

# SHE Believed

*And that Changed Everything* 



A 5-Day Devotional for  
When *Faith* Feels Fragile

By Sarah Senya | She Believed

5 Days

to Renew  
Your Faith  
and Find  
Strength



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Fragile

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She Believed: And that changed Everything

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## Scripture Notice

Unless otherwise indicated, Scripture quotations are taken from the New King James Version (NKJV) of the Bible.

## Disclaimer

This devotional is intended for inspirational and educational purposes only and is not a substitute for professional medical, psychological, or therapeutic advice.

# Welcome

Hello Sis,

Thank you for joining us.

This devotional was created for you—the woman who is learning to trust God in uncertain seasons.

This devotional was birthed from seasons where I had to learn to trust God deeply

Whether you are waiting, healing, or believing again...

God sees you.

Over the next 5 days, I pray your faith is strengthened and your heart is reminded that God is faithful.

With love,

Sarah

## Day 1: She Believed Anyway

### Scripture:

*“Blessed is she who believed, for there will be a fulfillment of those things which were told her from the Lord.” - Luke 1:45*

### Devotional Thought

Mary received a promise that seemed impossible, yet she believed.

Before there was evidence, before understanding, before clarity, there was faith.

This is where every journey with God begins: belief.

God is still speaking today. Through His Word, through quiet whispers, through convictions in your heart. The question is not whether God has spoken - the question is whether you will believe Him.

Belief is not denial of reality; it is confidence in God's truth above it.

### Reflection

What has God spoken over my life?

Do I truly believe it?

### Prayer:

Lord, help me to believe Your Word, even when I don't understand it. Strengthen my faith and anchor my heart in Your promises. Amen.

### Faith Declaration

I am a woman who believes God. His Word is true in my life.

## Day 2: She Trusted

### Scripture:

*“Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” - Proverbs 3: 5-6*

### Devotional Thought

Belief is the beginning, but trust is the journey.

Mary didn't just believe the promise; she surrendered to the process. She accepted what God said without needing all the details.

Trust means releasing the need to control outcomes. It means allowing God to write the story, even when it looks different than you imagined.

Sometimes, what God is doing won't make sense, but it will always be purposeful.

### Reflection

Where am I leaning on my own understanding?

What do I need to surrender to God today?

### Prayer

Lord, teach me to trust You fully. Even when I don't understand, help me rest in Your wisdom and Your plan. Amen.

### Faith Declaration

I trust God with my life. His ways are higher, and His plans are good.

## Day 3: She Waited

### Scripture:

*“But those who wait on the Lord  
Shall renew their strength;  
They shall mount up with wings like eagles,  
They shall run and not be weary,  
They shall walk and not faint” - Isaiah 40:31 (NKJV)*

### Devotional Thought

Every promise has a process, and often, that process includes waiting. Waiting is not punishment; it is preparation.

In the waiting, God strengthens your faith, refines your character, and aligns everything according to His perfect timing.

Mary carried the promise before she saw its fulfillment. Likewise, you may be carrying something in seed form right now.

Do not despise the waiting season.

God is working—even when you cannot see it.

### Reflection

How do I respond in seasons of waiting?

What might God be developing in me right now?

### Prayer

Lord, give me grace to wait well. Help me trust that You are working behind the scenes. Strengthen me in this season. Amen.

### Faith Declaration

I will not grow weary in waiting. God is working all things for my good.

## **Day 4: She Surrendered**

### **Scripture:**

*“Then Mary said, “Behold the maidservant of the Lord! Let it be to me according to your word.” And the angel departed from her..” - Luke 1:38*

### **Devotional Thought**

True faith requires surrender.

Mary’s response to God was simple yet powerful: “Let it be to me according to Your word.”

Surrender is not weakness - it is alignment.

It means laying down your plans, your timelines, and your expectations, and saying, “God, have Your way.”

Sometimes the greatest breakthrough comes not when we strive harder, but when we yield deeper.

### **Reflection**

What am I still holding onto?

Can I truly say, “God, have Your way in my life”?

### **Prayer**

Lord, I surrender my plans, my fears, and my expectations to You. Let Your will be done in my life. Amen.

### **Faith Declaration**

I surrender to God’s will. His plan for me is good, and I trust Him fully

## **Day 5: She Received**

### **Scripture:**

*"For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us"*  
- 2 Corinthians 1:20

### **Devotional Thought**

What God speaks, He fulfills.

Mary's story did not end with belief—it ended with fulfillment.

The same God who made the promise brought it to pass.

Your story will not end in uncertainty. It will not end in delay. It will not end in doubt.

It will end in fulfillment.

God is faithful. Not one word He has spoken over your life will fall to the ground.

Hold on. Stay rooted. Keep believing.

### **Reflection**

Do I truly believe God will fulfill His promises to me?

How can I live in expectation today?

### **Prayer**

Lord, thank You that every promise You have spoken will come to pass. Help me live with faith and expectation. Amen.

### **Faith Declaration**

God's promises over my life are Yes and Amen. There will be a fulfillment of His Word to me.

Thank you for spending these moments with God.  
This is just the beginning.  
If you've never fully given your life to Jesus, this is your moment

**Pray this Prayer:**

*Dear Lord, I am a sinner in need of Your of Grace. I believe Jesus died for my sins and rose again. Please forgive me and be the Lord of my Life. Guide me in your truth.  
In Jesus Name I pray.*

If you prayed this prayer genuinely, you are a new creation.


If this blessed you, stay connected and continue growing with the She Believed community.

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**She believed... and so can you.**