ROOTED & NOURISHED: A FAITH-FUELED GUIDE TO WELLNESS

"He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty." — Psalm 91:1

Faith & Wellness Starter Kit

BY: MAKAYLA ARIEL | NOURISH IN HIS SHADOW COLLECTIVE





l'elcome BEAUTIFUL SOUL

Hi, my name is Makayla Ariel, founder of Nourish in His Shadow Collective. I'm so grateful you're here.

I created this space and this guide out of a deep calling from God to help women like you reconnect with God our Creator while caring for your whole self—mind, body, and spirit. After years of walking through my own health, spiritual, and emotional journeys, I've learned that true transformation happens when we allow ourselves to rest under the shadow of the Almighty.

This starter kit is more than a resource—it's an invitation. An invitation to come home to yourself through Christ. To learn how to care for your body not just for how it looks, but as a temple of the Holy Spirit. To find rest for your soul. To build habits that are holy. And to walk each day knowing that you are fully loved, fully held, and fully nourished by God.

I pray these pages bring you peace, clarity, healing, and a sense of deep connection with Jesus. May this be the beginning of a beautiful new chapter.

With love, Makayla Ariel



7-Day Devotional NOURISHED IN HIS PRESENCE DAY 1: HOLISTIC HEALTH & THE BIBLE

God created you as a whole being—body, soul, and spirit. True health isn't just about physical strength or clean eating; it's about living in alignment with His design. The Bible calls us to care for our temples, renew our minds, and guard our hearts. Holistic health is sacred—it's how we reflect His glory.

Reflection: What area of your life do you sense God calling you to nourish more deeply?

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7-Day Devotional NOURISHED IN HIS PRESENCE DAY 2: GOD AS YOUR NOURISHER

You don't have to strive to sustain yourself. God is your source, your sustainer, and your supplier. Just like manna in the wilderness, He will give you what you need each day.

Psalm 23:1-3

Reflection: What would change if you truly believed God would nourish every part of you?



7-Day Devotional NOURISHED IN HIS PRESENCE DAY 3: CARING FOR YOUR BODY AS WORSHIP

Your body is a temple—not to be idolized, but honored. Movement, nourishment, and rest are acts of worship when done with the right heart. This is not about perfection, but reverence.

1 Corinthians 6:19-20

How can you worship God today with how you care for your body?



7-Day Devotional NOURISHED IN HIS PRESENCE

DAY 4: REST & RENEWAL

Rest is not laziness—it's obedience. God created rest for a reason. In stillness, He restores your soul and reminds you that you are not what you produce.

Matthew 11:28-29

What would it look like to truly rest with God this week?



7-Day Devotional NOURISHED IN HIS PRESENCE

DAY 5: IDENTITY IN CHRIST

Before you are a woman, a mother, a wife, a coach, a leader—you are a daughter of the King. Your identity is rooted in Him, not your past, your performance, or your pain.

Galatians 2:20

What false labels or identities do you need to release today?



7-Day Devotional NOURISHED IN HIS PRESENCE DAY 6: CREATING HOLY HABITS

Discipline is not about punishment—it's about alignment. Holy habits help you walk in your Godgiven rhythm. Consistency over perfection.

Proverbs 4:25-27

What one holy habit can you commit to this week?



7-Day Devotional NOURISHED IN HIS PRESENCE DAY 7: LIVING WHOLE IN HIS SHADOW

You were never meant to do this life alone. Living whole means living in surrender, in peace, in His covering. You are safe, seen, and secure in His shadow.

Psalm 91:1-2

How can you stay in
His presence
throughout your day?





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Play & Journal

"Do you not know that your bodies are temples of the Holy Spirit...?" -1 Corinthians 6:19-20





WEEK OF

MORNING ROUTINE	M	Т	W	Т	F	S	S
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JOURNALING							
SCRIPTURE READING							
GRATITUDE							
AFTERNOON ROUTINE	M	Т	W	Т	F	S	S
NIGHT ROUTINE	M	Т	W	Т	F	S	S
PRAYER							
OURNALING							
SCRIPTURE READING							
GRATITUDE							

MATTHEW 11:28-30 (NIV)

"COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST. TAKE MY YOKE UPON YOU AND LEARN FROM ME, FOR I AM GENTLE AND HUMBLE IN HEART, AND YOU WILL FIND REST FOR YOUR SOULS. FOR MY YOKE IS EASY AND MY BURDEN IS LIGHT."

PRAYER JOURNALING

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JEREMIAH 17:7-8 (NIV)

"BUT BLESSED IS THE ONE WHO TRUSTS IN THE LORD, WHOSE CONFIDENCE IS IN HIM. THEY WILL BE LIKE A TREE PLANTED BY THE WATER THAT SENDS OUT ITS ROOTS BY THE STREAM. IT DOES NOT FEAR WHEN HEAT COMES; ITS LEAVES ARE ALWAYS GREEN. IT HAS NO WORRIES IN A YEAR OF DROUGHT AND NEVER FAILS TO BEAR FRUIT."

PRAYER JOURNALING

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"Rooted in Christ"

What truths do I need to believe today?

Where have I been finding my worth apart from Christ?

PROVERBS 31:30 (NIV)

"CHARM IS DECEPTIVE, AND BEAUTY IS FLEETING; BUT A WOMAN WHO FEARS THE LORD IS TO BE PRAISED."

PRAYER JOURNALING

"Becoming Her"

What does it look like to live as a Proverbs 31 woman today?

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Pray & Journal

"Do you not know that your bodies are temples of the Holy Spirit...?" -1 Corinthians 6:19-20





Holy ACTION STEPS

1 Peter 1:15-16:

"But as h	ne who called you is holy, so be holy in all your conduct, because it is written, 'Be holy, for I am holy.'''
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I	How will you start to incorporate God into your daily routine?
	In what areas of your life can you live Holy?
• • • • • • • •	
)	Have you fully surrendered your life to Christ? How can you fully surrender today?





Makayla Ariel is a certified Holistic Health Coach, Educator, Mental Wellness Advocate, and Woman of Faith. Before the titles and certification, she was just a daughter - wounded, searching, and longing to be whole.

She spent years battling anxiety. overachievement, burnout, body image struggles, and spiritual exhaustion. Like many women, she wore strength as armor while silently craving rest for her soul. Everything changed when she surrendered her striving and found peace – not in perfection – but in the presence of God.

Rooted in biblical truth and trained in holistic health, Makayla blends sciences, Scripture, and soul care to help women heal from the inside out. She believes wellness isn't just about what you eat or how you move – its about aligning your life with the One who created it.

Out of her own transformation through Christ, Nourish in His Shadow Collective was born – a sacred space for women to be restored in God's presence, grow in mental, physical, and spiritual wellness, and grow into the fullness of who He created them to be.

As a coach, mentor, speaker, and sister in Christ, Makayla Ariel walks alongside each woman with compassion and authenticity - offering grace, truth and the tools to thrive in both faith and lifestyle.

She often says: "You don't have to fix yourself to come to Jesus. You come, and He will restore you - mind, body & soul.

Her Mission? To help women live nourished, anchored in identity, and wholly covered under the shadow of the Most High.



