisper this prayer:

*“God, Your Word says I am Your sheep and I can hear Your voice.  
I quiet the noise around me and within me.  
Speak, Lord—Your servant is listening.”*

4. **Sit in stillness** for 3-5 minutes.
5. As thoughts come—release them and refocus on God’s presence. Once you're ready, ask:

**“God, what do You want to say to me right now?”**

Don’t rush.

Write down any words, images, or impressions that rise in your spirit—no matter how simple. . Just write, don’t question or judge it now, just let it flow. Clear out every thought and make room for Him to speak to you!

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## **God’s Voice vs. Your Own Thoughts**

Many of us struggle with this question:

**“Was that God, or just me?”**

Here’s a simple way to tell the difference:

- **God’s voice brings peace—even when it corrects.**
- **The enemy’s voice brings fear, shame, or confusion.**
- **Your voice often wrestles in between—overthinking, questioning and analyzing.**

God’s voice will always align with His Word and His character.

So, when you hear something, ask:

- Does this match God’s heart as revealed in Scripture?
- Does it draw me closer to Him or push me into fear and doubt?
- Does it call me to trust and surrender—or panic and control?

Learning to discern His voice takes practice, but every time you lean in, the clearer it becomes.

## Self-Connection Prompt: A Heart-to-Heart with God

Once you've done the **Heart Whisper Exercise**, open your journal and reflect on this:

**“God, what part of my heart have I not invited You into yet?”**

Maybe it's a painful memory.

Maybe it's an unanswered question.

Maybe it's a place of longing you've kept hidden.

Write honestly—this is a safe space between you and your Creator.

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## Closing Prayer

*Father, I confess that sometimes the noise of life drowns out Your voice.*

*I get caught up in my thoughts, my worries, and my own plans.*

*But today, I choose to slow down.*

*I believe You are always speaking—because You are always near.*

*Teach me to recognize Your whispers, even in the ordinary moments of my day.*

*Help me to trust that Your voice will guide me, correct me, and comfort me.*

*I am Your sheep, and I will follow where You lead.*

*In Jesus' name, Amen.*

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**Every time you quiet the noise; you tune your heart to God's frequency.**

It's not about “getting it right”—it's about showing up and listening.

**Tomorrow, we move into the next chapter: "Replacing Lies with God's Truth."**

Because once you hear His voice, it's time to silence the lies that have tried to steal it.

Are you ready to tear down the lies and build your life on God's unshakable truth?

# Chapter 4: Replacing Lies with God's Truth

**Key Takeaway:** Life can plants lies that the enemy will use, but God's truth uproots them.

**Scripture:**

*"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."* — 2 Corinthians 10:5

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## The Battle for Your Mind

The biggest battlefield you will ever face is the one in your mind.

The enemy doesn't have to destroy your life—he only has to plant a lie and let it grow.

- *"You'll never change."*
- *"God is disappointed in you."*
- *"You're too broken to be healed."*

One lie turns into a belief.  
That belief shapes your actions.  
And those actions build your reality.

But here's the truth: **Every lie the enemy plants, God has a truth to uproot it.**

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## Recognizing the Lies You've Been Living With

Take a moment right now.

Close your eyes and ask yourself:

**"What's one lie I've believed about myself or about God?"**

It might sound like:

- *"I'm not enough."*
- *"God is silent because I messed up."*
- *"I have to earn God's love."*

Write it down.

Don't filter it or make it pretty.

Be honest—this is about bringing the hidden things into the light.

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## The Power of God's Truth

Lies lose their power the moment they're exposed.

And they are fully defeated when we replace them with **God's unshakable truth**.

**2 Corinthians 10:5** reminds us that we have the authority to:

- **Identify the lie** — *"We demolish arguments..."*
- **Capture the thought** — *"...we take captive every thought..."*
- **Align it with Christ** — *"...and make it obedient to Christ."*

Every time a lie rises up, you don't have to bow to it.

You can stand and say:

**"That's not from God—I reject it."**

And then speak the truth He's given you.

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## Reflection Moment: Trading Lies for Truth

Let's do this together.

