MIND · BODY · SPIRIT

40 Days to

ARISE

a reset, not a challenge

ENCOUNTER JESUS.
TRANSFORM YOUR LIFE.

"Arise, cry out in the night... pour out your heart like water before the face of the Lord."
LAMENTATIONS 2:19

"Arise, shine; for your light has come! And the glory of the Lord is risen upon you."
ISAIAH 60:1

FREE SELF-GUIDED EDITION

Dr. Martha Nessler

A NOTE BEFORE YOU BEGIN

This is a *reset*, not a challenge.

The change is here. The change is you.

Hey friend,

Let's get this out of the way: this is not a 40-day boot camp where you white-knuckle your way to the finish line, collapse on Day 41, and never speak of it again. We have enough of those.

This is a **reset**. Forty days to realign your mind, your body, and your spirit with what God intended for you from the beginning.

If you had met me a few years ago, you probably would have thought I had it all together. I've been a chiropractor for 20 years. I know how the body works, how stress affects it, and how much our mind and emotions impact our health. I've coached women in business, health, mindset, and faith. I loved God, I had done the work, and from the outside, everything looked aligned.

Then in 2022, everything came to a head. Life didn't just stretch me; it broke me open. Divorce, loss, transition, pressure... it was more than I could manage, and for the first time, I didn't have a way to hold it all together.

I had known Jesus my whole life. I went to church, I read my Bible, I prayed. But I had to come to terms with the fact that I wasn't actually letting Him lead my life. He wasn't the CEO. I was. As I began to truly let Him in, not just into the parts I was comfortable with, but into the places I had been holding tightly, everything began to shift. Not overnight, not perfectly, but deeply.

There are so many women who love God, who are doing so much right, and who are still quietly carrying more than they were ever meant to carry. If that's you, I see you, because I was you.

That is what these 40 days are about.

How to use this guide: Read it through once. Pick your start date. Choose your fast. Write your first declaration. Then show up for 40 days. Miss a day? Grace, not guilt. Pick it back up tomorrow. You're not behind; you're being formed.

With love and expectation,

Dr. Martha

This guide is free and it's yours to keep. If it blesses you and you'd like to sow back into this work, there's a space to give on the sign-up page. No pressure. Take it, pray over it, and let the Lord lead you through it.

Disclaimer: This guide is for educational and spiritual encouragement only and is not medical advice. It does not diagnose, treat, or replace care from your own healthcare provider, and using it does not create a doctor–patient relationship. Before starting any fast, exercise program, or change to your diet or medications, talk with your physician, especially if you are pregnant, nursing, have a medical condition, take medication, or have a history of disordered eating. Listen to your body and stop any activity that causes pain or discomfort.

PART ONE

What does it mean to ARISE?

To arise is to get up. To rise out of what has been holding you down: the old thoughts, the old stories, the weight and shame that were never yours to carry. And to step into who God says you already are.

This is not about becoming someone new. It's about coming back into alignment with who you already are in Him.

> *"Arise, shine; for your light has come!"*
> ISAIAH 60:1 (NKJV)

A.R.I.S.E. is the process I walked through with God, layer by layer, season by season. It's what these 40 days are built on:

A	**Awareness.** Notice the thoughts, beliefs, and patterns quietly running your life.
R	**Reality.** Separate what is true from what you've believed, and see your life through God's truth instead of your past.
I	**Intimacy.** Draw near. Learn to hear His voice. A relationship, not a routine.
S	**Spiritual Gifting & Purpose.** Discover how God uniquely designed you and what He has already placed in your hands.
E	**Elevated Leadership & Authority.** Lead from peace and identity instead of pressure, and walk in the authority you've been given.

These 40 days are where it starts:
your mind, body, and spirit realigned with what God intended.

PART TWO

What can change in *40 days?*

Throughout Scripture, the number 40 appears again and again at pivotal moments in God's story. It is often connected to testing, preparation, purification, repentance, leadership formation, and ultimately fulfillment. The circumstances change from story to story. God's character doesn't.

