



HOUSE OF
DECADYNCE

THE RITUAL. THE EXPERIENCE. THE LEGACY.



AUGUST RITUAL JOURNAL

RENEW

Release the Old. Reconnect Within. Rise Stronger.



CHAPTER 1



AUGUST 3 – AUGUST 9

PSALM 23:3



Curated by

Tiffany Edmond



Create Your Atmosphere
Tap into the Edmond Elite App



ROOTED IN FAITH. LED BY PURPOSE. CREATED FOR MORE.



A Letter to the Reader

Renewal is not pretending the last season did not happen. It is allowing God to restore what was tired, refresh what became familiar, and breathe new strength into the places that have carried too much.

This week is an invitation to return to yourself with tenderness. To notice what needs care. To release the pressure to perform your way into a fresh start. Renewal can begin quietly - with one honest breath, one protected boundary, one restored rhythm, and one faithful decision to begin again.

Welcome to Week One. Welcome to Renew.

“Renewal begins when you stop forcing and make room to be restored.”

THE RENEW ATMOSPHERE

LIGHTING

Soft morning light, open curtains, candlelight

MUSIC

Gentle worship, reflective piano, calming instrumental soul

FRAGRANCE

Renew Wellness Candle

MOOD

Restoration, hope, clarity, fresh strength

Scripture + Reflection

PSALM 23:3

“He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.”

Restoration is sacred work. It returns us to the source of our strength and reminds us that depletion does not have to become our identity. God restores the soul before He directs the path, because a renewed spirit can recognize guidance with greater clarity.

This week, let renewal be gentle and honest. You do not have to become a different person overnight. You only need to create room for life, faith, hope, and wisdom to move through you again.

THIS WEEK'S INTENTION

This week, I will honor the places in me that need restoration. I will release stale pressure, welcome fresh strength, and allow renewal to shape my thoughts, rhythms, atmosphere, and next steps.

MY PERSONAL RENEW INTENTION

Weekly Renew Practice

Each day this week, create a five-minute renewal pause. Light your candle, place both feet on the floor, and take three slow breaths. On each inhale, quietly say: Restore me. On each exhale, say: I release what is depleted.

Then ask: What would feel renewing today? Choose one answer you can practice before the day ends. Renewal may look like water, prayer, movement, silence, laughter, sleep, forgiveness, or beginning again without shame.

"I am allowed to begin again. I am open to restoration, fresh strength, and renewed hope."

THIS WEEK, I AM CHOOSING TO RENEW BY:

MY THREE RENEW ANCHORS

ONE PRACTICE I WILL CARRY EVERY DAY

DAY 1

Notice What Needs Renewal

Renewal begins with awareness. You do not have to judge what is tired; you only have to notice it with honesty and compassion.

JOURNAL PROMPTS

1. What part of my spirit, body, home, or routine feels depleted?
2. What have I been carrying longer than necessary?
3. What would restoration look like in one practical way today?

TODAY'S AFFIRMATION

I can notice what is tired without becoming discouraged.

TODAY'S PRAYER

Lord, help me see what needs care with honesty and grace.
Restore me without shame and guide me toward wise
renewal. Amen.

TODAY'S RENEWAL RESPONSE

DAY 2

Release Stale Pressure

Some pressure once helped you survive, but it may not belong in the season you are entering. Renewal asks you to loosen your grip.

JOURNAL PROMPTS

1. What expectation is creating unnecessary pressure?
2. Whose standard am I trying to satisfy?
3. What can I release so my spirit has room to breathe?

TODAY'S AFFIRMATION

I release pressure that no longer protects my purpose.

TODAY'S PRAYER

Lord, teach me to release the weight You never asked me to carry. Replace pressure with peace, wisdom, and grace. Amen.

WHAT I AM RELEASING TODAY

DAY 3

Renew Your Mind

A renewed life is supported by renewed thoughts. Pay attention to the stories you repeat and whether they create faith or fear.

JOURNAL PROMPTS

1. What thought pattern has been draining my hope?
2. What truth can replace it?
3. What will I choose to think, speak, or believe today?

TODAY'S AFFIRMATION

My mind can be refreshed by truth, faith, and possibility.

TODAY'S PRAYER

Lord, renew my mind. Help me release fearful thinking and return to thoughts that are true, wise, hopeful, and life-giving. Amen.

