



LIFT YOUR HEART

A MIC DROP FAITH DEVOTIONAL FOR
MOVEMENT, STEWARDSHIP & MORE THAN THE SCALE

DROP TRUTH. LIFT HEARTS.

REVIEW-ONLY EDITION • MIC DROP FAITH

DESIGNED FROM THE APPROVED BRAND KIT: <https://madethis.com/files/e5905214-bf93-4e30-9f76-05833680994d>

WELCOME.

A DEVOTIONAL FOR ANY CHRISTIAN

Your body is not a project to punish.

It is a place to practice stewardship.

Lift Your Heart is a seven-lesson Mic Drop Faith devotional for Christians who want to connect faith with movement, strength, nourishment, rest, and lasting change. It is not a weight-loss program with Bible verses added. It is a Scripture-led invitation to see movement as one possible response of worship and stewardship. It does not make body size, weight loss, aesthetics, performance, or productivity a measure of worth, holiness, or spiritual maturity.

Every lesson follows a simple rhythm: **Open Your Bible** → **Mic Drop Truth** → **Anchor Truth** → **Guided Teaching** → **Reflect** → **Journal + Guided Prayer** → **Your Next Step** → **Mic Drop**. Read each passage in your preferred translation. Keep what is helpful. Move at a pace that honors your body and your actual season.

A FOUNDER'S MOMENT.

“I have lost over 100 pounds. The story is not that a number made me more lovable, more disciplined, or closer to God. The story is that God met me in ordinary choices: moving when I did not feel like it, beginning again when I had quit, resting when I needed to, and refusing to let the scale have the final word. My journey is personal. It is not a formula for yours, but I hope it reminds you that small, faithful steps matter.”

A GENTLE NOTE ABOUT WELLNESS

This devotional offers biblical encouragement and general education; it is not medical, nutrition, mental-health, exercise, or weight-loss advice. Every body and health story is different. Before beginning or changing movement, nutrition, medication, or wellness practices, consider consulting a qualified, licensed health professional who understands your needs. Stop and seek appropriate care for pain, dizziness, injury, disordered-eating concerns, or any symptom that worries you. **Your worth is not determined by your body, ability, weight, or outcome.**

TRAIN WITH GRACE.

Strength training: resistance is not rejection.

OPEN YOUR BIBLE

Philippians 4:13; Isaiah 40:29–31; 2 Corinthians 12:9

ANCHOR TRUTH

God forms endurance through faithful dependence. It does not grow through self-hatred, frantic striving, or a demand to prove yourself.

GUIDED TEACHING

A weight that once felt impossible can become manageable through patient, repeated practice. The resistance did not become kind; strength grew over time. That is a helpful picture of discipleship. Some days carry real resistance: grief, anxiety, an unfamiliar beginning, a hard conversation, or the simple effort of caring for a body that feels tired. God does not ask you to despise yourself into strength. He meets you with grace. Movement can be an act of stewardship and gratitude, but it is never payment for food, rest, or worthiness. Receive strength as a gift, not as proof that you are better than someone else.

MIC DROP TRUTH.

EVERYDAY ANALOGY

Progressive resistance asks you to return to a manageable weight with good form. You do not lift the heaviest thing in the room to prove you belong there; you build capacity one faithful repetition at a time.

BIBLICAL TRUTH

The strength Paul describes is not self-generated power. It is Christ strengthening a dependent person. Grace does not remove every hard thing; it keeps you from carrying the hard thing alone.

RELEVANT SCRIPTURE

Philippians 4:13; 2 Corinthians 12:9

REFLECT + PRAY

Where have you confused pressure with punishment? What is one small physical, practical, or spiritual weight you can lift faithfully today while leaning on God?

MIC-DROP TAKEAWAY

Grace does not remove the resistance. It changes Who you lean on while you lift.

MAKE IT PERSONAL.

REFLECT

1. What does it sound like when I speak to myself as though I have to earn care?
2. Where do I need to choose patient practice over punishment?
3. What would it mean to receive strength rather than perform strength today?

JOURNAL

Name one resistance you are carrying and one way God has already sustained you.

Write a grace-filled sentence you can return to when movement feels difficult.

GUIDED PRAYER

Jesus, thank You that Your grace meets me in weakness. Free me from striving to earn what You have already given. Teach me to care for this body with patience, humility, and gratitude. Give me strength for the next faithful repetition. Amen.

YOUR NEXT STEP

Choose a manageable act of care: a walk, adaptive movement, a therapy exercise, a stretch, an appointment, or a moment of rest. Let it be an offering, not a test.

