

OVERTIME MINISTRIES

FAITH AND THE TRADES • FAITH IN ACTION

7 Days to a Stronger You

A free faith-based personal growth workbook

FAITH DOESN'T CLOCK OUT.

Scripture Reflection | Practical Action

Welcome to Your Seven-Day Journey

Faith is not limited to one day of the week. This workbook invites you to slow down, reflect honestly, explore Scripture, and take one practical step each day. You do not have to be perfect or have all the answers to begin.

How to use this workbook

Set aside 10-20 minutes daily. Read the referenced passage in your preferred Bible translation, consider the reflection, answer the questions, try the action step, and close with prayer. You can work privately or join the daily discussion in the Overtime Ministries Facebook group.

A note on support

This workbook is intended for spiritual encouragement and general personal growth. It is not mental health treatment or a substitute for professional counseling. Move at your own pace, especially with sensitive memories or relationships.

My intention for this week:

DAY 1 | Where Are You Right Now?

Read: Psalm 139:23-24 | Focus: Honest self-reflection

Today's reflection

Growth begins when we stop pretending everything is fine. Before setting new goals, notice where you are today. Bring your strengths, habits, doubts, and hopes before God. You do not need to have everything figured out to take an honest first step.

Reflect and journal

1. What area of my life currently needs the most attention?

2. What have I been avoiding admitting to myself?

3. Where have I already seen progress, even if it is small?

Put your faith into action

Set aside ten uninterrupted minutes. Write one honest sentence about your current season and one thing you hope will change.

Today's prayer

God, help me see my life clearly and respond with courage rather than fear. Amen.

DAY 1 CHECK-IN

Focus: Honest self-reflection

Daily Momentum Tracker

Reflect honestly on your experience today. Consider your focus, faith, and actions.

☐ Completed today's Scripture reading and reflection

☐ Took action on today's practical faith assignment

☐ Spent dedicated time in prayer

What did God reveal to you today?

Where did you encounter resistance or distraction?

I am stepping into tomorrow with:

DAY 1 | GUIDED JOURNAL

HONEST REFLECTION

Use this space to turn today's reflection into a personal response.

What would honesty with God look like in this season?

What is one area where I can take responsibility without being harsh with myself?

A SIMPLE NEXT STEP

DAY 2 | Finding Your Identity

Read: Ephesians 2:10 | Focus: Identity and self-worth

Today's reflection

It is easy to measure your worth by your productivity, other people's opinions, or past mistakes. Ephesians reminds believers that they are God's workmanship. Your value is not a prize you earn by having a perfect day. Let this truth influence the way you speak to yourself and treat others.

Reflect and journal

1. What labels have I accepted that limit me?

2. Which strengths or gifts could I use to serve someone?

3. How would my choices change if I acted from a secure sense of worth?

Put your faith into action

Replace one harsh self-description with a truthful, compassionate statement. Put it somewhere you will see it.

Today's prayer

God, help me recognize my worth and use my gifts with humility and purpose. Amen.

DAY 2 CHECK-IN

Focus: Identity and self-worth

Daily Momentum Tracker

Reflect honestly on your experience today. Consider your focus, faith, and actions.

☐ Completed today's Scripture reading and reflection

☐ Took action on today's practical faith assignment

☐ Spent dedicated time in prayer

What did God reveal to you today?

Where did you encounter resistance or distraction?

I am stepping into tomorrow with:

DAY 2 | GUIDED JOURNAL

IDENTITY & PURPOSE

Use this space to turn today's reflection into a personal response.

Which gifts or qualities am I grateful God has given me?

How can I put one of those gifts to work for someone else?

A SIMPLE NEXT STEP

DAY 3 | Breaking Free From Your Past

Read: Philippians 3:13-14 | Focus: Forgiveness and moving forward

Today's reflection

Your history can teach you, but it does not have to make every decision for you. Paul describes pressing forward toward what lies ahead. Moving forward does not mean ignoring harm or rushing forgiveness. It means considering which next step is healthy, honest, and possible today.

Reflect and journal

1. What past experience still shapes how I see myself?

2. What lesson can I keep without carrying the same burden?

3. What is one small forward step I can take this week?

Put your faith into action

Write down one regret or burden. Under it, write a lesson learned and one next action within your control.

Today's prayer

God, give me wisdom to learn from yesterday and courage to take today's next step. Amen.

