



JAIYA CLARKE

HOW  
**7 DAYS**  
*in Milan, Italy...*

**MADE ME A BETTER  
WIFE & MOTHER.**

♥ A RESET. A RELEASE. A RENEWED LEADER. ✨

# I THOUGHT MY PRESENCE WAS WHAT KEPT MY HOME TOGETHER.

## **I Really Believed:**

- If I didn't manage everything... things would fall apart.
- If I let go... something would be missed.
- If I wasn't there... I wasn't leading and stewarding my home well.

But 7 days away changed that.

God didn't just give me rest He gave me revelation.

I am not the source of peace in my home.

I am not the one holding everything together.

God is.

And when I released control, fear, and guilt...

I didn't lose my role. I refined it.

## **Here's What I Released:**

- The need to control every outcome
- Fear that things would fall apart without me
- Guilt for resting, stepping away, or being poured into
- Pressure to carry what God never assigned to me

## **What I Gained:**

Greater trust in God as the true covering of my home

Deeper respect and trust for my husband's leadership

Peace that doesn't depend on my presence

Awareness that the "Home Training" has been home training.

The Holy Spirit doesn't leave my home when I do."

Your home is not sustained by your constant presence.

It is sustained by God's presence.

# DECLARATIONS FOR TRUST, PROTECTION, AND SURRENDER

Speak these daily, especially when you feel the urge to control.

## **Protection Over My Home**

### **Isaiah 54:17 (NKJV)**

No weapon formed against you shall prosper,  
And every tongue which rises against you in judgment  
You shall condemn. This is the heritage of the servants of  
the Lord, and their righteousness is from Me, says the Lord.

Declaration:

I am in agreement with Isaiah 54:17 No weapon formed  
against my home will prosper.

My family is covered, protected, and sustained by God.

## **Trusting God Fully**

### **Proverbs 3:5-6 (NKJV)**

Trust in the Lord with all your heart and lean not on your  
own understanding; In all your ways acknowledge Him,  
and He shall direct your paths.

Declaration:

I am in agreement with Proverbs 3:5-6. I trust God with my  
whole heart. I release the need to understand everything.

God is directing my family, even when I'm not present.

## **Surrendering Control**

### **Psalms 127:1 (NKJV)**

Unless the Lord builds the house,  
They labor in vain who build it;  
Unless the Lord guards the city,  
The watchman stays awake in vain.

Declaration: I am in agreement with Psalm 127:1 that says  
I am not the builder; God is. I release control and partner  
with God's leadership. My home is built on Him, not my  
effort.

# DECLARATIONS FOR TRUST, PROTECTION, AND SURRENDER

Speak these daily, especially when you feel the urge to control.

## **Releasing Fear**

### **2 Timothy 1:7 (NKJV)**

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Declaration:

I am in agreement with 2 Timothy 1:7. Fear does not lead me; God does. I release anxiety, pressure, and overthinking. I lead my home with power, love, and a sound mind.

## **Letting Go of Guilt**

### **Romans 8:1 (NKJV)**

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.

Declaration:

I am in agreement with Romans 8:1, and because I am in a relationship with Christ Jesus, I can quickly release guilt when I rest and am renewed. I am not condemned for stepping away to take care of myself. God restores me so I can lead better.

## **Final Declaration:**

My home is covered—even when I'm not there.

God is present, active, and leading my family.

I lead from peace, not pressure.

I trust God with my whole heart

What would change in your home if you truly trusted God with it?



# **BONUS RESOURCES**

**Now, you know I come bringing gifts!**





# MY REASON WHY?

As a military spouse, I've learned how quickly life can shift. Plans change without warning. Routines are disrupted. In those moments, emotions don't just feel heavy; they feel constantly tested. Hurt, disappointment, and unmet expectations can quietly pile up. All of this while parenting God's Tiny Christian Soldiers.



You do not need to be a perfect parent to build a faith-filled home.

Your children do not need flawless teaching.

They need:

- consistent presence
- honest prayers
- safe conversations
- a parent who keeps turning their heart toward God.

Small spiritual rhythms practiced daily will shape your home more than any single moment ever could.

That's why I created my YouTube Channel. If you want more resources on building a Christ-centered home and strengthening your connection with your children, make sure to subscribe to the Mrs. Jaiya YouTube channel here ->



Together we are learning how to raise families with clarity, courage, and peace.

## NEXT STEPS: READY TO GO DEEPER?

Grab some of my favorite creations for building everlasting joy by clicking on the title below.

### THE GRATITUDE RESET

A 15-Minute daily practice to reset your Soul (Mind + Will + Emotions)  
(Use this page daily or as needed. Check off each step as you complete it!)

### THE JOY JOURNAL

60-page printable with prompts for daily gratitude, forgiveness reflection, and joy declarations right here.

### THE KEYS TO UNLOCKING YOUR JOY!

The Keys to Unlocking Your Joy presents the Bible's teachings in a way that helps readers experience abundance in every area of their lives.