

Faith-Fueled Morning

Starting Your Day with Purpose



Dear Diaries & Co.

Faith-Fueled Morning Routine Guide: Starting Your Day with Purpose

Introduction:

A faith-filled morning sets the tone for the rest of your day. This simple guide helps you start each day grounded in God's presence, empowered by His Word, and aligned with His purpose.

Step 1: Wake Up with Gratitude (2-3 Minutes)

1. Before reaching for your phone, thank God for three specific blessings.
 - **Example:** *"Thank You for a new day, for strength in my body, and for Your unfailing love."*

Step 2: Center with Prayer (5-7 Minutes)

1. Begin with praise and invite Holy Spirit into your day:
 - "Holy Spirit, guide my thoughts, actions, and words today. Let me walk in alignment with Your will."
2. Pray for your priorities and challenges.

Step 3: Meditate on Scripture (5-10 Minutes)

1. Read a short Bible passage or devotional.
2. Suggested Themes:
 - Strength: Isaiah 40:31
 - Wisdom: James 1:5
 - Peace: Philippians 4:6-7
3. Reflect: How can I live this out today?

Step 4: Declare Truths Over Yourself (2-3 Minutes)

1. Speak declarations that align with God's Word.
 - *"I am chosen, loved, and equipped for today's challenges."*
 - *"God's peace surrounds me, and His joy is my strength."*

Step 5: Plan with Purpose (5-7 Minutes)

1. Review your day's tasks and surrender them to God:
 - *"Lord, let my plans reflect Your will. Help me honor You in everything I do."*
 2. Highlight one priority that aligns with your calling or purpose.
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Optional Add-ons:

- **Movement:** Stretch or take a quick walk while reflecting on God's goodness.
- **Worship:** Play a worship song as you get ready.

Your morning sets the tone for your purpose. For a truly grounded experience, use our signature **'I AM SAFE' Journal** and join the **BRICK Cooperative** to stay consistent with other builders!"

[SHOP THE JOURNAL]. | **[JOIN BRICK]**

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