

**YOU  
ARE  
NEVER  
ALONE**



# **RESET JOURNAL**

Stand Strong in Grace, Hope & Truth

**YOU ARE NEVER ALONE**

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Some days, life feels overwhelming.

But here's the truth: you're not alone. **You never have been—and you never will be.**

If you've read *You Are Never Alone*, you know it's my story of finding faith and hope in life's hardest seasons. That journey began with God's Word—the power to reset your mindset, renew your strength, and remind you that **God is for you.**

The challenge? Opening it. And for many of us, that isn't easy. That's why I created the **Reset Journal**—a simple tool to help you pause, reconnect with God, and begin again, especially when you're not sure where to start.

Each page includes a **scripture**—not just words, but promises. Reminders that God is with you in both the wins and the struggles.

This is your space. Sit with the verse. What stands out? Where does it resonate—and where is it hard to accept? Be honest about what may be getting in the way. Consider how your life might change if you lived it out. Then write a simple, honest prayer.

As you move through your day, hold onto this truth: **God is with you.** His truth is steady. His promises never fail.

So grab a pen, take a breath, and use this journal to reset your thoughts, your faith, and your perspective.

You've got this. And more importantly—**He's got you.**

**Joseph Swan**

Author, *You Are Never Alone*

*Heavenly Father,*

*Thank You for this time to pause, reset, and draw closer to You. In the middle of life's pressures and distractions, I choose to fix my heart and mind on Your grace, hope, and truth.*

*Holy Spirit, meet me here. Lead me as I write. Strengthen me to lay down the weight of my failures and fears, and help me to stand firm in the truth of who You are and who You've called me to be.*

*Speak to my heart. Reveal what I need to see. Remind me that Your promises are steady and sure — even when life feels uncertain. Give me clarity, courage, and peace as I move forward, one step at a time.*

*Let this time in these pages build something lasting in me: a deeper trust in You, a stronger faith, and a heart anchored in Your unchanging truth.*

*Thank You for walking with me. I stand strong today — not in my own strength, but in Yours.*

*In Jesus' name,  
Amen.*







## 2 TIMOTHY 1:7







# ISAIAH 43:2







PSALM 23:4





PSALM 32:8





















ROMANS 8:28









*Give all your worries and cares to God, for he cares about you.*

1 PETER 5:7

ISAIAH 44:22







## PHILIPPIANS 1:6





PSALM 27:1



*He has removed our sins as far from us as the east is from the west.*

PSALM 103:12





## GALATIANS 2:20















ISALAH 1:18



## 2 TIMOTHY 1:9

## 1 CORINTHIANS 15:58



MATTHEW 28:20



PHILIPPIANS 4:6-7







ISALAH 49:15-16

HEBREWS 12:1-2



*God is our refuge and strength, always ready to help in times of trouble.*

PSALM 46:1













2 CORINTHIANS 4:18

LUKE 12:7









TITUS 3:5



## PHILIPPIANS 1:6

















COLOSSIANS 3:23-24







*The Lord always keeps his promises; he is gracious in all he does.*

PSALM 145:13

ISALAH 43:19



*Come close to God, and God will come close to you.*

JAMES 4:8

## 1 CORINTHIANS 10:13

PSALM 40:1-2









## ROMANS 10:9











1 THESSALONIANS 5:18



MATTHEW 20:28













*Create in me a clean heart, O God. Renew a loyal spirit within me.*

PSALM 51:10



















*O Lord, I give my life to you.*

PSALM 25:1











## **THIS IS JUST THE BEGINNING.**

Let this *Reset Journal* be more than something you filled out — let it mark a turning point. A moment that reminded you of who God is... and who you are because of Him.

You've taken time to pause, reflect, and reconnect with truth. But don't stop here — there's more God wants to show you. Let His Word continue to renew your mind, strengthen your spirit, and guide your next step, whether you're on the mountaintop or walking through fire.

Wherever life leads, go knowing this: God goes with you. He fights for you. He lifts you up. He never leaves your side.

So keep moving forward with courage.

Keep standing strong in grace, hope, and truth.

And never forget — **You are never alone.**

**Daily inspiration on TikTok or Instagram at /gracehopetruth  
'You Are Never Alone' available at Amazon and all good bookstores**

**Connect with Joseph on Instagram/Facebook at /josephswan  
or visit [www.josephswan.co](http://www.josephswan.co)**

**Life can feel like a battle — but you were never meant to fight it alone.**

This journal is designed to help you stand strong in God's grace, hope, and truth. It's for men who want to build resilience, deepen their faith, and stay grounded in what matters most.

Inside, you'll find carefully chosen scripture on every page — verses that speak to strength, courage, perseverance, and the promises of God. With space for reflection, prayer, and honest thoughts, this journal helps you stay focused and faithful, no matter what life throws your way.

Whether you're navigating challenges, pursuing growth, or simply seeking clarity, this is your space to reset, refocus, and remind yourself of the truth:

God's truth is unchanging. His promises are sure. His presence is with you.

And you are never alone.