



A FREE TEACHING AND REFLECTION GUIDE

The Next Right Step

A 7-Day Body, Soul, and Spirit Reflection Guide

You do not have to solve your entire life today. You need one honest beginning and one faithful next step.

BODY | SOUL | SPIRIT

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Whole does not mean flawless.

Wholeness means learning to bring your body, soul, and spirit into the same honest conversation with God.

People rarely struggle in only one area. What shows up physically may have emotional roots. What looks like a discipline problem may be connected to identity. What feels spiritual may also require rest, a boundary, an honest conversation, or wise care.

This guide will help you slow down long enough to notice what is happening, name it without shame, return to Jesus, and choose a next step you can actually practice.

REMEMBER

You are not trying to perform the right answer. You are making room for the honest one.

How to use this guide

1. Take one day at a time. Read the Scripture in context rather than rushing through a verse.
2. Write what is true, not what sounds impressive.
3. Notice connections between your body, thoughts, emotions, relationships, habits, and spiritual life.
4. Choose one specific action. Small and repeatable is stronger than dramatic and temporary.
5. Invite safe, wise support when the next step should not be taken alone.

A prayer for the beginning

Father, help me see clearly without shame. Show me what needs care, what needs truth, what needs to change, and what You are inviting me to practice. Keep Jesus at the center and lead me one honest step at a time. Amen.

DAYS 1-2

Notice before you judge.

DAY 1

Listen to what your body is telling you.

READ ALONGSIDE 1 Kings 19:5-8 | Mark 6:31

Your body is not an enemy to punish or a machine to ignore. Exhaustion, hunger, tension, pain, restlessness, and cravings can carry information. They do not always tell you what to do, but they can tell you where to pay attention. Before Elijah received more instruction, he received sleep, food, and water.

ASK HONESTLY

- What physical signal has been the loudest lately?
- What might that signal be asking me to notice?

PRACTICE

Pause three times today. Notice your breathing, hunger, tension, energy, and surroundings. Write what you observe without criticizing yourself.

A SIMPLE PRAYER God, teach me to care for the body You gave me with wisdom rather than shame.

DAY 2

Name what is happening in your soul.

READ ALONGSIDE Psalm 42:5 | Proverbs 4:23

Feelings are real, but they are not always reliable leaders. They are signals that deserve attention. Naming grief, fear, anger, loneliness, disappointment, or overwhelm does not give the feeling control. It helps you understand what has been influencing your choices beneath the surface.

ASK HONESTLY

- What emotion keeps returning?
- What need, loss, fear, or belief may be underneath it?

PRACTICE

Complete this sentence without editing it: 'What I have not wanted to admit is...' Then ask what healthy care would look like.

A SIMPLE PRAYER Father, meet me in the truth. Help me feel without being ruled by every feeling.

DAYS 3-4

Return to truth and find the pattern.

DAY 3

Look at Jesus again.

READ ALONGSIDE John 14:6-10 | Hebrews 1:1-3

Most of us did not form our picture of God on a blank page. Pain, disappointment, religious pressure, and trusted people may have added details that do not resemble Jesus. He came to reveal the Father. When your picture of God is distorted, return to the way Jesus tells truth, welcomes honest seekers, protects the vulnerable, confronts hypocrisy, and calls people into freedom.

**ASK
HONESTLY**

- Who or what shaped my picture of God?
- Does that picture agree with the character of Jesus?

PRACTICE

Read one Gospel scene slowly. Finish this sentence: 'Jesus shows me that God...'

A SIMPLE PRAYER Jesus, clear away what fear, pain, and tradition have added. Show me the Father.

DAY 4

Trace the road to the repeated choice.

READ ALONGSIDE Romans 12:2 | James 1:14-15

A pattern usually begins before the final choice. A trigger arrives, a familiar story becomes believable, an urge rises, and an old response follows. Freedom grows when you stop studying only the collapse and begin noticing the road that leads to it.

**ASK
HONESTLY**

- What usually happens just before the pattern begins?
- What story becomes believable in that moment?

