

*Made For This*

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# The Daily Reset Sampler

*Six questions. Six belief/experience gaps.  
One honest reset — whenever you need it.*

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WITH  
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# Welcome.

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This is a five-minute reset you can do any time the day starts to run you — or when you just need five honest minutes to get back to yourself and back to God.

Six honest questions. Each one names a place where Christian women often feel the gap between what they believe and what they are actually living. You don't have to answer all six right now. Start with the one that's pressing hardest. Come back to the others.

There are no polished answers here. The answer that helps is the honest one.

## WHAT'S INSIDE

Belief: God is near — Experience: the day is already running you

Belief: grace is real — Experience: God still looks disappointed

Belief: marriage is partnership — Experience: you feel alone in the load

Belief: sincere faith is enough — Experience: your questions make you feel unqualified

Belief: serving matters — Experience: you are disappearing inside the serving

Belief: God hears you — Experience: heaven feels quiet

## A NOTE ON HOW TO USE THIS

Answer the question that hits you hardest first. Use the writing lines — messy is fine. Print as many copies as you need. This is between you and God.

Let's go.

*Katrina*

GAP 1

## When the day is already running you

*“I keep thinking I’ll have more margin next month. But next month looks exactly like this month.”*

- 1 Right now, on a scale of one to ten, how full is your tank — not your schedule, your actual self? What’s draining it fastest, and is any of what you’re carrying something that was never really yours to hold?

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GAP 2

## The fear you haven’t said out loud

*“I don’t know if what I have is real faith or just habit. And I’m scared to find out.”*

- 2 What is the quietest fear you’ve been carrying that you haven’t told anyone — not your husband, not your closest friend, maybe not even God? Write it here. You don’t have to fix it. Just name it.

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GAP 3

## The ordinary faithfulness nobody applauds

*“I love him. I’m also really tired of feeling like I’m carrying this alone.”*

- 3 Where do you feel most alone in the load right now — practically, emotionally, spiritually, or in the invisible work nobody sees? What would it mean to name that without turning it into accusation?

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GAP 4

## Raising souls you're not sure you're doing right

*"I want my kids to have real faith. I'm just not sure mine is solid enough to pass on."*

- 4 When your child asks something you cannot answer, what fear rises first — that you do not know enough, that you are failing them, or that God will not meet you there?

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GAP 5

## The permission you don't know you're allowed to ask for

*"Taking time for myself feels selfish. But I have nothing left to give anyone."*

- 5 What does your body, mind, or soul most need right now that you've been calling selfish? What would it mean to treat your own capacity as something God actually cares about tending — not as an indulgence, but as stewardship?

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GAP 6

## When God feels quiet

*"I believe God hears me. It just does not feel like He does."*

- 6 What story are you telling yourself about God's silence — and is that story the whole truth? What would it look like to stay on the vine while the fruit is not visible yet?

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# *You were made for this.*

*The fact that you showed up here — that counts for something.*

You answered the honest question. Or you tried to, and that trying is not small. Most people skip the thing that presses the hardest. You didn't.

Each question connects to a fuller Reset Guide with Scripture, reflection, truth, and daily check-ins written for the exact belief/experience gap you are carrying right now.

Come back to the honest question. Let God meet you there. Take the next faithful step.

*Katrina*

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## CONTINUE THE WORK

- Listen to the Made For This podcast at [katrinagambill.com](https://katrinagambill.com)
- Download the full Reset guides at [katrinagambill.com](https://katrinagambill.com)

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