THE 90-DAY JOURNEY

Nine movements, *one* aim

Part one: Days 1 to 50

1

DAYS 1–10

Beloved First

From earning love to receiving it

2

DAYS 11–20

Called by Name

From borrowed labels to God-given identity

3

DAYS 21–30

Closing the Gap

From knowing truth to trusting it

4

DAYS 31–40

Released

From shame and striving to grace

5

DAYS 41–50

True Humility

From insecurity to wholehearted obedience



Roots grow underground.
Keep coming back.

Chaotic Sunshine

Nine movements, *one* aim

Part two: Days 51 to 90

6

DAYS 51–60

A Seat at the Table

From apologizing for space
to receiving your place

7

DAYS 61–70

Your Yes and Your No

From fear of people
to fear of the Lord

8

DAYS 71–80

Staying Power

From starting over to abiding

9

DAYS 81–90

Unshakeable

From managing fear
to standing firm



A rooted woman gets sent.

UNSHAKEABLE

Hard day? *Three* steps.

On hard days, this counts as a full day.

1 Anchor
One verse to carry all day.
Card or lock screen.

2 God here
What the passage shows you about God.

3 Pray
One honest sentence counts.

Showing up tired is still showing up.



Addie rests too.

Five *tools*, 90 days

To see growth that happens underground.

Rooted Self-Check

Rate it on Day 1, Day 45 and Day 90

Lie and Truth Ledger

The lie on the left, the verse on the right

Sealed letters

Day 1 you writes to Day 90 you

Selah pages

A pause after every seventh day

Tracker and memory cards

90 leaves and nine verse cards



Tucker loves a system.

Watch the roots go down.

ROOTED

When it still *hurts*

Lament in four honest steps.

1. **Address God**
   Use a name for God that fits today.
2. **Name the pain**
   Tell Him exactly what hurts.
3. **Ask**
   Say plainly what you want Him to do.
4. **Choose trust**
   End where the psalms end.



CHOOSE TRUST

"But I trust in your unfailing love; my heart rejoices in your salvation."

PSALM 13:5, NIV

Say it even if you do not feel it yet.

RELEASED

Check its *ID*

2 Corinthians 10:5 in three steps.

THE THOUGHT

God is disappointed in me.

VISITOR
NO ID

Thoughts are not facts just because they feel familiar.

1

Notice it

Catch the thought as it walks in.

2

Name it

Does it agree with what God says?

3

Replace it

Answer it with His truth.

THE TRUTH

"He will take great delight in you; in his love he will no longer rebuke you..."

ZEPHANIAH 3:17, NIV

RENEWED

The Lie and Truth *Ledger*

The lie on the left. The verse on the right.

THE LIE	THE TRUTH
~~I have to earn it.~~	*"For he chose us in him before the creation of the world..."* EPHESIANS 1:4, NIV
~~God is disappointed in me.~~	*"He will take great delight in you..."* ZEPHANIAH 3:17, NIV
~~Old labels decide who I am.~~	*"I have summoned you by name; you are mine."* ISAIAH 43:1, NIV

Catch one lie this week.

Hired help or *heir?*

Same house. Two ways to live in it.

THE EMPLOYEE ASKS

"What do I have to do to get paid?"

Lives on wages.

THE HEIR ASKS

"What has my Father given me, and how do I steward it?"

Lives on an inheritance.

> ***"So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir."***
>
> GALATIANS 4:7, NIV

Pray like an heir today.

SEATED

Chaotic Sunshine

Beloved, *then* sent

The order matters.

1 Beloved

"This is my Son, whom I love; with him I am well pleased."

MATTHEW 3:17, NIV



He had not preached one sermon yet.

2 Sent

When the order holds, service becomes an overflow.

60 seconds of His delight before the to-do list.

Chaotic Sunshine