MY RENEWED THOUGHT

DAY 4

Restore the Body and Rhythm

The body often reveals what the schedule ignores. Renewal becomes sustainable when it includes rest, nourishment, movement, and margin.

JOURNAL PROMPTS

1. What signal has my body been giving me?
2. What rhythm needs to become gentler or more consistent?
3. What act of care can I practice today without guilt?

TODAY'S AFFIRMATION

Caring for my body supports the life I am called to live.

TODAY'S PRAYER

Lord, give me wisdom to honor my body and build rhythms that restore rather than deplete me. Amen.

TODAY'S RESTORING RHYTHM

DAY 5

Refresh Your Atmosphere

The spaces around you affect the spirit within you. A refreshed atmosphere can make room for peace, creativity, clarity, and prayer.

JOURNAL PROMPTS

1. What in my environment feels heavy, cluttered, or stale?
2. What simple change would make this space feel renewed?
3. What atmosphere do I want to create for the life I am building?

TODAY'S AFFIRMATION

I can create an atmosphere that supports peace and purpose.

TODAY'S PRAYER

Lord, help me cultivate spaces that welcome Your peace, protect my focus, and nourish my spirit. Amen.

MY ATMOSPHERE RESET

DAY 6

Return to Joy

Joy is not denial. It is strength that remembers life still holds beauty, laughter, connection, and sacred delight.

JOURNAL PROMPTS

1. What has made me feel genuinely alive lately?
2. Where have I postponed joy until everything is finished?
3. What small moment of joy can I receive today?

TODAY'S AFFIRMATION

Joy is allowed to meet me in the middle of becoming.

TODAY'S PRAYER

Lord, restore the joy that pressure, disappointment, or exhaustion tried to diminish. Help me receive delight with gratitude. Amen.

TODAY'S JOY PRACTICE

DAY 7

Begin Again with Intention

A renewed beginning does not require a perfect plan. It requires a willing heart and one intentional next step.

JOURNAL PROMPTS

1. What did renewal reveal this week?
2. What do I want to begin again with greater wisdom?
3. What renewed practice will I carry into next week?