1. **Look at the lie you wrote down earlier.**
2. Ask yourself:  
**"Does this align with who God says I am?"**
3. Now, let's swap it for truth.

For example:

- **Lie:** *"I'm too broken to be healed."*
- **Truth:** *"The Lord is close to the broken-hearted and saves those who are crushed in spirit."* (Psalm 34:18)
- **Lie:** *"God is disappointed in me."*
- **Truth:** *"There is no condemnation for those who are in Christ Jesus."* (Romans 8:1)

Write the truth next to the lie—and say it out loud.

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## Today's Activation: The Thought Audit

We're going to **audit** your thoughts—the way you'd audit your bank account.

**Step 1:** Set a timer for 5 minutes.

**Step 2:** Write down any recurring thoughts you've noticed about yourself or God lately.

**Step 3:** Mark each thought:

- *(T)* for truth
- *(L)* for lie

**Step 4:** Take the lies and find a Bible verse that speaks the opposite truth.

**Step 5:** Rewrite those lies as truth statements.

For example:

- *"I'll never be enough."* → **"I am fearfully and wonderfully made."** (Psalm 139:14)
- *"God has forgotten me."* → **"He will never leave me nor forsake me."** (Deuteronomy 31:6)

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## How to Use God's Truth Daily

It's not enough to replace the lie once—you have to build a daily habit of speaking God's truth over yourself.

Here's a simple way:

1. **Morning declaration:** Start your day by speaking one of God's truths out loud.
2. **Midday check-in:** Ask, *"What thoughts are running through my mind right now?"*—redirect the lies immediately.
3. **Evening reflection:** End the day with gratitude—thanking God for His truth and how it's shaping your heart.

The more you **repeat His truth**, the more it takes root.

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## Self-Connection Prompt: A Heart-to-Heart with God

In your quiet moment, ask God this:

**“Father, what’s one lie I’ve been believing about You—or about myself—that You want to replace with Your truth today?”**

Write down His response.

Don’t rush—listen for His whisper.

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### Closing Prayer

*Lord, I bring every hidden lie into Your light today.  
I confess the thoughts that have kept me bound—the words the enemy has spoken over me.  
But I refuse to live in those falsehoods any longer.  
Your Word says I have the power to take captive every thought and make it obedient to Christ.  
So right now, I exchange every lie for Your truth.  
I am loved, I am chosen, I am redeemed, and I am Yours.  
Let Your voice be louder than every lie from the enemy.  
In Jesus’ name, Amen.*

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### The Journey Forward

Every time you trade a lie for God's truth, you're stepping into freedom.

This isn't a one-time battle—it's a daily realignment.

But with each lie you tear down, you're building a stronger foundation on God's Word.

Tomorrow, we move into **Chapter 5: Living in Daily Alignment**—because the goal isn't just to hear God's truth once—it's to walk in it every single day.

Are you ready to build a life aligned with His voice and His purpose?

# Testimonies of Replacing Lies with God's Truth

## Testimony 1: The Lie of Being "Too Broken"

*Sarah had always believed she was too broken for God to truly use her.*

*She thought her past mistakes disqualified her from walking in purpose.*

*But during a quiet moment with God, He whispered:*

*"Sarah, I never asked for perfection—I asked for your heart."*

*That day, Sarah traded the lie of being too broken for the truth of Psalm 34:18:*

*"The Lord is close to the broken-hearted and saves those who are crushed in spirit."*

*Now, every time the lie resurfaces, Sarah speaks this truth out loud, knowing that God doesn't just tolerate her—He draws close to her.*

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## Testimony 2: The Lie of "God Has Forgotten Me"

*Maria had been in a long season of waiting—praying for a breakthrough that seemed further away each day.*

*The lie crept in slowly:*

*"If God really loved you, He wouldn't be silent."*

*But in the stillness, Maria heard God remind her:*

*"I will never leave you nor forsake you." — Deuteronomy 31:6*

*She realized that silence didn't mean absence.*

*Today, Maria keeps a journal where she writes down the ways God shows up—big or small—reminding herself that He's always near, even when the answer seems delayed.*

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## Testimony 3: The Lie of "Not Being Enough"

*Jessie struggled with feeling like she wasn't enough—never a good enough mother, wife, or daughter of God.*

*Her mind replayed the same thought over and over:*

*"You'll never measure up."*

*But one morning, she opened her Bible to Psalm 139:14:  
"I praise You because I am fearfully and wonderfully made."*

*That truth struck her deeply.*

*Jessie started writing affirmations straight from Scripture, speaking them over herself daily.*

*The lie of not being enough still knocks on the door of her heart—but now, God's truth always answers first.*

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These stories show how real women—just like you—can recognize lies, grab hold of God's truth, and step into freedom.