GENESIS 7:4
Noah: the rains fell for 40 days and nights.

EXODUS 24:18
Moses was with God on Mount Sinai 40 days and nights.

NUMBERS 13:25
The spies searched the land of Canaan for 40 days.

EXODUS 16:35
Israel ate manna in the wilderness for 40 years.

1 SAMUEL 17:16
Goliath presented himself to Israel for 40 days.

1 KINGS 19:8
Elijah was strengthened by one meal for 40 days and nights.

JONAH 3:4
Nineveh was given 40 days to repent.

MATTHEW 4:2
Jesus fasted 40 days and nights.

ACTS 1:3
Jesus remained on earth 40 days after the resurrection.

YOUR STORY
You: 40 days to arise. What will He prepare in you?

A quick, honest word about the number 40

Forty isn't a magic formula. It's not a spiritual vending machine where you put in 40 days and out pops your breakthrough. God is not on a timer, and He doesn't owe us results for checking boxes. (Ask me how I know.)

What 40 *is* is a biblical pattern: a set-apart season where God prepares hearts, refines faith, and positions His people for what's next. The circumstances may not change in 40 days. **You will.** And a changed woman walks into Day 41 completely differently.

What if you gave Him 40 days?
And what could Day 41 look like?

PART THREE

The power of *declarations*

A declaration is God's truth spoken out loud, in the first person and present tense, until your mind agrees with what Heaven already says about you. It's not hype, and it's not positive thinking with a Bible verse stapled on. It's choosing whose voice you're going to agree with. **Proclaim it, reclaim it, and repeat.**

Here's why it matters: most lies don't start as lies. They start as experiences, like loss, betrayal, or disappointment. Left unprocessed, those experiences become beliefs, and beliefs become the lens you see everything through. Whatever you agree with, you empower. Hold any of those lies up to the Word of God, and not one of them stands.

> *"The tongue has the power of life and death."*
> PROVERBS 18:21 (NIV)

How to write your own

1. **Name the lie.** What do you say about yourself when no one's listening?
2. **Find the truth.** What does God's Word say instead? Find the verse.
3. **Make it personal.** Write it as "I am..." or "God is...", present tense, as if it's already done.
4. **Say it out loud.** Every day. Especially the days it doesn't feel true yet. That's the point.

A few to get you started

~~I'm not good enough.~~	→	I am enough exactly as I am. PSALM 139:14
~~I'm a failure.~~	→	I am growing and learning, not failing. PROVERBS 24:16
~~I ruined everything.~~	→	Nothing is wasted, everything can be redeemed. JOEL 2:25
~~I'm running out of time.~~	→	I have time and I am not behind. ECCLESIASTES 3:1
~~I'll always be alone.~~	→	I am not alone. DEUTERONOMY 31:6

MY DECLARATION FOR THESE 40 DAYS

PART FOUR

Your *daily rhythm*

Simple, not easy. Every day for 40 days, you'll do four things. Not to earn anything, but to make space for God to realign you: spirit, mind, and body.

01
Wake & Meet Him

40 minutes with the Lord. Before the phone, before the inbox, before the kids find you. Read His Word, worship, sit in silence, and talk with Him using the PRAYS format (next page).

02
Move Your Body

40 minutes of movement. A walk, a workout program, or a combination of both. Turn it into a prayer walk or put on a worship playlist. Your body is a temple; we're tending it, not punishing it.

03
Declare His Goodness

Speak your declarations out loud, morning and night. 40 days of declaring God's goodness over your life, your home, and your future.

04
Fast & Lay It Down

Hold your fast (page 8). When you feel the pull for what you gave up, let it be a cue to turn to Him instead. Practice release and forgiveness, toward others and yourself.

