

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





Welcome 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



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

1 Thessalonians 5:23

[illegible]



Psalm 23:1-3

[illegible]



This is not about perfection, but reverence.

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



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

[illegible]



Proverbs 4:25-27

What one holy habit
can you commit to
this week?



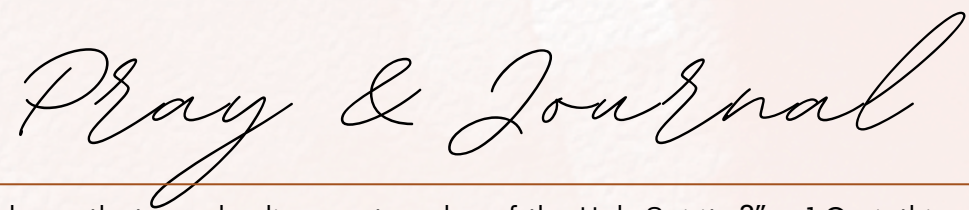
Psalm 91:1-2

How can you stay in
His presence
throughout your day?

Nourish MEAL PLAN



					FROM: / / TO: / /
	BREAKFAST	LUNCH	DINNER	SNACKS	SHOPPING LIST <ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MON					
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FRI					
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SUN					



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



MORNING ROUTINE	M	T	W	T	F	S	S
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AFTERNOON ROUTINE	M	T	W	T	F	S	S
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NIGHT ROUTINE	M	T	W	T	F	S	S
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[illegible]

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

"Lay It All Down"

What is God speaking to me about my health, heart, or purpose?

1

"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."

Guided

PRAYER JOURNALING

"Rooted in Christ"

What truths do I need to believe today?

Where have I been finding my worth apart from Christ?

Handwriting practice area with dashed lines for guided writing.

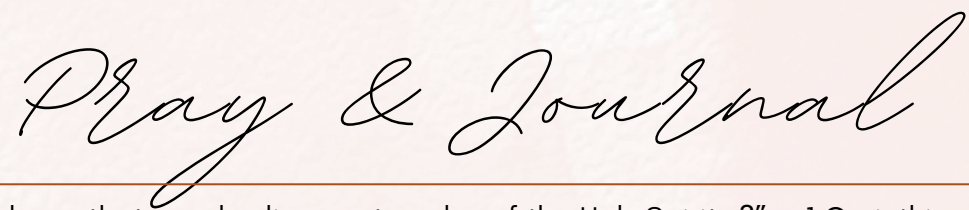
“CHARM IS DECEPTIVE, AND BEAUTY IS FLEETING; BUT A WOMAN WHO
FEARS THE LORD IS TO BE PRAISED.”

PRAYER JOURNALING

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

What holy habits or routines will help me grow into that?

1





Holy

ACTION STEPS

1 Peter 1:15-16:

"But as he who called you is holy, so be holy in all your conduct, because it is written, 'Be holy, for I am holy.'"

1

How will you start to incorporate God into your daily routine?

2

In what areas of your life can you live Holy?

3

Have you fully surrendered your life to Christ? How can you fully surrender today?

About THE AUTHOR



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.

ARE YOU READY TO
RENEW YOUR MIND?

JOIN THE COMMUNITY

www.NourishInHisShadowCollective.com



@NourishInHisShadow.Collective

