



FREE 7-DAY SAMPLER

A Week in the Covenant

Seven Christ-centered reflections to draw you nearer to God

"Draw near to God, and he will draw near to you."

~ James 4:8

ECO Relationships

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A free gift from our ministry to yours



Welcome, Friend

Thank you for joining the ECO Relationships community. This 7-day sampler is a small taste of our daily devotional ministry, seven Christ-centered reflections drawn from the broader journey we walk with our community each morning.

Each day, you'll find a Scripture verse, a short reflection, and an invitation to apply God's Word to your relationships, your walk with Him, and your everyday life. Read one a day with your morning coffee, share with your spouse, or use as a starter for your prayer time.

When you've walked through these seven days, you can continue the journey with the full **30-Day Devotional**, a deeper collection from Micheline's Library.

**With love and gratitude,
The ECO Team**

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DAY 1

Theme: Identity

The God Who Sees You

"She gave this name to the Lord who spoke to her: 'You are the God who sees me, ' for she said, 'I have now seen the One who sees me.'"

~ **Genesis 16:13**

Hagar was alone in the wilderness, rejected, pregnant, and afraid. She had been used by Abraham and Sarah, then cast aside when things became uncomfortable. In the ancient world, a runaway slave woman had no status, no protector, no future. She was invisible to the world.

But she was not invisible to God. In her darkest moment, the Angel of the Lord found her by a spring of water in the desert and spoke to her by name. He saw her. He knew her story. He had a plan for her future. And Hagar responded with the most beautiful name for God found anywhere in Scripture: El Roi, "the God who sees me."

Perhaps you feel unseen today. Perhaps you are in a season where no one notices your struggle, your sacrifice, or your loneliness. Whether you are single and feeling overlooked, engaged and overwhelmed by expectations, or married and feeling invisible to the person sleeping next to you, hear this truth: You are seen. The God of the universe has His eyes on you right now.

He sees the tears you cry when no one is watching. He sees the prayers you whisper in the dark. He sees your faithfulness in the small, unnoticed moments. And just as He met Hagar in the wilderness with a promise and a purpose, He meets you today with the same everlasting love. You are not forgotten. You are not invisible. You are seen, known, and deeply loved by El Roi.



DAY 2

Theme: Faith

Walking by Faith, Not by Sight

“For we walk by faith, not by sight.”

~ 2 Corinthians 5:7

Paul’s declaration is deceptively simple: we walk by faith, not by sight. Seven words that capture the entire Christian journey. Faith means trusting what you cannot see, believing in what you cannot prove, and stepping forward when the path ahead is obscured. It is the opposite of the world’s demand for certainty before commitment.

For singles, this truth is deeply personal. Faith means believing God is writing your love story even when the pages seem blank. It means trusting His plan when every visible indicator suggests nothing is happening. It means walking confidently into a future you cannot see because you know the One who holds it.

ECO’s Singles Ministry encourages you to walk by faith, not by the sight of empty pews at weddings, not by the sight of another birthday spent without a partner, not by the sight of everyone around you moving forward while you feel stuck. Your sight is limited. God’s vision is eternal. Walk boldly, knowing that His timing is perfect and His plans for you are good.

Read today's devotional at ecorelationships.com/daily-reflections.html



DAY 3

Theme: Peace

Do Not Be Anxious

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

~ **Philippians 4:6-7**

Anxiety is the thief of today’s peace. It steals your joy by pulling your mind into tomorrow’s problems, next week’s worries, or next year’s uncertainties. But God’s solution is both simple and profound: pray about everything. Worry about nothing.

Paul doesn’t minimize our concerns. He acknowledges that we will face situations that tempt us toward anxiety. But instead of spiraling into worry, he redirects us to prayer. Bring your requests to God, not with a clenched fist, but with a thankful heart.

The result? A peace that transcends understanding. Not a peace that makes sense. Not a peace that comes from having all the answers. A peace that guards your heart and mind even when your circumstances haven’t changed.

What is making you anxious today? Your finances? Your relationships? Your future? Your health? Take it to God right now. Don’t wait until the anxiety becomes overwhelming. Pray first, and let His peace do what anxiety never can.

