

# ROOTED

A 15-MINUTE DAILY  
RHYTHM WITH GOD



A QUIET TIME TOOLKIT TO HELP YOU  
RECONNECT, REALIGN, AND REBUILD YOUR  
DAYS WITH HIM AT THE CENTER.

# Come as you are

There's a word the Germans use "*Sehnsucht*."

It means a deep, aching longing... Not just for something, but for Someone.

A homesickness for a place you've never fully been.

A pull toward the eternal in the middle of your ordinary day.

If you've felt that gentle ache, the desire to slow down, to breathe, to be near God but not quite sure how, this toolkit was made for you.

You don't need a perfect morning routine.

You don't need hours of silence or a spotless house.

You just need a willing heart... and a place to start.

This is for the woman who loves Jesus, but feels stretched thin.

Who wants to grow spiritually, but is still doing dishes, answering emails, and making it through each day.

The 15 Minute Rhythm With God Toolkit will help you meet God in the middle of your everyday life

In just 15 minutes a day, you'll start building a quiet rhythm of connection, no guilt, no pressure, no need to perform.

What's Inside:

- A 15-minute quiet time guide to anchor your days
- A Scripture Tracker to help you stay consistent
- Morning & Evening Prayers (plus The Daily Examen for deeper reflection)
- Gentle encouragement to show up, even if it's messy, interrupted, or short

With love and faith,

Maria ♥

Faithfully Equipped

## **A Blessing for You**

May this be the season where time with God becomes less about pressure... and more about presence. May your quiet moments be filled with peace, your interruptions become invitations to grace, and your days be rooted in the truth and knowing that He is with you, always.

# Welcome to Your 15-Minute Quiet Time

*"Draw near to God, and He will draw near to you." – James 4:8*

You don't need a perfect morning routine or a full hour of silence to meet with God.

Just start here.

One small step. One faithful moment. One invitation to let Him into your day.

This simple rhythm was created for women who love God deeply but live in the tension of family, work, and limited time.

Use this 15-minute practice daily to reconnect with the One who holds it all in the middle of your real, everyday life.

# Your Daily Rhythm: 15 Minutes with God - Part 1

## Step 1: Breathe & Invite (3-5 min)

Sit quietly. Take a few deep breaths.

Imagine a chair beside you. Jesus sitting next to you like a friend.

(You can even place a real chair near you as a physical reminder of His presence.)

*Pray: Lord, I'm here, I am present. Speak, I'm Listening.*

If your mind drifts, don't judge the thoughts. Just let them pass and gently return to the moment.

## Step 2: Scripture (5min)

Open your Bible (or use the Scripture Tracker).

Read slowly. Pause on a verse that speaks to you. Read it a second time.

If you feel comfortable, read it aloud the second time.

**Ask:** What does this reveal about who God is?

**Verse I read today:** \_\_\_\_\_

**One word or phrase that stood out:** \_\_\_\_\_

# Your Daily Rhythm: 15 Minutes with God - Part 2

## Step 3. Reflect & Journal (5min)

Write what comes up in this space.  
Where do you feel peace, conviction, or clarity?

*Today I'm feeling....*  
*I believe God is reminding me...*  
*I need to surrender...*

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## Step 4: Pray It Forward(2-3min)

Offer up your day. Surrender the to-do list.  
Ask for wisdom, strength, and deeper trust

*Lord, here's what I need from You today...*  
*Help me walk in faith, not fear, in this area...*

# Your Scripture Tracker

You don't need a formal plan to stay connected to God's Word.

This tracker is a gentle space to record what you've read, reflect on what stood out, and remember that God is speaking even in the quiet times.

Use it to:

- Notice patterns in what He's highlighting
- Celebrate your consistency (even when it's messy)
- Keep your focus on faithfulness, not perfection

This isn't about crossing off boxes. It's about coming back to the Word, one day at a time.



# Anchor Your Day in Prayer

Your days don't need to start in chaos or end in exhaustion. Sometimes, it's not about journaling or reading, it's simply about **returning to your Father.**

Returning to God. Returning to stillness. Returning to what matters.

*"He makes me lie down in green pastures.  
He leads me beside quiet waters.  
He refreshes my soul."  
— Psalm 23:2–3a*

On the next page, you'll find two gentle prayers. A prayer for the morning and one for the evening.

