



Eliminate & Embrace

**A LENTEN FAST FOR
MIND. BODY. SPIRIT.**

BY PATRICE GERIDEAU

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Eliminate & Embrace

Introduction

Dear Sister,

Lent is more than a season of temporary sacrifice—it is an invitation to realign our hearts, minds, and bodies with God’s presence and purpose. It is a time to pause, reflect, and release what no longer serves us, making room for deeper transformation.

The Eliminate & Embrace Fast is not about deprivation but about freedom. It is about intentionally shedding what weighs us down and embracing what lifts us up—spiritually, emotionally, and physically.

For the next 40 days, we will seek to:

- ✓ Eliminate the distractions, habits, and mindsets that keep us from living fully in God’s grace.
- ✓ Embrace the practices, rhythms, and truths that nourish our souls and deepen our connection with Christ.

This fast is an opportunity to step into wholeness, not just for Lent, but as a foundation for the life God is calling us to live.

As we begin this journey, may we have the courage to let go, the faith to trust, and the willingness to receive all that God has for us.

Are you ready to Eliminate & Embrace?

Let’s begin.

Eliminate & Embrace

Reflect and Pray

Dear God,

As we begin this journey of fasting and reflection, we come before You with open hearts. We desire not just to let go of what no longer serves us, but to make room for more of You—more of Your presence, more of Your wisdom, more of Your transforming love.

Lord, show us what needs to be eliminated—the habits, thoughts, and distractions that keep us from walking fully in alignment with Your will. Give us the strength to release them completely, trusting that what You remove, You will also redeem.

Help us to embrace what brings life, healing, and wholeness. May our minds be renewed, our bodies be strengthened, and our spirits be anchored in You. Teach us to walk through this season with intention, aware of how You are shaping us day by day.

We invite You into every part of this fast—our thoughts, our choices, our prayers. May this be a sacred time of realignment, renewal, and deeper communion with You.

We begin this journey with faith and expectation, trusting that You will complete the good work You have started in us.

In Jesus' Name, Amen.

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Reflect and Commit

Take time to pray and reflect on each area. Write down your commitments below:

Mind

- **Eliminate:** What thoughts, habits, or distractions are clouding your mind or causing stress?
(Examples: Negative self-talk, excessive social media, procrastination)
- **Embrace:** What practice or mindset will help you cultivate clarity, peace, and renewal?
(Examples: Affirmations, journaling, reading uplifting content)

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Reflect and Commit

Take time to pray and reflect on each area. Write down your commitments below:

Body

- **Eliminate:** What behaviors are draining your energy or harming your health? (Examples: Overeating, poor sleep habits, skipping exercise)
- **Embrace:** What life-giving habits will nurture your body and honor God (Examples: Staying hydrated, regular movement, balanced nutrition)

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Reflect and Commit

Take time to pray and reflect on each area. Write down your commitments below:

Spirit

- **Eliminate:** What spiritual barriers are keeping you from a deeper connection with God? (Examples: Skipping prayer, overworking, unhealthy media consumption)
- **Embrace:** What can you intentionally cultivate to draw closer to Jesus? (Examples: Daily devotion, worship, intentional gratitude)

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Reflect and Journal

Week 1

Each day and at the end of each week, ask yourself:

- Where is God stretching me through this fast?
- How is my understanding of mind, body, and spirit alignment shifting?
- What unexpected challenges or breakthroughs have I experienced?

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Reflect and Journal

Week 2

Each day and at the end of each week, ask yourself:

- Where is God stretching me through this fast?
- How is my understanding of mind, body, and spirit alignment shifting?
- What unexpected challenges or breakthroughs have I experienced?

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Reflect and Journal

Week 3

Each day and at the end of each week, ask yourself:

- Where is God stretching me through this fast?
- How is my understanding of mind, body, and spirit alignment shifting?
- What unexpected challenges or breakthroughs have I experienced?

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Reflect and Journal

Week 4

Each day and at the end of each week, ask yourself:

- Where is God stretching me through this fast?
- How is my understanding of mind, body, and spirit alignment shifting?
- What unexpected challenges or breakthroughs have I experienced?

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Reflect and Journal

Week 5

Each day and at the end of each week, ask yourself:

- Where is God stretching me through this fast?
- How is my understanding of mind, body, and spirit alignment shifting?
- What unexpected challenges or breakthroughs have I experienced?