> *"Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever."*
>
> PSALM 23:6 (NIV)

Velvet sandpaper truth

You don't have 40 minutes? You have 40 minutes. We all do. It's usually hiding inside our phone. If you truly can't start at 40, start at 10 and build. Starting small isn't failing; it's how real change sticks. Little steps of obedience, done consistently, change a life.

YOUR 40 MINUTES WITH THE LORD

P.R.A.Y.S. as a *way to pray*

Prayer was never meant to be complicated. It's a conversation. Use the PRAYS rhythm, rooted in the Lord's Prayer and Psalm 100:4, as a guide, not a formula. Put on praise and worship, open your Bible, and let it carry you. The minutes are a suggestion, not a stopwatch.

P — Praise & Thanksgiving

5 min

Before asking for anything, honor God for who He is and thank Him for what He has done. Worship music on.

MATTHEW 6:9 · PSALM 100:4

R — Repentance

5 min

Not shame, honesty. Bring anything before Him that has created distance in your heart, and receive His grace and forgiveness.

MATTHEW 6:12

A — Ask & Intercede

5 min

Bring your needs, your desires, and the needs of others. You don't have to filter or perfect your words.

MATTHEW 6:11

Y — Yield & Listen

20 min

Open His Word, then sit. Be still. This is where most people skip, but it's where intimacy is built. Let the Holy Spirit speak.

MATTHEW 6:10

S — Sing His Praises & Give Thanks

5 min

Return to praise and thanksgiving, and remain. Stay aware of His presence as you move into your day.

MATTHEW 6:13

WHERE TO READ

Not sure where to start? Read the Gospel of Mark (16 chapters) and then Luke (24 chapters). That's 40 chapters, one a day, all about Jesus.

KEEP A JOURNAL CLOSE

Write what you release, what you ask, and what you hear. On Day 40, you'll want to look back and see how faithful He was.

PART FIVE

The power of *fasting*

Fasting is setting something aside so you can make room for God. It's not a diet, and it's not twisting God's arm. It's telling your flesh, "You don't get to run the show." Every time you feel the pull for what you gave up, you turn your attention back to Him. It humbles us, sharpens our hearing, and reminds us what we really live on.

> *"Man shall not live on bread alone, but on every word that comes from the mouth of God."*
> MATTHEW 4:4 (NIV)

> *"Even now," declares the LORD, "return to me with all your heart, with fasting and weeping and mourning."*
> JOEL 2:12 (NIV)

More to study: Matthew 6:16–18 (Jesus says *when* you fast, not *if*) · Isaiah 58:6–9 (the fast God chooses) · Daniel 10:2–3 (the Daniel fast) · Esther 4:16 (fasting before a bold step) · Acts 13:2–3 (fasting for direction)

Choose your fast

Pick one thing for 40 days. Ask the Lord what's been taking up the space He wants. It might be food. It might be something you didn't expect.

Social media · Sugar · Alcohol · Caffeine · TV & streaming · Online shopping · Complaining · Gossip · The snooze button · One meal a day · Negative self-talk · Your phone after 8 p.m.

I AM FASTING FROM

WHAT I'M MAKING ROOM FOR

WHEN I FEEL THE PULL, I WILL

A word from your chiropractor: If you choose a food fast, be wise. If you're pregnant, nursing, managing a health condition or medication, or have a history of disordered eating, choose a non-food fast or talk with your healthcare provider first. Honoring the temple includes honoring its limits.

PART SIX

Your body is a *temple*

> *"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."*
>
> 1 CORINTHIANS 6:19–20 (NIV)

After 20 years as a chiropractor, here's what I know: you are not a spirit walking around with an optional body attached. God made you whole. What happens in your mind shows up in your body, and what you carry in your spirit shows up in both. Stress, unforgiveness, and fear don't just sit in your heart; they sit in your shoulders, your gut, and your sleep.

That's why this reset touches all three. Not to fix you, but to bring you back into alignment with how you were designed.

SPIRIT

Commune

40 minutes in His presence. Worship, Word, silence, and release. This is the root everything else grows from.

