

Hallelujahs **RISING**

A 7-Day Faith-Filled Kickstart
for Your Midlife Healing Journey

by

M'Jae Brown, MBA

Integrative Wellness Coach

www.midlifewellnesselevated.com

*Hormone Hallelujah:
A Midlife Healing Guide*

Welcome **Hallelujah Riser!**

This 7-day devotional is an **exclusive preview** of my upcoming 365 Days of Hallelujahs Rising. Each day will guide you to rise — body, mind, and spirit — with a blend of faith, science, and soul-level encouragement.

Read them daily or savor them slowly. Either way, know that your support is part of the heartbeat of this movement we call ***Hallelujahs Rising***. Together, we are praising through the process, trusting God for the change, and celebrating the start of a better way.

Let's begin this midlife healing journey — in joy, in peace, and in full Hallelujah mode.

Coming Soon: 365 Days of Hallelujahs Rising — a full year of daily faith, healing, and inspiration for midlife women everywhere.

Day 1: Peace in the Midst of the Hot Flash

Scripture:

“Peace I leave with you; my peace I give you. I do not give to you as the world gives...” – John 14:27a (NIV)

Reflection:

You feel it. That tightness in your chest. The pulsing temple. The endless loop of thoughts. Pressure comes from all directions: work, family, hormones, expectations. But pressure does not have the final word—peace does.

You weren't meant to carry every outcome. Your blood pressure is not just a number—it's a signal. A call to pause. To breathe. To let God be God. Even in the middle of the chaos. Even when you're holding it all together for everyone else.

Hormone Tip:

Practice 3-6-9 breathing: Inhale for 3, hold for 6, exhale for 9. Repeat for 2–3 minutes daily to lower BP and activate parasympathetic response.

Prayer:

Prince of Peace, I release this pressure into Your hands. Help me breathe, trust, and rest in Your presence. Let Your calm fill my body and my soul. Amen.

Journal Prompt:

Where am I carrying pressure that isn't mine to hold?

Day 2: Nourish to Flourish

Scripture:

“So whether you eat or drink or whatever you do, do it all for the glory of God.” – 1 Corinthians 10:31 (NIV)



Reflection:

Cleansing isn't just about what you cut out—it's about what you let in. Instead of obsessing over what's “bad,” what if you focused on what's good, whole, healing? Your cells are craving nutrients that renew and restore. Think greens. Think fiber. Think color.

Food is information. It teaches your hormones what to do. So skip the shame. Don't just eat less—eat life. Let every bite be a celebration of your temple, not a punishment for your body. You're not on a diet. You're on a mission to thrive.



Hormone Tip:

Add fiber-rich, cruciferous foods daily (broccoli, arugula, cabbage, flaxseed). These support estrogen clearance and help the liver break down toxins more efficiently.



Prayer:

Lord, help me nourish myself with joy and wisdom. Bless what enters my body, and use it to heal what's been worn down. May my meals be worship. Amen.



Journal Prompt:

What can I add to my plate this week that supports healing and not just restriction?

Day 3: Sacred Rest

Scripture:

“Come to me, all you who are weary and burdened, and I will give you rest.” – Matthew 11:28 (NIV)

Reflection:

You’ve carried everyone. The job. The kids. The mood swings. The blood pressure monitor. And somehow, you still think rest needs to be earned.

Let’s be clear: rest is a right, not a reward. It’s where your healing begins. Sacred rest isn’t lazy—it’s holy. Even your hormones whisper for it. So today, lay it down. That mental list can wait. You, beloved, cannot.

Hormone Tip:

Prioritize consistent bedtime (even on weekends). Rest is when cortisol levels reset, blood pressure drops, and estrogen repair work begins. Aim for 10:00 PM lights out.

Prayer:

Lord, give me the courage to stop. Help me embrace the sacredness of stillness. Restore what stress has stolen. Remind me that I don’t have to hustle to be whole. Amen.

Journal Prompt:

What do I need to release to feel safe enough to rest?

Day 4: The Mighty Micronutrient Moment

Scripture:

“So whether you eat or drink or whatever you do, do it all for the glory of God.” – 1 Corinthians 10:31 (NIV)

Reflection:

Eating is spiritual. It’s daily worship. Every bite is a chance to say: I honor this body. I welcome healing. I choose life.