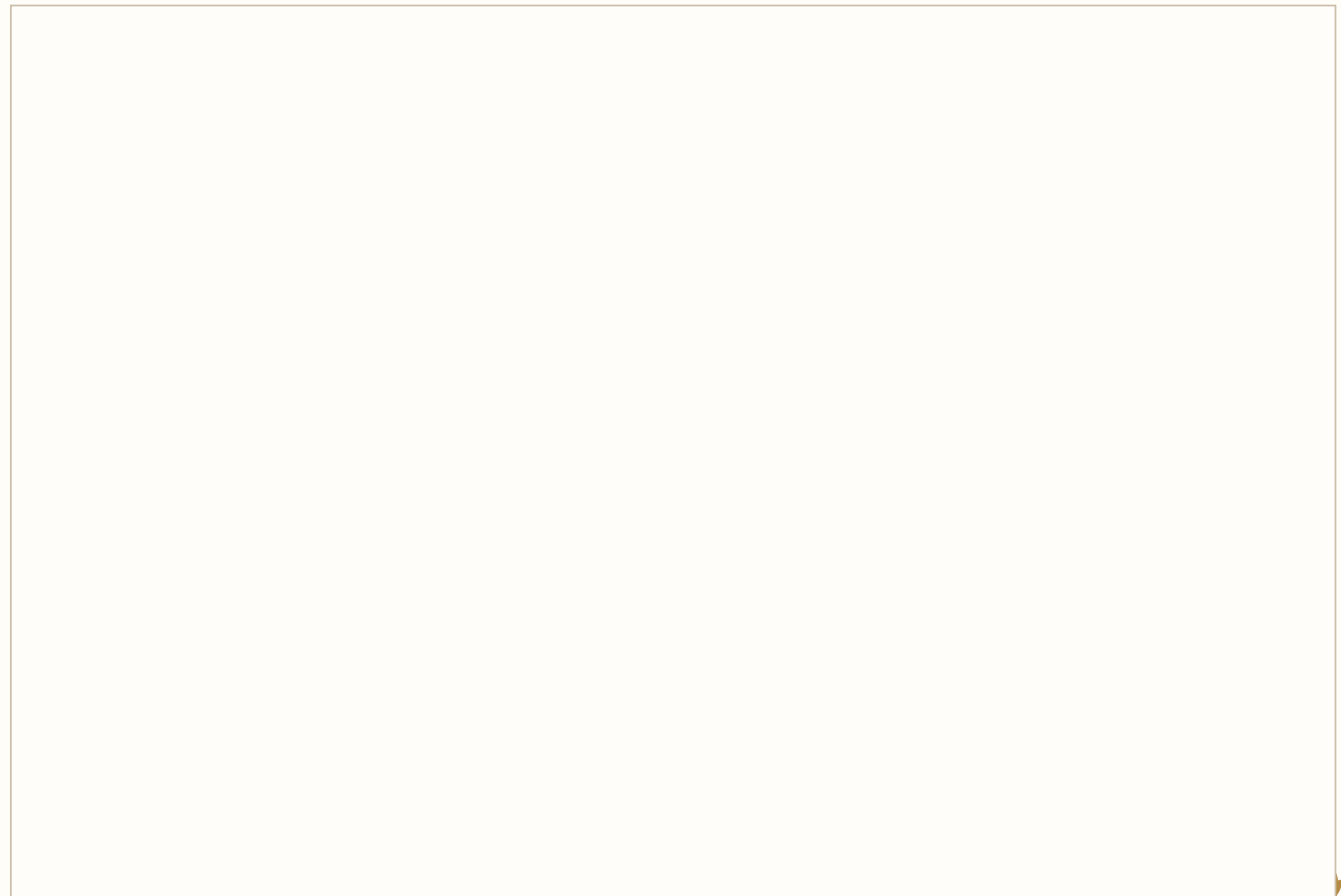
TODAY'S AFFIRMATION

I begin again with grace, wisdom, and renewed strength.

TODAY'S PRAYER

Lord, thank You for restoring me. Guide my next beginning and help me carry renewed strength with humility and faith. Amen.

MY RENEWED BEGINNING



Week One Renew Reflection

At the end of this week, pause and notice what became softer, clearer, stronger, or more alive within you.

THIS WEEK, RENEWAL LOOKED LIKE:

A PLACE WHERE I FELT RESTORED WAS:

A THOUGHT, HABIT, OR PRESSURE I RELEASED:

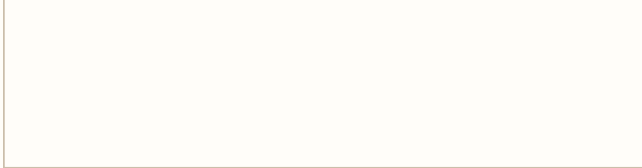
A RENEWED RHYTHM I WILL CARRY FORWARD:



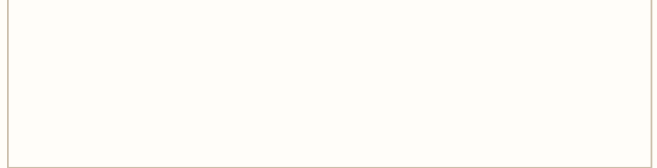
Renewal Inventory

Renewal leaves evidence. Name the areas where energy, clarity, hope, or willingness began to return.