KEEP SHOWING UP.

Cardio and endurance: pace beats the panic sprint.

OPEN YOUR BIBLE

Galatians 6:9; Hebrews 12:1–2; Zechariah 4:10

ANCHOR TRUTH

Faithfulness is usually built through ordinary, repeated obedience. It is not built through dramatic bursts followed by disappearance.

GUIDED TEACHING

Cardio is not won in the first fast minute. A sustainable pace carries you farther than a sprint you cannot repeat. The same is true when you are rebuilding a rhythm with God, movement, or daily care. The all-or-nothing voice says a short walk does not count, a gentle session is not enough, and a missed week means you have failed. Scripture offers a different invitation: do not despise small beginnings, and do not grow weary in doing good. Beginning again is not drama. It is discipleship. You can choose a pace that is honest for this season and let consistency become a quiet act of trust.

MIC DROP TRUTH.

EVERYDAY ANALOGY

A runner who starts at an impossible pace may stop before the route is finished. A steady pace protects the capacity to continue.

BIBLICAL TRUTH

Jesus calls His people to fix their eyes on Him, not on a streak, a comparison, or a perfect start. Small, repeatable obedience is still obedience.

RELEVANT SCRIPTURE

Hebrews 12:1–2; Galatians 6:9

REFLECT + PRAY

What pace can you actually sustain right now? What lie tells you that a small effort does not count?

MIC-DROP TAKEAWAY

You do not have to sprint to prove you are serious. Keep moving toward what is true.

MAKE IT PERSONAL.

REFLECT

- 1. Where am I tempted to choose intensity because I am afraid slow progress will not count?
- 2. What minimum rhythm would feel faithful and realistic this week?
- 3. How can I begin again without turning one missed day into a verdict?

JOURNAL

Describe an honest pace for your present season.

Write a plan for returning after a disrupted day, week, or routine.

GUIDED PRAYER

Father, free me from the pressure to sprint for approval. Teach me to walk faithfully, breathe deeply, and return to You when I lose my rhythm. Let my ordinary choices become a quiet offering of trust. Amen.

YOUR NEXT STEP

Choose a minimum movement rhythm so small it is realistic. It might be one song, one lap, a few minutes of mobility, a seated option, or a walk with a friend. The goal is to practice returning.

HONOR THE RECOVERY.

Rest days are part of the program.

OPEN YOUR BIBLE

Mark 6:31; Psalm 23:1–3; Exodus 20:8–10

ANCHOR TRUTH

Rest is not a reward for becoming exhausted enough. It is part of wise, God-given rhythm.

GUIDED TEACHING

Muscles are challenged in training, but they rebuild in recovery. Refusing recovery does not make the body stronger; it can keep it from repairing. In the same way, worship is not relentless output. Jesus invited His disciples to come away and rest. Sleep, medical care, therapy, a lighter training day, a mobility session, a boundary, and saying “not today” can all be forms of faithful stewardship. Rest is not quitting on the work God has given you. It is trusting that God remains God when you stop producing.

MIC DROP TRUTH.

EVERYDAY ANALOGY

Training creates stress; recovery is where the body repairs and adapts. A plan without recovery is not stronger. It is incomplete.

BIBLICAL TRUTH

The Shepherd leads His people beside still waters and restores their souls. God's care is not limited to your most productive moments.

RELEVANT SCRIPTURE

Mark 6:31; Psalm 23:1–3

REFLECT + PRAY

What does your body or soul need permission to recover from? Where have you called depletion devotion?

MIC-DROP TAKEAWAY

Rest is not quitting. It is how faithfulness keeps its strength.

MAKE IT PERSONAL.

REFLECT

1. What signals of fatigue, pain, overwhelm, or depletion have I been ignoring?
2. What makes rest feel unsafe or undeserved to me?
3. What would wise recovery look like in the next twenty-four hours?

JOURNAL

List three forms of recovery that would care for your body or soul.

Write a prayer of permission for a boundary, a rest day, or needed support.

GUIDED PRAYER

Good Shepherd, lead me into Your restoring care. Forgive me for treating exhaustion like proof of faithfulness. Give me wisdom to rest, receive help, and honor the limits You already see with compassion. Amen.

YOUR NEXT STEP

Schedule one recovery practice: go to bed earlier, take a quieter walk, choose mobility over intensity, ask for help, keep an appointment, or set a boundary that protects your peace.

WHEN PROGRESS PAUSES.

A plateau is not a verdict.

