

A 30-DAY DEVOTIONAL

My Beloved, Day 11



My Beloved,

are you ready for transformation?

"Inwardly, we are being renewed day by day with his unfolding grace."

— 2 CORINTHIANS 4:16

"I have loved you with an everlasting love."

— JEREMIAH 31:3

HEIDI FITZSIMMONS

My Beloved

A 30-Day Devotional to Receive, Release, and Radiate

Heidi Fitzsimmons

My Beloved: A 30-Day Devotional to Receive, Release, and Radiate

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For every woman who has ever whispered
into the dark,
"Am I enough?"

You are.
You always were.
He's been calling your name this whole time.

To my husband, my Biggest Fan.
To my Music Team, who inspire me to write these weekly.
And to my Producer, My Creator, Whose words I wouldn't have without You.

A SPECIAL DAY, JUST FOR YOU

Hello, my sweet.

What you're holding is one single day — Day 11 — pulled from My Beloved, a 30-day devotional to Receive, Release, and Radiate.

I picked this one on purpose. It's from the Release section — the part of the journey where we finally lay down the burdens we were never meant to carry.

If you've ever come to God broken, hurt, or worn thin by your expectations of yourself... these pages were written for you.

There's no right or wrong way to move through them.

Read the verse.

Sit with the prayer.

Answer the question if it stirs something in you, or just breathe and let that be enough.

And be sure to hit play on "***Come as You Are***" by **Crowder**, my sweet, because that's exactly what He's inviting you to do — come as you are, worn, broken, or sad, and let Him meet you there.

My sweet, this is just one day of thirty.
I can't wait for you to meet the other twenty-nine.

So take a breath...
There's nothing to prove here.

Nothing to get "right."
Just show up
And be present.

Always Remember to
Ignite Inspiration, Spread Hope, and
Dance with Faith!

And always remember —
I believe in you.
Now it's your turn.

A handwritten signature in black ink, reading "Heidi". The signature is written in a cursive, flowing style with a large, stylized 'H' and a small 'i'.

◆ RELEASE ◆

Days 11-20

*"Lay it down.
Let it go.
Trust the One who carries you."*

My sweet, I want you to release all the negative beliefs you are holding.

These are not for you to bear.

He gently asks you to give them to Him to carry for you — I promise —

*trust...
release...
breathe...*

*Before you begin, take a breath and release control.
You don't have to carry it all.*

◆ DAY 11 ◆

It's Your Will, Not Mine

Luke 22:41–44

“He withdrew about a stone's throw beyond them, knelt down and prayed, ‘Father, if you are willing, take this cup from me; not my will, but yours be done.’ An angel from heaven appeared to him and strengthened him. And being in agony, he prayed more earnestly, and his sweat became like great drops of blood falling to the ground.”

It is Your will, not mine, and if I simply remember those words, many of my days would be so much easier.

But alas, I am only human.

I come to You broken.

I come to You hurt.

I come to You weak and with shame, and I surrender all of this to You, Lord.

I lay these burdens at Your feet.

Please, Father, whisper Your mercy, Your healing peace into my spirit.

Thank you,

Amen

Song Reflection:
“Come as You Are” — Crowder



Now, take a breath and reflect...

Where are you holding tightly to your own plans?

What would it look like to surrender to God's will instead?

Let it go...

Not my will, but Yours.





Doodles ♥ Prayers ♥ Reflections

What's Next?

Day 11 is just one stop on a longer journey.

My Beloved walks you through 30 days across three movements:

RECEIVE (Days 1–10). Before you can release anything, you have to know you're already loved. Fully. As you are.

RELEASE (Days 11–20). The day you just read is here. This is where we lay down the shame, the striving, the "am I enough?" and trust Him to carry it instead.

RADIATE (Days 21–30). Once you've received His love and released what was never yours to hold, you get to shine boldly, freely, as who you were always meant to be.

Receive His Love. Release your self-doubt. Radiate His Light.

That's the whole journey, and it's waiting for you.

Get the Full Book

My Beloved is here now.

Get your copy today.