MIND

Renew

Daily declarations. Take every thought captive and replace the lies with truth (2 Corinthians 10:5; Romans 12:2).

BODY

Honor

40 minutes of movement, water, real food, and real rest. Stewardship, not punishment.

> *"May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless..."*
>
> 1 THESSALONIANS 5:23 (NIV)

Simple ways to honor the temple this week

- Drink water before coffee.
- Get outside in the morning light.
- Put the phone down an hour before bed.
- Pray-walk your neighborhood.
- Stretch while worship plays.
- Thank God for your body out loud, even the parts you've been criticizing.

MAKE IT YOURS

My *40-day* reset

My start date _____

My Day 41 _____

My 40 minutes of movement _____

My fast _____

Shade a box each day you show up: **W**ord · **M**ove · **D**eclare · **F**ast. A box doesn't need all four to count. Showing up counts.

1 W M D F	2 W M D F	3 W M D F	4 W M D F	5 W M D F	6 W M D F	7 W M D F	8 W M D F
9 W M D F	10 W M D F	11 W M D F	12 W M D F	13 W M D F	14 W M D F	15 W M D F	16 W M D F
17 W M D F	18 W M D F	19 W M D F	20 W M D F	21 W M D F	22 W M D F	23 W M D F	24 W M D F
25 W M D F	26 W M D F	27 W M D F	28 W M D F	29 W M D F	30 W M D F	31 W M D F	32 W M D F
33 W M D F	34 W M D F	35 W M D F	36 W M D F	37 W M D F	38 W M D F	39 W M D F	40 W M D F

Don't want to do it alone? **Join the 40-Day Community →**

DON'T DO THIS ALONE

Walk it out *together*

This guide is yours. Take it and go. But let's be honest: most of us don't need more information. We need someone in our corner on the day it gets hard, when the old story starts talking again and the fast feels long.

> *"I want community. I want someone cheering me on. I want other people doing the same thing. I want to hear their testimonies of God's goodness. I want their love for the Lord and their passion to fuel me."*

If that's you, this is your invitation. For 40 days, November 1 to December 10, we'll do this together.

THE FREE GUIDE

Everything you need to do it alone. The reset, P.R.A.Y.S., declarations, fasting, and your tracker. It's yours.

But for $40...

- ✓ **Direct mentorship** with Dr. Martha Nessler
- ✓ **A community of women** walking it out with you
- ✓ **The full 40-day Guided Workbook** to maximize the experience
- ✓ **Daily support** so you always know your next step
- ✓ **Weekly group coaching calls**
- ✓ **Bonuses and so much more**

Yes, I'm In! Join the 40-Day Community

Or, if you see the value, pay more and support the mission to lead more women to Jesus.

DRMARTHANESSLER.COM/THE-RESET

DAY 41 AND BEYOND

This is just the *beginning*

These 40 days are not the finish line. God is doing a work in you, and He is always preparing you for a purpose.

He works on your mindset, your identity, and who you are as His daughter. He builds intimacy. He realigns your thoughts and restores your identity. Then He prepares you to walk it out. And then it starts again. The higher the purpose, the more work there is to be done.

That's why I created the **A.R.I.S.E. Community**. It walks women through the exact framework the Lord took me through, backed by Scripture and drawn from the life of Esther herself.

> *"And who knows but that you have come to your royal position for such a time as this?"*
> ESTHER 4:14 (NIV)

Awareness · **R**eality · **I**ntimacy · **S**piritual Gifting & Purpose · **E**levated Leadership & Authority

INSIDE, YOU'LL RECEIVE

- The A.R.I.S.E. Identity Blueprint workbook
- The A.R.I.S.E. Alignment Planner
- Weekly group coaching
- Accountability and community with women walking the same road
- Everything you need to step into the life God has called you to and walk it out boldly

One-on-one coaching is also available as an upgrade.

Join the A.R.I.S.E. Community

DRMARTHANESSLER.COM/WORK-WITH-ME