# Chapter 5: Living in Daily Alignment

**Key Takeaway:** Alignment isn't a one-time event—it's a lifestyle.

**Scripture Focus:**

*"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*

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## Living a Life Aligned with God

Alignment with God isn't a single, dramatic moment—it's a daily decision. It's not about checking off a spiritual to-do list, but about walking hand in hand with Him through the small moments and the big ones.

Many of us long for that “mountaintop experience” with God, but the truth is, our faith is strengthened in the day-to-day choices—when we choose to trust God in the waiting, obey Him when it's hard, and seek Him even when we feel distant.

Living in daily alignment means making God the center of our decisions, our thoughts, and our emotions. It's inviting Him into the mundane—into our grocery shopping, school drop-offs, work meetings, and late-night worries.

It's not about being perfect—it's about being present.

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## Recognizing Misalignment

Just like a car that drifts off course when its wheels are misaligned, our hearts can subtly shift away from God without us realizing it.

**Signs of misalignment might look like:**

- Constantly feeling anxious or restless
- Relying on your own strength without seeking God
- Reacting out of fear instead of faith
- Allowing lies about yourself or God to shape your thoughts
- Neglecting time with God because you're “too busy”

The good news? God is never far off. The moment you recognize the drift; He's already waiting to realign your heart with His.

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## Returning to Alignment Daily

So how do we realign our hearts with God every day?

### 1. Start with Surrender

- Each morning, pause and ask: *“God, what do You want me to release today?”*
- Surrendering isn’t just about letting go of the big things—it’s also the small things: fear of not getting everything done, control over how people view you, or the anxiety about tomorrow.

### 2. Stay Anchored in the Word

- God’s Word is the compass that keeps your heart steady.
- Find a Scripture that speaks to your season and meditate on it throughout the day.  
For example:
  - *Feeling anxious?* — Philippians 4:6-7
  - *Doubting your worth?* — Psalm 139:14
  - *Worried about the future?* — Jeremiah 29:11

### 3. Listen for God’s Voice

- Alignment happens when we move at God’s pace, not our own.
- Take moments throughout your day to simply *listen*. Ask:
  - *“God, what are You speaking to me right now?”*
  - *“How do You want me to respond to this situation?”*

### 4. Realign Quickly

- Don’t wait until the end of the week to fix a misalignment—address it in the moment.
- When you notice fear rising or your thoughts spiraling, pause and pray:
  - *“Lord, I feel out of step with You. Realign my heart and remind me of Your truth.”*

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## Reflection Prompt: Aligning Your Heart Today

**Take a moment and ask yourself:**

*“How would my life look different if my heart stayed fully connected to God every day?”*

What would change in your:

- Reactions to stress?
- Confidence in your identity?
- Decision-making?

Allow the Holy Spirit to highlight any area where you're leaning on your own understanding rather than trusting Him. Write down what comes to your heart—without judgment, just honesty.

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## Daily Activation: Heart Check with God

### Assignment:

1. Set a reminder on your phone for three moments in your day—morning, midday, and evening.
2. Each time the reminder goes off, pause for 60 seconds and pray:
  - *“God, search my heart right now. Show me if I’m out of alignment.”*
3. Write down any thoughts, feelings, or nudges you sense from God.

This simple practice will build the habit of staying connected to God’s heart—not just once a day, but throughout your entire day.

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## Living a Lifestyle of Alignment

Remember, daily alignment isn’t about never getting off course—it’s about consistently coming back to God when you do.

God doesn’t expect perfection—He desires partnership.