DAY 3 CHECK-IN

Focus: Forgiveness and moving forward

Daily Momentum Tracker

Reflect honestly on your experience today. Consider your focus, faith, and actions.

☐ Completed today's Scripture reading and reflection

☐ Took action on today's practical faith assignment

☐ Spent dedicated time in prayer

What did God reveal to you today?

Where did you encounter resistance or distraction?

I am stepping into tomorrow with:

DAY 3 | GUIDED JOURNAL

LEARNING & MOVING FORWARD

Use this space to turn today's reflection into a personal response.

What have I learned from a difficult experience?

What is one next step I can take while respecting my own pace and boundaries?

A SIMPLE NEXT STEP

Faith doesn't clock out.



DAY 4 | Renewing Your Mind

Read: Romans 12:2 | Focus: Thought patterns and personal growth

Today's reflection

Thoughts influence our choices, relationships, and daily habits. Romans calls believers toward renewal rather than simply following every surrounding pattern. Begin by noticing a recurring thought, checking whether it is accurate and helpful, and choosing a response grounded in truth and grace.

Reflect and journal

1. Which thought tends to discourage or distract me?

2. What evidence supports or challenges that thought?

3. What healthier response could I practice when it returns?

Put your faith into action

Notice one unhelpful thought today. Pause, write it down, and answer it with a more balanced statement.

Today's prayer

God, guide my thoughts toward what is true, wise, and life-giving. Amen.

DAY 4 CHECK-IN

Focus: Thought patterns and personal growth

Daily Momentum Tracker

Reflect honestly on your experience today. Consider your focus, faith, and actions.

☐ Completed today's Scripture reading and reflection

☐ Took action on today's practical faith assignment

☐ Spent dedicated time in prayer

What did God reveal to you today?

Where did you encounter resistance or distraction?

I am stepping into tomorrow with:

DAY 4 | GUIDED JOURNAL

RENEWING MY MIND

Use this space to turn today's reflection into a personal response.

Which thought pattern do I want to notice this week?

What truth or Scripture can help guide my response?

A SIMPLE NEXT STEP

Faith doesn't clock out.



DAY 5 | Faith in Your Relationships

Read: James 1:19 | Focus: Communication and relationships

Today's reflection

Relationships grow when we listen to understand, not simply to prepare our reply. James encourages believers to be quick to listen and slow to speak and anger. Healthy communication also includes honest boundaries and accountability. Today, practice bringing patience and curiosity into one conversation.

Reflect and journal

1. Who in my life needs more attentive listening from me?

2. What usually makes me defensive in conversations?

3. How can I express a need or boundary clearly and respectfully?

Put your faith into action

Have one conversation in which you ask a sincere follow-up question before offering your opinion.

Today's prayer

God, help me listen patiently, speak with care, and treat others with dignity. Amen.

DAY 5 CHECK-IN

Focus: Communication and relationships

Daily Momentum Tracker

Reflect honestly on your experience today. Consider your focus, faith, and actions.

☐ Completed today's Scripture reading and reflection

☐ Took action on today's practical faith assignment

☐ Spent dedicated time in prayer

What did God reveal to you today?

Where did you encounter resistance or distraction?

I am stepping into tomorrow with:

DAY 5 | GUIDED JOURNAL

FAITH IN RELATIONSHIPS

Use this space to turn today's reflection into a personal response.

Where can I listen more carefully instead of reacting quickly?

What respectful conversation or healthy boundary would help?

A SIMPLE NEXT STEP

Faith doesn't clock out.



DAY 6 | Finding Your Purpose

Read: Proverbs 3:5-6 | Focus: Direction and intentional living

Today's reflection

Purpose does not always arrive as one dramatic revelation. It often develops through faithful everyday choices: showing up, serving, learning, and paying attention to the people around you. Trusting God and acknowledging Him can coexist with thoughtful planning and asking for wise counsel.

Reflect and journal

1. Which values do I want my daily actions to reflect?

2. Where do I see a need that matches my abilities?

3. What small commitment could bring my schedule closer to my values?

Put your faith into action

Choose one act of service or meaningful action you can complete within the next seven days.

Today's prayer

God, direct my steps and help me act faithfully with the opportunities before me. Amen.

DAY 6 CHECK-IN

Focus: Direction and intentional living

Daily Momentum Tracker

Reflect honestly on your experience today. Consider your focus, faith, and actions.

