

A person wearing a white, flowing dress is walking barefoot on a rocky shore. The ocean is in the background, with a few ships and a sailboat visible on the horizon under a soft, hazy sky. The text is overlaid on the image.

overflow:

20 refreshing  
results of childlike

*innocence*

volume 2

women pour themselves out in  
countless ways to so many people.

but to sustain a lifestyle of giving—one that doesn't deplete you to the core—it's crucial to learn how to live from a full cup.

in this second volume, we continue to explore the transformative power of childlike innocence and how it empowers us to live from a place of overflow amidst the demands and responsibilities of everyday life.

through this simple activation list, you'll discover refreshing pathways to reclaiming the parts of yourself that pressure, responsibility, and disappointment often wear down.

as you read, ask the Holy Spirit to highlight the areas where He desires to refresh, restore, and activate childlike innocence in your life.



1 living from childlike innocence removes pressure to perform.

- it finds rest in the Father's acceptance, breaking the need to earn approval through achievement.

2 living from childlike innocence eases mental exhaustion.

- it reminds us that not every problem requires our attention or our solution.

3 living from childlike innocence quiets overthinking.

- it frees us from the exhausting need to figure everything out and strengthens peaceful decision-making.





- 4 living from childlike innocence dismantles cynicism.
- it empowers the heart to remain tender and hopeful, preventing bitterness from taking root.
- 5 living from childlike innocence cultivates inner safety.
- it loosens the grip of holding everything together.

6 living from childlike innocence unlocks emotional freedom.

- it feels deeply, processes honestly, and expresses emotion without guilt or shame.

7 living from childlike innocence empowers authenticity.

- it quiets self-criticism and the fear of being too much or not enough.

8 living from childlike innocence softens hardened places.

- it gently reopens areas that pain has closed off.



9 living from childlike innocence anchors identity.

- it separates worth from the need to prove, achieve, or become more.

10 living from childlike innocence fosters belonging.

- it values connection over self-protection.

11 living from childlike innocence renews capacity for joy.

- it restores delight that adversity and responsibility have tried to diminish.

12 living from childlike innocence reclaims playfulness.

- it welcomes enjoyment without feeling the need to justify it.



13 living from childlike innocence encourages present living.

- it fully engages the moment at hand rather than living ahead of it.

14 living from childlike innocence awakens expectancy.

- it greets each season with eagerness and anticipation.

15 living from childlike innocence creates room for awe.

- it notices the wonder woven into every day.

16 living from childlike innocence inspires discovery.

- it embraces life with curiosity, opening the door to new possibilities.





17 living from childlike innocence strengthens resilience.

- it fuels recovery from setbacks and the willingness to begin again.

18 living from childlike innocence sparks vision.

- it sees beyond what is and imagines what could be.

19 living from childlike innocence rekindles engagement.

- it approaches life with genuine enthusiasm—uncovering direction and purpose along the way.

20 living from childlike innocence invites simplicity.

- it untangles what has become unnecessarily complicated.