Your heart will naturally drift at times, but the beauty of alignment is that every time you return to Him, you grow stronger, more secure, and more deeply rooted in His love.

This journey isn’t about “arriving”—it’s about walking with God every single step.

## Conclusion: Embracing Your Ongoing Journey with God

**Key Takeaway:** Realigning your heart with God isn't a finish line—it's a lifelong journey of intimacy, trust, and transformation.

**Scripture Focus:**

*"Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus."* — Philippians 1:6

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### The Journey Doesn't End Here

As we come to the end of *Connecting with God: Aligning Your Heart with His*, I want you to remember this: This isn't the end of your journey—it's a new beginning.

Over the past five lessons, I've explored how to recognize distance, surrender the weights, hear God's voice again, replace lies with truth, and walk in daily alignment. Each step has been a brick laid on the foundation of my relationship with God—a foundation rooted not in perfection, but in **connection**. And my desire is for you to be able to do the same.

Realigning your heart with God is not a "one and done" moment. It's a lifestyle.

There will be days when you feel deeply connected to Him—where His voice seems clear, and His presence feels near. But there will also be days when you feel distant, confused, or weary. That doesn't mean you've lost your way—it simply means you need to reset again.

And the beauty of God's love is that He never tires of drawing you back. His mercies are new **every single morning** (Lamentations 3:22-23).

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### The Power of Small, Consistent Steps

I want to encourage you—this journey doesn't require giant leaps of faith every day. It's the small, consistent steps that create lasting transformation.

- A whispered prayer during a busy morning.
- A Scripture spoken over yourself when fear creeps in.
- A quick heart check in the middle of your day: *"God, am I in step with You?"*

Just like the roots of a tree grow slowly but deeply, so will your connection with God—as long as you remain rooted in Him. *Your progress may feel small, but it is steady.*

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## Reflection Prompt: Your Next Step with God

Let's pause for a moment.

### Ask yourself:

*"What is the next step God is inviting me to take in my relationship with Him?"*

It may be:

- Committing to daily quiet time, even if it's just 5 minutes.
- Speaking truth over a lie that's tried to define you.
- Journaling with God regularly to create space for His voice.
- Letting go of a fear or burden you've held onto for too long.

Write down what comes to your heart without overthinking it.

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## Daily Activation: A Personal Covenant with God

### Assignment:

1. Find a quiet place where you can be alone with God.
2. Pray this simple prayer:

*"Lord, I invite You to walk with me every day.  
Realign my heart when it drifts.  
Speak to me when I'm overwhelmed.  
Remind me of Your truth when lies creep in.  
I surrender my journey into Your hands—  
One day at a time, one step at a time.  
I trust You with my heart.  
Amen."*

3. In your journal, write down one commitment you're making to stay connected to God—big or small.
  4. Revisit this covenant whenever you feel yourself drifting or losing focus.
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## **Final Encouragement: You Are Never Alone**

No matter what lies ahead, you are not alone on this journey.

God doesn't just meet you at the finish line—He walks with you every step of the way.

When you feel lost, He is the light.

When you feel weak, He is your strength.

When you feel distant, He is already reaching for you.

This isn't just about a five-day reset—it's about building a life anchored in God's presence.

You don't have to strive to stay aligned with Him—just invite Him into every part of your day, and He will steady your heart.

## **Final Prayer: Anchored in God's Love**

As we close this journey, let's seal what God has stirred in your heart with a prayer.

*Father God,*

*I come before You with an open heart—ready, willing, and longing for more of You.*

*Thank You for walking with me through this journey of realigning my heart.*

*For showing me the areas where I've drifted.*

*For gently lifting the burdens I've carried alone.*

*For speaking to me—even when I wasn't sure I could hear You.*

*For replacing every lie with Your unshakable truth.*

*And for teaching me that alignment with You isn't a moment—it's a lifestyle.*

*Lord, anchor me in Your love.*

*Let my heart be so deeply rooted in You that no storm can shake me.*

*Teach me to trust You more each day.*

*When I feel distant, draw me close.*

*When I feel confused, speak clearly.*

*When I feel weak, remind me that Your strength is made perfect in my weakness.*

*I surrender my journey into Your hands.*

*Step by step, day by day—I choose to walk with You.*

*I am Yours, and You are mine. In Jesus' Name, Amen.*

## **Bonus Journaling Section: Writing Your Heart with God**

Journaling isn't just about writing your thoughts—it's about opening a sacred space where you can connect with God.