Midlife metabolism may shift, but the purpose of nourishment hasn’t: to sustain you for Kingdom work, to spark joy, to strengthen community, to reflect grace. So today, eat slowly. Cook something nourishing. Light a candle. Bless your plate. Worship with your fork.

Hormone Tip:

Eating mindfully improves digestion and blood sugar response. Avoid multitasking while eating. Bless your meals with breath, prayer, and gratitude.

Prayer:

God, thank You for every meal. May my food be fuel, my table be sacred, and my body be honored. Let my nourishment glorify You. Amen.

Journal Prompt:

How can I treat today’s meals as a form of worship?

Day 5: You Are Not Alone

Scripture:

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God...” – Psalm 42:11a (NIV)

Reflection:

Some days, it’s not the body aches—it’s the mental weight. The swirl of worry, overthinking, “what ifs” and “shoulds.” Hormonal shifts mess with neurotransmitters. That fog, sadness, or anxiety? It’s real. And it doesn’t make you weak—it makes you human.

But here’s the truth: God is in the swirl. In the questions. In the low days. You don’t need to slap a smile on it. But you can anchor yourself. You can whisper hope. You can say, “This is not the end of me. This is a moment. And I am not alone in it.”

Hormone Tip:

Low estrogen affects serotonin and dopamine, which regulate mood. Omega-3s, morning sunlight, movement, and magnesium help stabilize mood naturally.

Prayer:

God, when my thoughts are loud, be louder. When the weight feels heavy, carry it with me. Help me hold on to hope, even when I can’t see the way. Amen.

Journal Prompt:

What thoughts have I been carrying alone that I need to lay down today?

Day 6: Speak Life

Scripture:

“The tongue has the power of life and death, and those who love it will eat its fruit.” – Proverbs 18:21 (NIV)



Reflection:

We speak to ourselves in ways we’d never speak to someone we love. That inner voice? It shapes your hormones. It shapes your healing. Your body is listening. Your spirit is listening. So the question is—what are you saying?

Start your day with words that give life. Not just affirmations, but truth. “I am growing.” “I am supported.” “I am allowed to rest.” This isn’t pretending everything’s fine—it’s choosing to bless yourself in the becoming. Talk like someone who knows God is still working... because He is.



Hormone Tip:

Positive self-talk boosts dopamine, improves nervous system regulation, and helps balance estrogen/progesterone shifts. Speak healing out loud.



Prayer:

Speak through me, Lord. Let my words be kind, healing, and true. Help me build myself up instead of tearing myself down. Amen.



Journal Prompt:

What do I most need to hear from myself today?

Day 7: The Hallelujah Heart

Scripture:

“This is what the Sovereign Lord, the Holy One of Israel, says: ‘In repentance and rest is your salvation, in quietness and trust is your strength...’” – Isaiah 30:15a (NIV)

Reflection:

You don’t need another reset, cleanse, or challenge. What you need is rest. Your nervous system needs it. Your hormones need it. Your spirit needs it.

The world will sell you solutions wrapped in hustle. But God whispers something different: Come away with me and rest. This Sunday, lay it all down. Let stillness minister to your metabolism. Let grace feed your soul. You are not behind. You are being held.

Hormone Tip:

Sleep is essential for hormone repair, weight balance, and stress recovery. Aim for 7–9 hours in a dark, cool room, and honor rest as sacred.

Prayer:

God, I choose rest over striving. Help me trust the slow, sacred process of healing. Let Your quiet strength restore every part of me. Amen.

Journal Prompt:

What would it look like to prioritize rest—not as a reward, but as a rhythm?

Your Voice Matters

If this 7-day kickstart has blessed, encouraged, or inspired you, I'd love for you to share your experience. Your words will help other women find hope and healing, and they mean the world to me as I continue this mission.

Here's how to share your feedback:

1. Click this link to submit your short testimonial:

[Hallelujah Feedback Form](#)

2. Answer 3 quick questions – it will only take a few minutes.

Your journey matters. Your words are powerful. And together, we're making midlife a time of joy, restoration, and strength.

Thank you for rising with me. 