



**Before the Ball Drops:
Clearing Emotional Weight We Were Never
Meant to Carry**

A 3-Day Devotional & Reflection Journal

Dr. Monica Debro

Love Yourself to Life ©
December 2025

2026

The Year I will love myself unconditionally
boldly, and
with gratitude and laughter!

- I am worthy of love, care, and peace simply because I exist.
- I choose to love myself fully and speak to myself with kindness and respect.
- I allow myself to enjoy life, embracing joy without guilt or hesitation.
- Each day is a gift, and I welcome it with gratitude and intention.
- I trust God to guide my steps and strengthen me in every season.
- My connection with prayer grounds me, comforts me, and renews my spirit.
- I honor my needs, my boundaries, and my emotional well-being.
- I release what no longer serves me and make room for peace and purpose.
- I believe in my future and remain open to goodness unfolding in my life.
- With God's help, I choose hope, wholeness, and a life filled with meaning and joy.



**Before the Ball Drops:
Clearing Emotional Weight
We Were Never Meant to Carry**

This journal was created in alignment with the video series to help you slow down, reflect, and gently release emotional weight before stepping into a new year. Before the Ball Drops invites you to move intentionally through sadness, anxiety, and depression—one day at a time—using honesty, prayer, and self-care. Each section aligns with the daily video, offering space to process what surfaced, deepen your connection with God, and strengthen self-love. Completing each day allows healing to unfold naturally, helping you close the year lighter, clearer, and more prepared to embrace what's ahead with peace and purpose.

With Love & Support,

Dr. Monica

Sadness: Releasing What Quietly Weighed Us Down

Devotional Reflection

Some sadness doesn't come from one moment. It gathers over time—unanswered prayers, unmet expectations, relationships that shifted, versions of ourselves we thought we would be by now. We learned how to keep functioning while feeling heavy.

God never asked us to hide our sadness. Psalm 34:18 reminds us that He is close to the brokenhearted, not disappointed by them. Sadness is not a failure of faith; it is evidence of love, hope, and desire.

Ecclesiastes 3:4 tells us there is a time to weep. This devotional moment is not about fixing sadness—it is about honoring it and deciding we will not carry it silently into the new year.

Isaiah 61:3 speaks of beauty replacing ashes. But ashes must first be acknowledged before they can be exchanged.

Today, we stop pretending we are unaffected. We release what no longer deserves to follow us forward.

Scriptures for Meditation

- Psalm 34:18
- Ecclesiastes 3:4
- Isaiah 61:3

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Being Real with Myself

Reflection Prompt: What sadness did I normalize this year instead of processing?

Heart Check: Where did I feel pressure to “be strong” when I actually needed care?

Release: Write a letter beginning with: “I am releasing the sadness connected to...”

Prayer: God, today I bring You the sadness I’ve been carrying quietly. Help me release what no longer belongs in the next season. In Jesus Name, Amen.

Anxiety: Quieting the Noise and Returning to Peace

Devotional Reflection

Anxiety doesn't always look like panic. Sometimes it looks like overthinking, difficulty resting, replaying conversations, or feeling unsettled even during calm moments. Anxiety tells us we must stay alert to stay safe.

Philippians 4:6–7 reminds us that peace is not something we earn—it is something God provides when we bring Him what overwhelms us. Anxiety shrinks when it is spoken instead of suppressed.

Matthew 6:34 gently redirects us back to today. Anxiety pulls us forward into imagined outcomes that may never happen. God meets us where our feet are, not where our fears wander.

Isaiah 26:3 tells us peace is connected to trust, not control. Tonight, we release the need to manage everything and choose steadiness instead.

Scriptures for Meditation

- Philippians 4:6–7
- Matthew 6:34
- Isaiah 26:3

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Being Real with Myself

Thought Awareness:

What thoughts have kept my mind restless this year?

Body Awareness:

Where do I physically feel anxiety (chest, shoulders, stomach)?

ruth Replacement

My anxious thought:

God's Scriptural truth about this is:

Breath Prayer

Inhale: "God, I receive Your peace."

Exhale: "I release what I cannot control."

Depression: Choosing Light Even When It Feels Distant

Devotional Reflection

Depression can convince us that joy is inaccessible, that motivation is gone, that this heaviness defines us. It speaks in quiet, convincing tones. But feelings are not final authorities.

Psalms 42:11 shows us how to speak to our own soul—not with judgment, but with truth. We are allowed to remind ourselves that hope still exists, even when we can't feel it yet.

Lamentations 3:22–23 promises new mercy each morning. Not new perfection. Not instant happiness. Mercy—fresh, sufficient, and patient.

John 1:5 declares that darkness cannot overcome light. Even when depression dulls our vision, light remains present. Today is not about forcing happiness. It is about choosing connection, truth, and care.

Scriptures for Meditation

- Psalm 42:11
- Lamentations 3:22–23
- John 1:5

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Being Real with Myself

Honest Inventory:

How has depression shown up for me this year?

Self-Compassion:

What would I say to a close friend who felt this way?

Support Plan:

Who can I reach out to when I feel isolated?

Hope Statement:

Even if I don't feel it yet, I choose to believe:

Prayer: God, I come to You honest and open. When depression feels heavy, remind me I am not alone. Strengthen my mind, steady my heart, and renew my hope. I trust You to carry me, heal me, and lead me forward with love, light, and purpose.

Thank you for choosing to be part of this Love Yourself to Life end-of-2025 experience, Before the Ball Drops: Clearing Emotional Weight We Were Never Meant to Carry. Your willingness to pause, reflect, and care for your heart matters more than you know. As you step into a new year, remember—you are allowed to move forward lighter, hopeful, and whole. Stay connected with us for continued encouragement, devotionals, and resources created with intention and love. Visit www.loveyourselftolife.co and join the email list so we can continue growing, healing, and choosing ourselves—together.



With Love & Gratitude

Dr. Monica

2♥26