Use these prompts as a way to keep the conversation going—whether daily, weekly, or in the moments when your heart needs a reset.

### **Journaling Prompts:**

1. **Heart Check:** *God, how is my heart feeling today? What areas feel light and what areas feel heavy?*
  2. **Hearing God:** *Lord, what are You speaking to me in this season? Is there a Scripture or word You want me to hold onto?*
  3. **Releasing Burdens:** *What is one weight I'm carrying today that You want me to surrender to You?*
  4. **Truth Over Lies:** *Is there a lie I've been believing about myself or You? What is Your truth that replaces it?*
  5. **Daily Alignment:** *God, what's one small step I can take today to stay aligned with You?*
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# BONUS Going Deeper with God Scripture Index

## Day 1: Recognizing the Distance

### Scriptures for Reflection:

- *Psalm 34:18* — "The Lord is close to the broken-hearted and saves those who are crushed in spirit."
- *James 4:8* — "Draw near to God, and He will draw near to you."
- *Isaiah 59:2* — "But your iniquities have separated you from your God..."

### Deeper Reflection Prompt:

Take a moment to sit with the Lord. Ask Him:

- *When did I first start to feel distant from You?*
- *Was there a moment or event where I built a wall between us?*

### Activation:

Write a letter to God, telling Him how you feel about the distance — be raw, be honest. Then, in a second letter, imagine His response filled with love and grace.

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## Day 2: Surrendering the Weights

### Scriptures for Reflection:

- *Matthew 11:28* — "Come to me, all you who are weary and burdened, and I will give you rest."
- *Psalm 55:22* — "Cast your cares on the Lord and He will sustain you..."
- *1 Peter 5:7* — "Cast all your anxiety on Him because He cares for you."

### Deeper Reflection Prompt:

In a quiet moment, ask God:

- *What am I carrying that You never asked me to?*
- *What weight am I afraid to lay down because I don't trust You fully yet?*

### Activation:

Create a "Burden List" — write every single thing weighing on your heart. Beside each item, write a short prayer surrendering it to God. As you write, visualize handing these burdens into Jesus' hands.

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## Day 3: Hearing God's Voice Again

### Scriptures for Reflection:

- *John 10:27* — "My sheep listen to my voice; I know them, and they follow me."
- *Isaiah 30:21* — "Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'"
- *Psalms 46:10* — "Be still, and know that I am God."

### Deeper Reflection Prompt:

Ask God:

- *What is one way You've been speaking to me that I've overlooked?*
- *What small nudge have You given me recently that I ignored or doubted?*

### Activation:

Spend 10 minutes in silence. Have your journal open. Write down any impressions, words, scriptures, or images that come to mind. Afterward, ask yourself: *Does this align with God's Word and His loving character?*

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## Day 4: Replacing Lies with God's Truth

### Scriptures for Reflection:

- *2 Corinthians 10:5* — "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."
- *John 8:32* — "Then you will know the truth, and the truth will set you free."
- *Romans 12:2* — "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

### Deeper Reflection Prompt:

Ask God:

- *What is one lie about myself or You that I've been believing?*
- *What truth from Your Word do You want me to replace it with?*

### Activation:

Create a "Lies vs. Truth" chart in your journal. On the left, write down every lie you've believed (like "*I'm unworthy*"). On the right, write a scripture that declares God's truth (*Psalm 139:14* — "*I am fearfully and wonderfully made*"). Speak each truth out loud.

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## Day 5: Living in Daily Alignment

### Scriptures for Reflection:

- *Proverbs 3:5-6* — "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."
- *Galatians 5:25* — "Since we live by the Spirit, let us keep in step with the Spirit."
- *Psalms 119:105* — "Your word is a lamp for my feet, a light on my path."