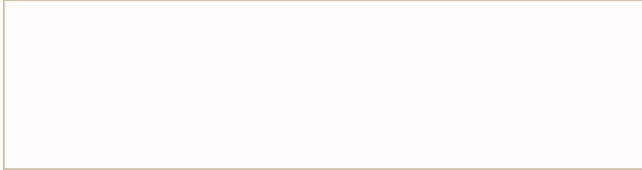
WHAT FELT DEPLETED AT THE START



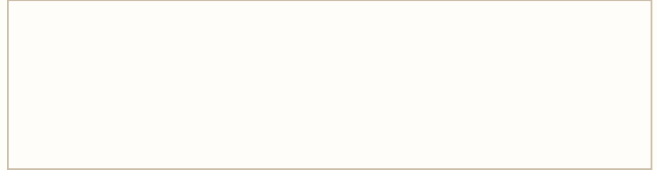
WHAT FEELS DIFFERENT NOW



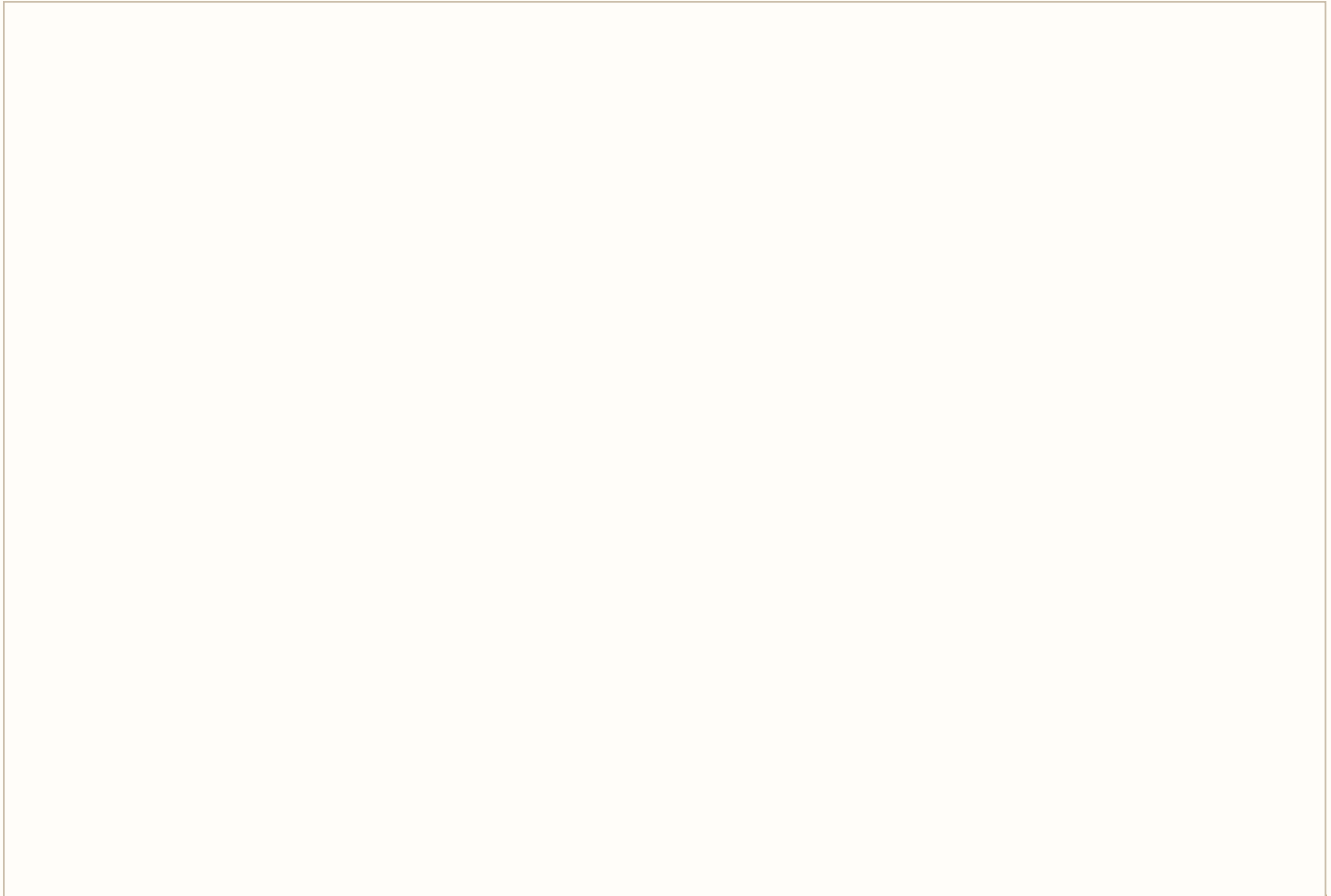
WHAT HELPED RESTORE ME



WHAT STILL NEEDS GENTLE CARE



MY THREE SIGNS OF RENEWAL



Closing Reflection

Renewal is a sacred return. It restores the capacity to hear, choose, love, build, and move with intention. As you close this week, honor every moment you paused, every pressure you released, and every gentle practice that helped life return to your spirit.

CLOSING PRAYER

Lord, thank You for this week of renewal. Thank You for restoring what was tired, refreshing what became heavy, and reminding me that beginning again is an act of faith. Help me protect what You renewed and carry fresh strength into what comes next. Amen.

“I am not starting over empty-handed. I am beginning again with wisdom.”

MY WRITTEN DECLARATION OF RENEWAL

Additional Notes

Use this space for additional reflections, prayers, reminders, confirmations, or renew moments from the week.