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Reflect and Journal

Week 6

Each day and at the end of each week, ask yourself:

- Where is God stretching me through this fast?
- How is my understanding of mind, body, and spirit alignment shifting?
- What unexpected challenges or breakthroughs have I experienced?

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Reflect and Embrace

Build Beyond the Fast

When the fast ends, pause to reflect on what you've learned:

- What has changed in your mind, body, and spirit?
- How will you sustain the habits you've embraced?
- What new practices will you continue to nurture as part of your lifelong journey?

Lent is not the finish line—it is a foundation. Let this 40-day journey open the door to the wholeness God desires for you as His beloved daughter.

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Prayer for the Journey

Gracious and Loving God,

As we come to the end of this 40-day journey, we pause to acknowledge Your presence, Your guidance, and Your unfailing love. You have called us to eliminate what no longer serves us and to embrace what draws us closer to You.

Thank You for revealing the places in our minds, bodies, and spirits that needed Your healing touch. Thank You for showing us that transformation is not found in striving, but in surrender—not in perfection, but in Your grace.

Lord, let what we have learned during this fast take root in our lives. May the changes we have made not be temporary, but the foundation for a deeper, more intimate walk with You. Where we once held onto burdens, let us now hold onto Your peace. Where we once carried doubt, let us now carry Your truth. Where we once hesitated, let us now step boldly into Your purpose for us.

As we move forward, may our minds be renewed, our bodies be strengthened, and our spirits be anchored in You. Keep our hearts open to Your voice, our souls attentive to Your presence, and our hands ready to do Your work.

We leave this fast not as we came, but transformed, refined, and realigned with Your will.

In Jesus' Name, Amen.

Thank You!

Sister,

Thank you for taking this journey.

Thank you for allowing me to walk alongside you in this sacred space.

You didn't have to open your heart.

You didn't have to say yes to the stillness.

But you did—and that means something holy happened here.

It is no small thing to pause, to reflect, to be honest with your soul. Whether you showed up in every moment or gently moved through the margins, your presence here is powerful. And I'm deeply honored you entrusted this part of your journey to Sister Soul Care.

My prayer is that something in these pages reminded you of who you are:

Beloved. Worthy. Whole.

Not because of what you've done—but because of who you are in God.

This is not the end. It's a continuation.

Keep listening. Keep healing. Keep receiving the love that's always been yours.

With gratitude and grace,

Patrice

What's Next?

Deepen Your Experience with the Book

Discover practical tools and powerful stories to help you release the weight of “doing too much” and step into God’s grace. Grab your copy of *From Stressed to Sabbath Rest* to take this journey deeper.

Get the Book [HERE](#)

Listen to the Sister Soul Care Podcast

Join me for weekly encouragement, guided meditations, and reflections that help you reconnect with God and embrace His peace.

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Subscribe to **Sister Soul Care Weekly** for weekly encouragement, practical tools, and soul-care resources to help you live as God’s beloved.

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Know someone who needs this message of rest and healing? Share this guide with a friend who could use God’s encouragement today.

Support the Creation of More Soul-Care Resources

If this prayer guide blessed you and you’d like to help us create more resources like this, your support means so much. Together, we can continue nurturing spaces for Black women to heal, grow, and flourish in Christ. You can give at patriceonline.com/give or click below.

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Meet Patrice



About Me

I'm a storyteller, speaker, and spiritual director dedicated to helping Black women heal, grow, and flourish in Christ Jesus.

As someone who has wrestled with the pressure to be "strong no matter what," I know what it means to carry the weight of doing too much and being too much for everyone else. God led me on a journey to release those burdens, rediscover His rest, and embrace my true identity as His beloved daughter.

Now, I help other women do the same—through my book *From Stressed to Sabbath Rest*, the *Sister Soul Care* Podcast, and soul care resources like this guide. My work is rooted in faith, compassion, and the belief that we are all reflections of God's love.

I'm honored to walk alongside you as you unmask the Super Shero, lay down the weight, and step into God's healing grace.

Rev. Dr. Patrice Gerideau
Founder, Sister Soul Care

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Blessings for the Journey



Dear God...

Thank You for meeting us in this sacred time of reflection. We trust You with our past, our present, and our future. Help us to walk boldly in faith, rooted in Your love and guided by Your truth. May we continue to heal, grow, and flourish as Your bold, balanced, and beloved daughters. In Jesus' Name, Amen.

Until Next Time...

May God bless and keep you, may God's face shine upon you, and may God grant you peace as you continue to heal, grow, and flourish as God's beloved daughter.