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DAY 4

Theme: Rootedness

Planted to Flourish

“That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither, whatever they do prospers.”

~ **Psalm 1:3**

A tree planted by water does not stress about the weather. It does not panic during drought or anxiety about the changing seasons. Its roots go deep, drawing nourishment from an underground source that never runs dry. And because of this, it bears fruit consistently.

God wants you to be that tree. Not someone who is tossed around by every circumstance, but someone who is deeply rooted in Him. When you meditate on His Word day and night, you develop an inner stability that circumstances cannot touch.

In relationships, this means being the kind of person who brings stability, not chaos. The kind of person who responds with wisdom rather than reacting in fear. The kind of person whose character is consistent whether things are going well or falling apart.

Where are you planted? If your roots are in the opinions of others, you will wither when people disappoint you. If your roots are in your relationship status, you will wilt when seasons change. But if your roots are in God’s Word, you will flourish in every season.

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DAY 5

Theme: Hope

A New Thing

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”

~ **Isaiah 43:18-19**

God is always doing something new. He is not limited by your past, your failures, or your circumstances. While you are looking at the wilderness, He is planting a garden. While you see wasteland, He is creating streams of living water.

The challenge is perception. “Do you not perceive it?” God asks. Sometimes we are so focused on what was that we miss what is becoming. We replay old seasons in our minds and wonder if God will ever move again. But He is already moving, we just need eyes to see it.

In your relationships, God may be doing a new thing. A new season of closeness with your spouse. A new friendship that will change your life. A new clarity about your calling as a single person. A new peace about your engagement. He is making a way where there seems to be no way.

Open your eyes today. Look for the new thing. It may be small right now, just a sprout breaking through dry ground. But God promises it is coming. The wilderness will bloom, and the wasteland will overflow.

Read today's devotional at ecorelationships.com/daily-reflections.html



DAY 6

Theme: Rest

Unshakeable Peace

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

~ **John 14:27**

The peace Jesus offers is fundamentally different from the world’s peace. The world offers peace through the absence of conflict. Jesus offers peace in the midst of it. The world’s peace is fragile and temporary. Christ’s peace is unshakeable and eternal.

In relationships, we often chase a false peace, the peace of avoidance, the peace of never rocking the boat, the peace of sweeping problems under the rug. But this is not true peace. True peace comes from confronting issues with love, speaking truth with grace, and trusting God with the outcome.

Jesus says, “Do not let your hearts be troubled.” This is an active command. Peace is something you guard and protect. When anxiety tries to take over, you choose peace. When fear knocks on the door, you choose peace. When conflict arises in your relationships, you choose the peace of Christ.

You don’t have to be anxious about your future. You don’t have to be afraid of what’s ahead. The Prince of Peace has given you His peace as a gift. Receive it today.

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DAY 7

Theme: Love in Action

Serving One Another

“You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”

~ **Galatians 5:13**

True freedom is not the freedom to do whatever you want. It is the freedom to serve. When Christ set you free, He didn't free you for self-indulgence. He freed you to love, and love always expresses itself through service.

In relationships, serving one another is the antidote to selfishness. It is choosing to put your partner's needs ahead of your own comfort. It is doing the dishes when you're tired, listening when you'd rather scroll, and showing up when you'd rather check out.

Service is not servitude. It is not losing yourself for someone else's sake. It is a free, joyful choice to love in practical, tangible ways. Jesus, the King of Kings, washed His disciples' feet. If He could serve that way, so can we.

Today, look for one practical way to serve someone in your life. It doesn't have to be grand. Cook a meal. Write a note. Listen without distraction. The smallest acts of service can carry the greatest weight of love.

Read today's devotional at ecorelationships.com/daily-reflections.html



CONTINUE THE JOURNEY

Ready for More?

You've tasted seven days. The full **30-Day Devotional** carries the journey deeper, thirty Scripture-anchored reflections covering identity, covenant, singleness, marriage, prayer, and surrender.

30-Day Devotional

A month of Christ-centered reflections from Micheline's Library.
Paperback and eBook available on Amazon.

Get the Full Devotional

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"Encourage one another and build each other up."
~ 1 Thessalonians 5:11

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