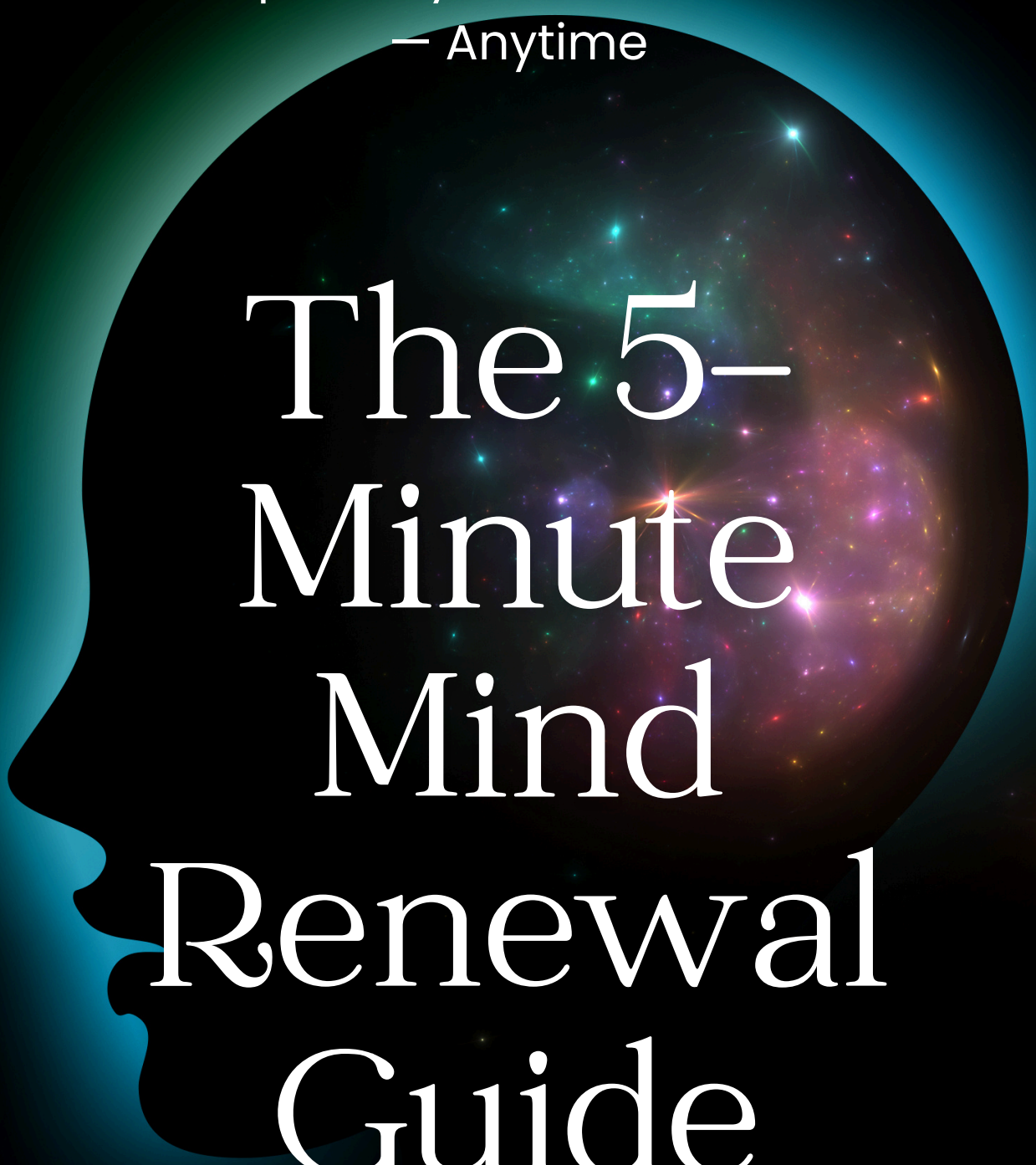


A Simple Way to Return to Peace
— Anytime



The 5- Minute Mind Renewal Guide

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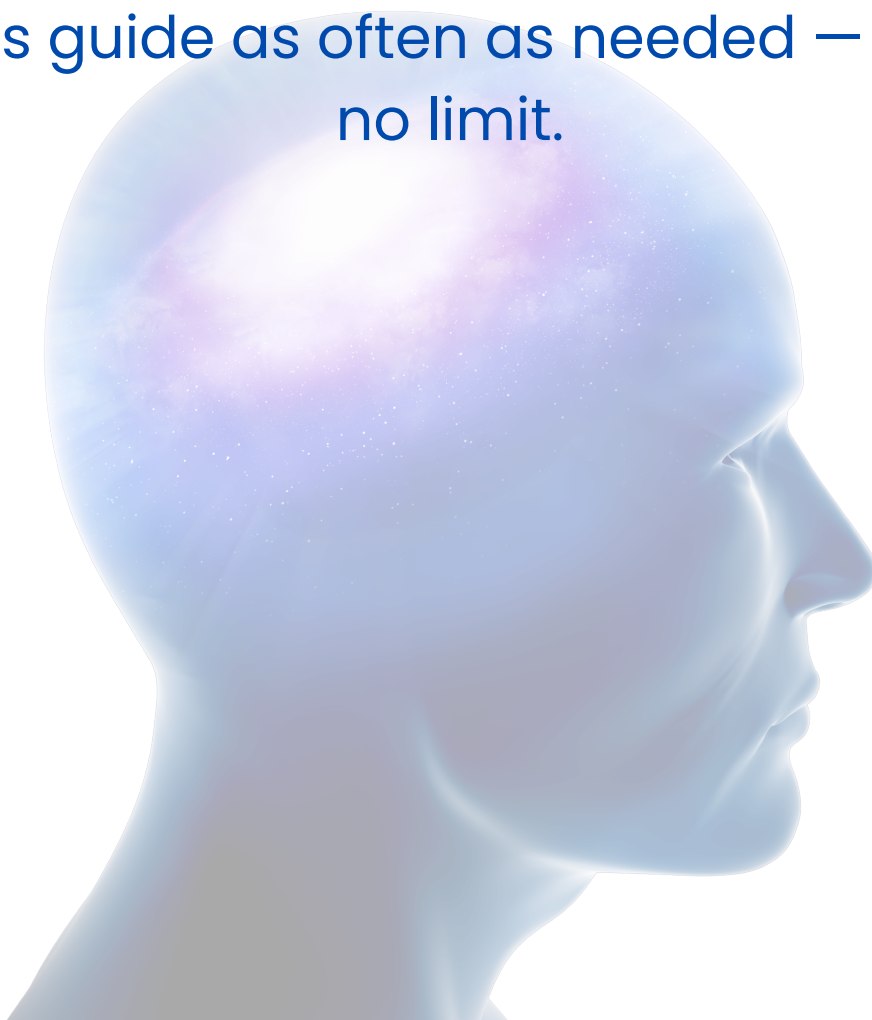
The 5–Minute Mind Reset Guide

A Simple Way to Return to Peace — Anytime

This guide is designed for moments when your mind feels *overwhelmed, anxious, distracted, or emotionally heavy*.

You don't need silence, perfect focus, or a long block of time. **Five intentional minutes** is enough to reset your inner state and realign with God's truth.

Use this guide as often as needed — there is no limit.



How to Use This Guide

- Use it in the morning to set your day
- Use it in moments of stress or decision-making
- Use it before prayer or journaling
- Use it in the evening to reset before rest

You don't need to feel calm before starting.
Calm often comes after you begin.

Gentle Reminder

This is not about forcing peace.
It's about creating space for peace to return.

Five minutes.

One breath at a time.

Truth over striving.



Minute 1: Pause & Ground

(60 seconds)

Sit comfortably or remain where you are.
Place your feet on the floor if possible.

Take one slow breath in through your nose... and **exhale gently** through your mouth.

Repeat this breath three times, allowing your shoulders and jaw to soften.

Quietly remind yourself:
"I am safe in this moment."



Minute 2: Release Mental Noise

(60 seconds)

Bring awareness to your thoughts without trying to change them.

Ask yourself gently:

- *What is taking up the most mental space right now?*
- *What feels heavy or urgent?*

You don't need to solve anything.

Simply notice — and allow God to hold what you cannot.

Whisper a simple prayer:

“Abba, I release to You what I cannot control.”

Minute 3: Align With Truth

***Print this page and post on a strategic wall.**

(90 seconds)

Slowly read or speak the following declaration.

Let the words settle naturally.

Pause briefly after each line.

I have within me power, love, and a sound mind.

I am created in the image and likeness of God.

God's peace is available to me right now.

**What I am facing today is not greater than God's
presence within me.**

Minute 3: Align With Truth

(60 seconds)

Place a hand over your heart or rest your hands gently in your lap.

Take one slow breath in...
and a longer breath out.

Ask quietly:

“What does my mind or body need right now?”

Listen without judgment.

Minute 5: Close With Gratitude

(30 seconds)

Name one thing you are grateful for in this moment — even if it feels small.

End with this simple affirmation:

“I choose peace over pressure.”