OPEN YOUR BIBLE

James 1:2–4; Galatians 6:9; 1 Corinthians 3:6–7

ANCHOR TRUTH

A visible result is not the only evidence that God is at work. Growth is often real before it is obvious.

GUIDED TEACHING

A plateau can feel like nothing is happening because the number is not changing. Yet training can still strengthen the heart, build capacity, improve form, restore confidence, or teach patience beneath the surface. The scale may be data, but it is not a judge. God alone gives growth, and God's work in you is not limited to a visible metric. Progress may include energy, peace, strength, sleep, boundaries, consistent care, the courage to seek help, or the freedom to stop speaking cruelly to yourself. Do not hand one number the authority to narrate your whole life.

MIC DROP TRUTH.

EVERYDAY ANALOGY

A flat number cannot measure every adaptation happening beneath the surface: steadier breathing, better form, a stronger heart, or a person who keeps returning.

BIBLICAL TRUTH

We plant and water faithfully, but God gives the growth. Faithfulness is not wasted because the result is slow or unseen.

RELEVANT SCRIPTURE

1 Corinthians 3:6–7; Galatians 6:9

REFLECT + PRAY

What good work might be happening that discouragement has made hard to notice? What metric needs less authority in your life?

MIC-DROP TAKEAWAY

A paused number is not a paused purpose.

MAKE IT PERSONAL.

REFLECT

- 1. What am I using as my primary proof that I am doing okay?
- 2. Which non-scale signs of care or growth deserve to be named?
- 3. What would faithfulness look like if the visible outcome stayed slow for a while?

JOURNAL

Make a list called "Progress I Can Practice Without a Number."

Write a prayer releasing one metric that has become too loud.

GUIDED PRAYER

God of patient growth, keep me from measuring my life by what I can count. Help me notice the work You are doing beneath the surface. Give me courage to keep doing good, to seek wise help, and to trust You with the fruit. Amen.

YOUR NEXT STEP

Name three non-scale signs of care you want to notice this week: energy, sleep, strength, peace, a boundary, hydration, connection, or simply returning without shame.

FUEL WHAT YOU ARE BUILDING.

Nourishment and provision: receive with gratitude.

OPEN YOUR BIBLE

1 Corinthians 10:31; Matthew 6:11; Psalm 104:14–15

ANCHOR TRUTH

Receiving daily provision with gratitude is different from controlling yourself with fear. God’s care invites wise nourishment, not food shame.

GUIDED TEACHING

You would not expect a car to travel far on an empty tank, then insult it for slowing down. Bodies need consistent care; they are not machines to ignore until they break down. Scripture teaches us to receive daily bread with gratitude and to do all things for God's glory. That is very different from treating food as a moral scorecard or exercise as payment. Avoid labels that turn meals into identity: “good” or “bad” body, “clean” or “cheat” food, earned or unearned nourishment. Your body is not an enemy to control. It is a life to care for with wisdom, support, and grace.

MIC DROP TRUTH.

EVERYDAY ANALOGY

A vehicle needs fuel to travel; withholding what it needs does not create character. It creates strain.

BIBLICAL TRUTH

Daily bread is a gift. Gratitude and wise planning can coexist without fear, shame, or a demand for perfection.

RELEVANT SCRIPTURE

Matthew 6:11; 1 Corinthians 10:31

REFLECT + PRAY

Where has fear been speaking louder than gratitude? What would a nourishing next choice look like today?

MIC-DROP TAKEAWAY

You cannot punish your way into peace. Receive provision; steward it with grace.

MAKE IT PERSONAL.

REFLECT

- 1. What messages about food or my body have made gratitude difficult?
- 2. What support would help me care for my needs more wisely?
- 3. How can I practice receiving provision without making it a performance?

JOURNAL

List a few forms of provision you are grateful for today.

Write one gentle, practical way you can prepare for care this week.

GUIDED PRAYER

Provider God, thank You for daily bread and for the body You have entrusted to me. Untangle fear from my choices. Give me wisdom, gratitude, and the humility to receive qualified support when I need it. Amen.

YOUR NEXT STEP

Make one supportive preparation: fill a water bottle, plan a balanced meal with guidance that fits your needs, stock an easy option, or schedule a conversation with a qualified professional.

BUILT BY REPETITION.

Form, habits, and the quiet power of return.

OPEN YOUR BIBLE

Luke 16:10; Colossians 3:23–24; Psalm 90:17

ANCHOR TRUTH

Faithful practices matter because they keep turning our attention toward God, not because they earn His love.