Use them when:

- Your mind feels cluttered
- You're short on time
- You need a breath of peace in the middle of your day

Whether you read them quietly, out loud, or copy them into your journal...

Let these words bring you back to the One who holds it all.

## Morning Prayer

Lord, Jesus Christ, Son of the Living God, thank You for this new day.  
I invite You into every thought, every task, every moment.  
Help me to walk with intention, to speak with kindness to others  
and to trust You when I feel completely overwhelmed.

Anchor me in Your Truth today, not in fear or performance.  
I surrender this day to You. Use me for Your Will.

Please provide me with strength and clarity to do what is necessary.

In Jesus' name,  
Amen.

*"Surely Your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the Lord forever."  
— Psalm 23:6*

## Evening Prayer

Father, I lay this day at Your feet.  
The parts that went well, and the parts I wish I could redo.

Thank You for walking with me, even when I didn't feel it today.  
Thank You for grace that covers what I missed.

Please quiet my thoughts and restore my peace.  
Help me rest tonight, knowing that You are in control  
and that You never stop working for my good.

I trust You with what I don't understand.  
I thank You for what You have given me, even those things I have not  
yet seen.

In Jesus' name,  
Amen.

# The Daily Examen

**“Search me, God, and know my heart...” — Psalm 139:23**

The Examen is a powerful yet gentle spiritual rhythm that helps you reflect on your day with God, not through the lens of judgment, but through love, awareness, and Grace.

It's not about doing it “right.” Be kind to yourself.

It's about becoming aware of where God was present... and where you may have missed Him in the rush.

You can do this daily (in the evening), weekly, or whenever you feel scattered and need to reconnect.

**Find a quiet moment. Breathe. Pray this simple prayer:**

“Lord, open my eyes to see this day the way You see it.

Show me where You were near... and where I need to return to You.”

## Step 1: Become Aware

Take a moment of stillness. Notice your breath, your body, your surroundings.

Let go of the rush. Welcome God's presence.

## Step 2: Express Gratitude

Look back on the day. Where did you experience joy, connection, or beauty? (this can be anything , from a sacred moment looking through the window at (your) children playing, drinking coffee in silence)

- What are you grateful for right now?
- Where did God show up in small or surprising ways?

*“Give thanks in all circumstances...” — 1 Thessalonians 5:18*

# The Daily Examen

## Step 3: Review the Day

Walk through your day, hour by hour if needed.

- Where did you feel peace, presence, purpose?
- Where did you feel tension, distraction, or disconnection?
- Was there a moment you missed God's voice?

This isn't a guilt trip. This is awareness.

**What is God inviting you too?**

## Step 4: Seek Forgiveness

Ask: Where did I fall short? Where did I rely on myself instead of surrender to God?

Bring it to Jesus without shame.

*"His mercies are new every morning." — Lamentations 3:23*

## Step 5: Look Forward with Hope

Invite God into tomorrow.

- What do I need grace for?
- What is one small step of faith I can take?
- Who can I love or serve tomorrow?

Close with a simple prayer of surrender:

"Lord, thank You for walking with me.  
Help me rest in Your love tonight, and rise with intention tomorrow."

# A Final Blessing

You don't need perfect mornings.  
You don't need the "right" words.  
You just need a willing heart.

What matters is that you keep showing up.  
Even when you're tired.  
Even when it's quiet.  
Even when it feels like nothing is changing.

Because something is changing in you.  
God is near, He is always knocking.

He sees your efforts, your desire to grow, and the small yes you offer Him day by day.

So here's your blessing as you go:

May your time with God be rich and real even in the ordinary.  
May you find peace in His presence, not pressure to perform.  
May your mind be stilled, your heart be anchored,  
and your spirit reminded that you are never walking alone.

You are loved. You are seen. You are being faithfully equipped for what's ahead.

**Keep showing up.**

**Even if it's messy.**

**Even if it's short.**

**Even if all you can say is, "Lord, I'm here."**

**That's enough.**

With love and grace,  
Maria  
Faithfully Equipped

# Share the journey:

If this toolkit blessed you, I'd love to know.

Tag [[@faithfullyequipped](#)] on Instagram or reply to your download email and tell me what shifted for you.

Let's keep walking in faith — together.