☐ Completed today's Scripture reading and reflection

☐ Took action on today's practical faith assignment

☐ Spent dedicated time in prayer

What did God reveal to you today?

Where did you encounter resistance or distraction?

I am stepping into tomorrow with:

DAY 6 | GUIDED JOURNAL

PURPOSE IN EVERYDAY WORK

Use this space to turn today's reflection into a personal response.

Where can I practice integrity and service in my daily work?

What small commitment can I make this week?

A SIMPLE NEXT STEP

Faith doesn't clock out.

DAY 7 | Taking the Next Step

Read: James 1:22 | Focus: Turning reflection into action

Today's reflection

Reflection matters, but lasting growth also requires action. James encourages believers to put what they hear into practice. Look back over the last six days without judging yourself harshly. Choose one manageable habit, one relationship action, and one way to nurture your faith. Keep your plan simple enough to begin this week.

Reflect and journal

1. What was my most important insight this week?

2. Which practice made a noticeable difference?

3. What will I do when motivation fades or plans change?

Put your faith into action

Write a seven-day action plan with one specific daily practice and a time to review your progress.

Today's prayer

God, help me put what I have learned into practice with consistency and grace. Amen.

DAY 7 CHECK-IN

Focus: Turning reflection into action

Daily Momentum Tracker

Reflect honestly on your experience today. Consider your focus, faith, and actions.

☐ Completed today's Scripture reading and reflection

☐ Took action on today's practical faith assignment

☐ Spent dedicated time in prayer

What did God reveal to you today?

Where did you encounter resistance or distraction?

I am stepping into tomorrow with:

DAY 7 | GUIDED JOURNAL

KEEPING THE MOMENTUM

Use this space to turn today's reflection into a personal response.

What daily practice is realistic for the next seven days?

Who or what can help me stay accountable?

A SIMPLE NEXT STEP

Faith doesn't clock out.

Your Next Seven Days

Your growth does not end when this workbook does. Choose a few realistic actions to carry forward. Progress is built through small, repeated choices.

One faith practice I will continue:

One relationship action I will take:

One personal growth habit I will practice:

My check-in date and accountability plan:

Keep Growing With Overtime Ministries

Join the conversation in our Facebook community for encouragement and shared reflection. When you are ready for more structure, look for upcoming Overtime Ministries resources and Real Talk Coaching offerings.

Share one takeaway from this week with the group if you feel comfortable. Personal reflection can remain private.

WEEK 1 COMPLETION CHECK-IN

Look back to leap forward.

Weekly Milestones & Victory Lap

Reflecting on the past seven days, how have your relationship with God and your daily habits changed? What are you most proud of achieving?

The Overtime Commitment

Faith doesn't clock out. What is one major takeaway from this entire experience that you will actively apply to your work, family life, or daily routines?

Prayer of Continued Dedication

Heavenly Father, thank You for completing this week of growth with me. You are the builder of my life, the master artisan of my soul. As I step off this short path and back into the daily grind, let my work be an act of worship, my hands be tools of grace, and my heart remain steadfast in Your love. Amen.

About Overtime Ministries

Faith in the Trades • Faith in Action

At Overtime Ministries, we believe that **faith doesn't clock out** when you walk onto the job site, step into the shop, or pick up your tools. Built specifically for men and women working in the trades, industry, and blue-collar professions, our mission is to ground everyday hard work in eternal kingdom purpose.

What We Do

We design resources, communities, and accountability systems tailored to the rugged rhythms of demanding physical and technical professions. Our core work includes:

- **Practical Devotionals & Workbooks:** Spiritual tools built to cut through the noise, delivering sharp, actionable reflections that can be read and implemented in under 15 minutes a day.
- **Real Talk Coaching:** Dedicated professional development and spiritual mentorship programs tailored to help tradespeople lead their families, master their mindsets, and scale their influence responsibly.
- **The Overtime Community:** An active, digital, and local brother/sisterhood of builders, electricians, mechanics, plumbers, foremen, and operators supporting one another daily.

Our Core Value

We believe your work is your platform. You aren't just earning a paycheck; you are modeling Christ-like integrity, excellence, and stewardship in industries that form the very backbone of our world.

Connect With Us

Join our thriving community on Facebook to discuss your daily journey, and look out for our upcoming dynamic study resources designed to maximize your spiritual overtime.