

# pause. breathe. pray.™

## WEEKLY REFLECTION AND APPLICATION

### PAUSE.

Identify 1-2 excuses that keep you from getting up 15-30 minutes earlier. Acknowledge these as unhelpful thoughts and choose to turn away from them when you think or say them.

1. \_\_\_\_\_
2. \_\_\_\_\_

### BREATHE.

Take a deep, slow breath in.... and slowly exhale out. Repeat 10 times.

Give thanks for the breath of life that is in you today.



### PRAY.

1. Ask God to renew your mind. Write down 1-2 true, encouraging statements to replace your excuses above.

\_\_\_\_\_  
\_\_\_\_\_

2. Set your alarm clock for 15-30 minutes earlier than normal. What time is that? \_\_\_\_\_

3. Write down where you will sit to spend time with God, and what you plan to do to deepen your relationship, i.e. read, journal, sit in silence, meditate, etc.?

\_\_\_\_\_

### VOW FOR THIS WEEK

I vow this week that I will get up at \_\_\_\_\_ o'clock, on \_\_\_\_\_ to spend the first moments of my day with God, like Jesus did. (list days of the week)

### PRAYER FOR THE WEEK

God, I pray that by following Jesus' example of getting up early to spend time with you, I will be starting my day on a firm foundation and that Your Word and Truth are the fuel I need for my heart and mind for the day ahead. In Jesus' holy name I pray. Amen.

### VERSE TO MEDITATE ON

*Very early in the morning, while it was still dark,  
Jesus got up, left the house and went off to a solitary place, where he prayed. - Mark 1:35*