GUIDED TEACHING

One perfect workout does not build a strong body, and one missed workout does not erase it. Repeated reps shape strength long before the mirror sees it. The same is true of small practices that support your life with God: opening Scripture, taking a walk, receiving sleep, asking for help, drinking water, or making an honest plan. These rhythms are not a résumé for God. They are simple ways to return your attention to the One who already loves you. Choose anchors that serve your real life: lay out shoes, place a Bible where you will see it, invite a friend, or make a smaller version of the habit for hard days.

MIC DROP TRUTH.

EVERYDAY ANALOGY

Good form is learned by repetition. It becomes more natural because you return to it again and again, not because every repetition is flawless.

BIBLICAL TRUTH

Faithfulness in little things is meaningful. God establishes the work of our hands; we do not have to make every day spectacular for it to matter.

RELEVANT SCRIPTURE

Luke 16:10; Psalm 90:17

REFLECT + PRAY

What small practice helps you return to God and care for your body with steadiness? How can you make it easier to begin?

MIC-DROP TAKEAWAY

Small, faithful reps become a life you can stand on.

MAKE IT PERSONAL.

REFLECT

1. Which routine feels life-giving rather than punishing?
2. What obstacle makes a good rhythm harder than it needs to be?
3. What is my smallest faithful version for a hard day?

JOURNAL

Choose one anchor for this week and describe exactly when and where you will practice it.

Write a compassionate restart plan for when the rhythm is interrupted.

GUIDED PRAYER

Lord, establish the work of my hands. Free me from chasing perfect days, and teach me the quiet strength of returning. Let my ordinary practices point me back to Your faithful love. Amen.

YOUR NEXT STEP

Set up one helpful cue: lay out comfortable clothes, bookmark a passage, put a water bottle in view, set a gentle reminder, or ask a trusted friend to join you.

MEASURE WHAT MATTERS.

More than the scale: identity has a truer anchor.

OPEN YOUR BIBLE

1 Samuel 16:7; Ephesians 2:10; Romans 12:2

ANCHOR TRUTH

Your body, ability, weight, performance, and appearance are not your résumé before God. Your identity is held in Christ.

GUIDED TEACHING

Metrics can be useful, but they make cruel masters. A scale, mirror, clothing size, workout streak, or before-and-after photo can become a voice that tries to tell you whether you are valuable. God looks at the heart. You are God's workmanship, created for good works prepared for you. You were not made for a body competition, a punishment cycle, or a smaller life. Movement may support your health, joy, mobility, community, and strength. But your worth never rises or falls with your ability to do it. Let the final measure be a life increasingly shaped by truth, grace, wisdom, and love.

MIC DROP TRUTH.

EVERYDAY ANALOGY

A measuring tape can report a dimension, but it cannot describe courage, kindness, faithfulness, wisdom, or the image of God in a person.

BIBLICAL TRUTH

God sees deeper than appearance. In Christ, you are God's workmanship, invited into a renewed way of thinking and living.

RELEVANT SCRIPTURE

1 Samuel 16:7; Ephesians 2:10

REFLECT + PRAY

What has been trying to name you lately? What does God say is truer about you?

MIC-DROP TAKEAWAY

Care for your body. Do not make your body your god, judge, or résumé.

MAKE IT PERSONAL.

REFLECT

- 1. What external measure has had too much authority over my mood or identity?
- 2. What qualities of spiritual and practical growth do I want to notice instead?
- 3. How can I speak about my body with honesty and honor this week?

JOURNAL

Write a list titled "What God Sees That a Number Cannot."

Write a closing declaration of identity rooted in Christ, not an outcome.

GUIDED PRAYER

God, renew my mind. When a number, mirror, or comparison tries to name me, bring me back to what is true: I am Your workmanship, seen and loved by You. Teach me to care for my body with honor and keep my identity anchored in Christ. Amen.

YOUR NEXT STEP

Choose one non-scale measure to celebrate this week: a boundary, a prayer, a rest choice, a kind word to yourself, a walk, a support appointment, or a faithful return.

KEEP LIFTING YOUR HEART.

You do not finish this devotional because every question is answered or every rhythm is perfected. You finish with a truer place to stand: your identity is secure in Christ, your body is worthy of wise care, and small faithful steps matter. Return to these pages whenever the scale, mirror, comparison, pressure, or pause gets loud.

Open your Bible. Tell the truth. Receive grace. Take the next faithful step.

DROP TRUTH. LIFT HEARTS.

DESIGN BASIS

This review-only edition follows the Mic Drop Faith brand kit: <https://madethis.com/files/e5905214-bf93-4e30-9f76-05833680994d>