### Deeper Reflection Prompt:

Ask God:

- *What small habit can I create to keep my heart connected to You daily?*
- *Where have I been out of alignment with You, and how can I step back in?*

### Activation:

Write a simple **Daily Alignment Plan** with 3 small habits to stay rooted in God. This could include:

1. **Morning:** Read one scripture and journal for 5 minutes.
2. **Midday:** Pause and pray, asking God how He's moving in your day.
3. **Evening:** Reflect on your day, thanking God for His presence and any small wins.

## Your Personal Covenant Page

Write out your personal covenant with God below.

*Lord, I commit to...*

*(What promise, habit, or action will help you stay connected to God?)*

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

Return to this page whenever you need a reminder of the promise you made—not to be perfect, but to stay present with God.

# About the Author

**Nicole Potter** is a faith-filled mentor, course creator, speaker, author, and founder of *Legacy Game Changers*—and *Anchored Membership*--a transformative space designed to help Christian women and mothers reconnect with God, heal from past wounds, and step into their true identity rooted in His love and truth.

With a heart for those who feel lost, overwhelmed, or distant from God, Nicole guides women through practical steps and spiritual truths to reset their hearts and realign their lives with God's purpose. Her teachings blend Biblical wisdom with everyday experiences, making the journey of healing and connection both powerful and personal.

Nicole believes that true freedom comes when we hear, connect, and encounter God—not just once, but daily. She is passionate about helping women break free from fear, silence the lies of the enemy, and build a firm foundation on God's truth.

Through her online courses, workshops, and heartfelt devotionals, Nicole empowers women to move from a place of pain into purpose—teaching them to trust God, trust themselves, and walk boldly into the life He has called them to.



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# Let's Stay Connected

- **Website:** [www.nicolepotterlgc.com](http://www.nicolepotterlgc.com)
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- **Instagram** [@nicolepotterlgc](https://www.instagram.com/nicolepotterlgc)

You are not alone on this journey—there is more for you in God's love.

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If you're ready to continue this journey, I want to personally invite you into a transformational space where you'll find support, encouragement, and practical tools to walk out your faith:

## 1. Anchored Membership

Join a community of faith-filled women who are committed to breaking free from the past, standing on God's truth, and living out their divine purpose. In this group, you'll find:

- Weekly encouragement and teachings
- Guided journaling prompts to deepen your connection with God
- A sisterhood of women pursuing growth and healing together
- Space to share testimonies and celebrate wins, big or small

This is more than a group—it's a **movement** of women who refuse to stay stuck and are stepping boldly into their God-given destinies.

**To learn more about Anchored Membership Community**

[<http://www.nicolepotterlgc.com/anchored-membership>]

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# Let's Keep Growing Together

I believe in the transformation God wants to bring to your life, and I know there's more for you.

You don't have to figure this out alone—there's a community waiting for you, and a God who is always speaking, always leading, and always loving you.

I can't wait to walk this next chapter with you.

With love and faith,  
**Nicole Potter**

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# Closing Prayer

**Father God,**

Thank You for walking beside me and every woman who has journeyed through these pages. You are the God who heals, restores, and realigns hearts back to You. Your love is unshakable, your truth is unchanging, and Your presence is ever near.

Lord, I lift up each heart that has longed for deeper connection with You—those who have felt distant, burdened, or lost. Remind them that You have never left. You are the One who draws close to the broken-hearted, the One who speaks in stillness, and the One who silences every lie with Your unfailing truth.

I pray for a fresh outpouring of Your Spirit over every woman reading this. Realign her heart to beat in rhythm with Yours. Let her hear Your voice with clarity, see herself through Your eyes, and boldly walk in the identity You've given her.

When the enemy tries to whisper fear, speak louder with Your perfect love.  
When doubt creeps in, anchor her in the promises of Your Word.  
When the path ahead feels uncertain, remind her that You go before her and light the way.

May this not be the end but a new beginning—a daily, ongoing walk of connection and intimacy with You.

God, I trust that You will complete the good work You've started in each life. I place every heart in Your hands, believing for healing, freedom, and transformation.

We surrender it all to You.

In Jesus' mighty name,  
**Amen.**