PRACTICE

Write the sequence: Trigger -> Story -> Urge -> Choice -> Result. Circle the earliest place where truth, support, or a boundary could enter.

A SIMPLE PRAYER Holy Spirit, help me recognize the pattern early and practice a different response.

DAYS 5-6

Give truth a next action.

DAY 5

Choose one step small enough to repeat.

READ ALONGSIDE James 1:22-25 | Zechariah 4:10

Insight can open the door, but formation happens through practice. 'Do better' is not a plan. A useful next step names what you will do, when you will do it, and what will help you follow through. Do not confuse a small faithful step with a small result.

**ASK
HONESTLY**

- What truth do I already understand but need to practice?
- What is one action I can repeat this week?

PRACTICE

Replace a vague goal with a scheduled action. Not 'pray more,' but 'sit with God for ten quiet minutes before checking my phone.'

A SIMPLE PRAYER God, strengthen my next faithful choice and teach me to value steady obedience.

DAY 6

Let safe support into the process.

READ ALONGSIDE Galatians 6:2 | Proverbs 15:22

Healing and growth are personal, but they were never meant to be isolated. Safe support does not take over your responsibility; it helps you carry what is too heavy to hide. Wisdom also means recognizing that not everyone is safe enough for every part of your story.

**ASK
HONESTLY**

- Who has demonstrated wisdom, honesty, and healthy fruit?
- What kind of support do I actually need?

PRACTICE

Ask one safe person for one clear form of support: prayer, accountability, listening, practical help, or professional care.

A SIMPLE PRAYER Father, give me discernment about access and courage to receive healthy support.

Review without condemning yourself.

A hard day does not erase honest progress. Review is not a courtroom. It is how you gather wisdom for what comes next.

READ ALONGSIDE [Philippians 1:6](#) | [Lamentations 3:22-23](#)

Look back over the week. You may have discovered a physical need that deserves care, an emotion that needs language, a belief that needs truth, a pattern that needs interruption, or a practice that needs repetition. You do not have to finish the entire work to honor what God has shown you.

Ask honestly

- What did I notice that I had been overlooking?
- Where did body, soul, and spirit connect?
- What helped me respond differently?
- Where did I need more support than I expected?
- What practice should continue for another seven days?

**TRUTH TO
CARRY**

You are not required to become everything in one day. You are invited to keep becoming.

Write your evidence of growth

One truth I can see more clearly now:

One response I handled differently:

One place I want God to keep working:

A SIMPLE PRAYER Father, thank You for meeting me in truth. Give me grace for the process, courage for the next step, and wisdom to continue what You have begun. Amen.

Make the next step visible.

Use this page to turn what you learned into one realistic week of practice.

AREA	WHAT I NOTICE	WHAT NEEDS CARE OR ACTION
BODY		
SOUL		
SPIRIT		

MY ONE STEP

This week, I will...

WHEN AND WHERE

I will practice it at...

TRUTH TO RETURN TO

The Scripture or truth I will carry is...

SAFE SUPPORT

The person I can ask for support is...

PLAN FOR PRESSURE

When the old pattern gets loud, I will...

One honest step can change the direction of a life.

Wholeness is not a performance, and healing is not a race.

Keep Jesus at the center. Tell the truth without turning the wound into your identity. Pay attention to fruit. Receive prayer without surrendering responsibility. Seek wise help without treating it as a failure of faith. Let truth reach the places where real life is happening.

You may still have questions. You may need to repeat a practice, change a boundary, ask for help, or give your body and soul time to recover. That does not mean the week failed. It means you are learning what the next right step actually requires.

**CARRY THIS
WITH YOU**

Start where you are. Tell the truth. Stay close to Jesus. Take the next faithful step.

Continue with Amy

Books and resources: amylemieux.org/books

Wholeness and coaching: amylemieux.org/wholeness

Faith and ministry: amylemieux.org/faith

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Wise care is not a failure of faith

This guide offers biblical reflection and education. It is not a substitute for professional medical, mental-health, legal, or crisis care. If you are in immediate danger, experiencing a medical emergency, or considering harming yourself or someone else, contact emergency services or an appropriate crisis resource immediately.

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