

# Five Mornings to a Calmer Heart



A 5-Day Guided Journal of  
Faith and Focus

Copyright © 2025 by Katelynn Potter at Joyful Seasons Mama  
All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without the prior written permission of the author, except in the case of brief quotations used in reviews or articles.

Unless otherwise indicated, all Scripture quotations are taken from the New King James Version® (NKJV). Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

This book is designed for personal use and reflection. For group licensing, classroom use, or bulk orders, please contact:  
Instagram: @joyfulseasons.mama

Cover design and interior layout by Katelynn Potter at Joyful Seasons Mama  
First printing: 2025  
Printed in the United States of America

Hey Mama,

I'm so glad you're here! Sometimes, as mamas, we just need a little extra nudge of encouragement. It's so easy to get caught up in what needs to be done or who needs our help that we start to lose ourselves in all the daily "do's."

So here's your permission to slow down. To set aside the lists and the noise. To sit in the presence of your Heavenly Father and simply breathe. Let these next five mornings be a gentle reset for your heart, a time to soak in His truth, and to remember, you are deeply loved and seen by Him.

Each day includes:

1. Scripture to Stand On: A short Bible verse to anchor your heart.
2. Reflection: A quick, honest encouragement for real life motherhood.
3. Journal Space: Write, draw, list, or jot down whatever God is speaking to you.
4. Prayer: A simple, heartfelt prayer to lift up to the Lord.

"You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You." Isaiah 26:3

## DAY 1

Some mornings, the storm isn't outside, it's in our own homes. Toys scattered on the floor, little ones needing breakfast, and your to do list already running ahead of you. But God whispers, "Be still." He's not asking you to stop being a mama, but to pause your heart. In the stillness, we remember: He is God. He's in control, even when our day feels out of control.

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!" Psalm 46:10

### Prayer:

Lord, in the noise and movement of today, help me pause. Quiet my heart so I can hear Your voice above the chaos. Let Your peace fill my home and my spirit. In Jesus name, Amen.





## DAY 2

The world offers quick fixes for peace, like coffee, scrolling, distractions, but God offers a peace that guards your heart. This peace is not dependent on a quiet house or a perfect schedule. It's rooted in Him, and it stands watch over you when anxiety tries to sneak in. You don't have to earn it. Just come to Him and receive it.

"And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

Philippians 4:7

Prayer:

Father, thank You for a peace that the world can't give and can't take away. Guard my thoughts today so they stay fixed on You. In Jesus name, Amen.





## DAY 3

Motherhood is beautiful, but let's be honest, it's also messy, loud, and unpredictable. God's promise of perfect peace doesn't mean the mess will disappear, it means our hearts can be calm in spite of it. When our minds are fixed on Him, trust takes the place of worry. Peace takes the place of panic. And we find that He is steady even when our world is not.

"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You." Isaiah 26:3

### Prayer:

Lord, when my day gets loud and messy, help me keep my mind on You.

Remind me that trusting You brings peace no matter what's going on around me. In Jesus name, Amen.





## DAY 4

Some days, motherhood feels like carrying a laundry basket that never empties, physically, emotionally, and spiritually. Jesus doesn't just tell us to "work harder" or "push through" in our own power. He invites us to come to Him. In His presence, there is true rest for the soul, not just physical relief, but a deep refreshment that reminds us we are not going through life alone.

"Come to Me, all you who labor and are heavy laden, and I will give you rest."

Matthew 11:28

Prayer:

Jesus, I bring You my exhaustion today. My hands are full, but I place my heart in Your care. Thank You for giving me rest that the world can't offer. In Jesus name, Amen.





## DAY 5

Seasons change, babies grow, routines shift, new challenges come. But our hope in Christ is an anchor that doesn't move. He's the same yesterday, today, and forever. When the waves of life rise, we don't have to drift, we can hold fast to the One who holds us.

"This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil."

Hebrews 6:19

Prayer:

Lord, thank You for being my anchor when life changes and challenges come. Keep my heart steady and my hope fixed on You. In Jesus name, Amen.











## Thank You!

You've reached the end of this 5 day journal, and I just want to say, I'm so glad you joined me on this little journey! My prayer is that these pages have given you moments of peace, reflection, and encouragement, and that you step forward with a renewed heart.

Remember, this is just the beginning. Keep seeking joy, keep filling your days with intentional moments, and keep leaning into the One who holds your future.

## I'm Glad You're Here!

Thank you for signing up for my email list so we can stay connected. I'm excited to keep sending you more little freebies, encouragement, and motherhood resources to bless your days. Keep an eye on your inbox, good things are on the way!

✉️ I'd also love to hear from you, send me a quick note at

[katelynn@joyfuleasonsmamas.com](mailto:katelynn@joyfuleasonsmamas.com) and let me know what you thought of the 5-day devotional and guided journal, and if you'd like to see more resources like it in the future.