A Note from Heidi

Remember, My Sweet — Jesus brings us together as brothers and sisters.

Strangers become family, and when you meet someone for the first time, you have a new opportunity to extend your hand with grace and mercy.

So when you do, I want you to smile with such kindness that your light shines so very bright that they have no choice but to smile back.

And that is how we will create Heaven on Earth.

And until we meet again, Beautiful —
I believe in you.
Now it's your turn.

Always Remember to
Ignite Inspiration, Spread Hope, and
Dance with Faith!

Meet Heidi



Heidi Fitzsimmons is a faith-based empowerment speaker, storyteller, podcast host, and devotional author on a mission to lead Christian women to step into the confidence God has always intended for them.

After twenty-five years in corporate America, a layoff in 2018 became the holy interruption Heidi didn't know she needed. What looked like the end of a career became the beginning of her true calling: walking alongside women as they quiet the noise, release the lies they've been carrying, and radiate boldly into their God-given purpose.

Through her signature 3R Framework — Receive, Release, Radiate — Heidi guides women from self-doubt and exhaustion into God-given confidence. Warm, vulnerable, and a little bit funny, she leaves every audience feeling seen, equipped, and ready to shine.

Heidi is the host of the Radiance From Within podcast (launched New Year's Eve 2023, now 150+ episodes strong), a proud member of the Next Level Speakers Academy and the Salem Speakers Bureau, and a section leader of the CAYA (Come As You Are) praise band — designed to welcome everyone exactly where they are. She also designs affirmation journals and workbooks available in her Etsy boutique.

She lives and writes from her cozy corner of Connecticut, where she's most often found with a coffee in one hand, a pen in the other, and worship music playing just a little too loud.



Book Heidi to Speak

Heidi is available for keynotes, workshops, women's ministry events, church retreats, conferences, and podcast interviews.

Her signature topics include:

- **From Hopeless to Radiant:** Surrendering Self-Doubt for God-Given Confidence — Signature Keynote (45–60 min)
- **Quiet the Noise:** A Faith-Based Journey into Inner Peace — Interactive Workshop (60–90 min)
- **From Hopeless to Hopeful** — Spark Session (10–15 min)



Scan to inquire, or visit heidispeaks.com or email: hello@heidispeaks.com



Stay Connected

- Radiance From Within podcast — heidispeaks.com/podcast
- Instagram: [@riselovelive](https://www.instagram.com/riselovelive)
- Etsy: **Rise Love Live Boutique** (use code PODCAST15)
- Support the work: buymeacoffee.com/riselovelive



Ignite inspiration, spread hope, and dance with faith.

Ignite inspiration · Spread hope · Dance with faith

***Receive His Love.
Release your self-doubt.
Radiate His Light.***

To the woman holding this book — Have you ever wondered, "Am I worthy?" Perhaps you've whispered into the dark, "Am I enough?" You are, my sweet. You always were. And He's been waiting to hold you this whole time. Maybe you've been carrying lies that aren't yours to carry. Perhaps you've been stepping around your idea of faith, exhausted, wondering where the joy went. Maybe you're aching for the quiet certainty that you are loved and seen fully, without having to earn it. Then, this devotional is for you — Over the next 30 days, we'll walk together through a gentle, easy practice where you get to Receive HIS Love, Release YOUR worries, and Radiate HIS Light. Each day, you're given a scripture, a prayer, a song, and space for doodling, coloring, or stillness. Through the quiet prayers and silence, you'll receive the Love that has always been yours. You'll release the lies you've been carrying. And you'll begin to radiate His light into the world that needs you. This isn't a checklist, my sweet. It's an invitation. Will you say yes?

PRAISE FOR MY BELOVED,

"May this be the Sabbath moment your soul needs during your busiest seasons."

— THE REV. MEL KAWAKAMI, RETIRED UNITED METHODIST ELDER

Heidi shows us our radiance from within through her God-borne grace, joy, and peace. If you are looking for Christ-centered growth, inspiration, and purpose, Lock in and Listen.

— SUE HOMROK-LEMKE



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