

# MY MORNING REVOLUTION

A Reflective Tool to Help Develop  
the Habit of Morning Prayer





## OPENING REFLECTION: The Invitation to Revolution

*"Something is not right with how we begin our days..."*

### My Current Morning Reality

Take a moment to honestly assess your typical morning experience:

My typical wake-up time: \_\_\_\_\_

The first thing I usually do when I wake up: \_\_\_\_\_

My current morning routine looks like: \_\_\_\_\_

Words that describe my typical morning mood/energy:

Rushed  Peaceful  Anxious  Grateful  Overwhelmed  Hopeful  Tired

Focused  Other: \_\_\_\_\_

How often do I think about God in my first hour awake?

Always  Often  Sometimes  Rarely  Never

The biggest challenge in my current mornings: \_\_\_\_\_

One thing I wish could be different about my mornings: \_\_\_\_\_

### Table Sharing

Share with someone at your table: What does your typical morning look like, and how does it make you feel?

### Vision Glimpse

If I could design the perfect morning that began with God, it might look like:

\_\_\_\_\_



## GRATITUDE: The Foundation

*"Give thanks in all circumstances" - 1 Thessalonians 5:18*

### **During Our Practice:**

Take a moment to look back on yesterday. Notice the gifts you might have missed the first time.

### **Yesterday's Gifts:**

1. A kind word or gesture I received: \_\_\_\_\_
2. A moment of unexpected beauty: \_\_\_\_\_
3. A provision or blessing I almost overlooked: \_\_\_\_\_

### **Reflection Questions:**

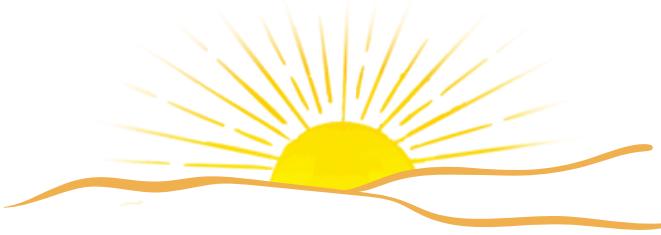
- How did intentional gratitude shift your attention or mood?
  
  
  
  
  
- What difference might it make to begin each day with thanksgiving?

### **My Gratitude Commitment:**

This week, I will practice morning gratitude by:

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## REFLECT: Looking Within and Looking Back

*"Search me, O God, and know my heart" - Psalm 139:23-24*

### **Sacred Examination (Take 8 minutes in silence)**

In God's loving presence, gently review yesterday without judgment:

**Moments of Life:** When did I feel most alive and connected to God, others, or my true self?

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**Moments of Disconnection:** When did I feel drained, anxious, or distant?

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**God's Presence:** Where did I sense God yesterday—perhaps in ways I didn't notice at the time?

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**Patterns I Notice:** What rhythms, reactions, or responses am I becoming aware of?

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**God's Invitation:** What is God gently inviting me to see or change?

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### **Integration:**

One insight I want to remember:

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## EXALT: Lifting God's Name High

*"We become what we behold" - 2 Corinthians 3:18*

### **Lectio Divina with Psalm 145:1-7**

*"I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. Great is the Lord and most worthy of praise; his greatness no one can fathom..."*

**READ** (Listen as we read together)

**MEDITATE** (What word or phrase catches your attention?) My word/phrase:

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**PRAY** (Respond to God based on what stood out) My prayer response:

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**CONTEMPLATE** (Rest in God's presence beyond words) What I noticed in the silence:

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### **Reflection:**

How did moving from reading to prayer to silence affect your heart?

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### **My Worship Commitment:**

This week, I will practice morning exaltation by:

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## ASK: Bringing Our Needs to God

*"Ask and it will be given to you" - Matthew 7:7-8*

### Intercessory Prayer Journey

Like ripples in a pond, pray outward from those closest to global concerns:

**Circle 1:** Those Closest to Me (family, intimate friends)- names and specific prayers:

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**Circle 2:** My Community (neighbors, coworkers, church)- needs I want to lift up:

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**Circle 3:** Those in Authority (leaders, employers, teachers)- prayers for wisdom and integrity:

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**Circle 4:** The Suffering (those facing hardship, illness, persecution)- hearts and situations on my mind:

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**Circle 5:** Global Concerns (nations, unreached peoples, worldwide needs)- God's kingdom advancement:

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### Reflection:

What person or situation felt especially pressed on your heart?

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How did praying for others first shift your perspective on your own needs?

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## TRUST: Surrendering Our Day to God

*"Perfect peace for minds stayed on God" - Isaiah 26:3*

### Centering Prayer Practice

**My Sacred Word:** \_\_\_\_\_

(Choose a word that represents your consent to God's presence: Jesus, Peace, Trust, Love, Abba)

### During Our 8 Minutes of Silence:

What did you notice about:

• Simply resting in God's presence? \_\_\_\_\_

\_\_\_\_\_

• Letting go of the need to control or produce? \_\_\_\_\_

\_\_\_\_\_

• Returning to your sacred word when thoughts arose? \_\_\_\_\_

\_\_\_\_\_

### Integration:

The invitation to trust I most need to hear today:

\_\_\_\_\_

### My Trust Commitment:

This week, I will practice morning surrender by:

\_\_\_\_\_



## DESIGNING MY MORNING REVOLUTION

### My Current Morning Reality

Take a moment to honestly assess your typical morning experience:

My typical wake-up time: \_\_\_\_\_

My current morning routine looks like: \_\_\_\_\_  
\_\_\_\_\_

Obstacles I anticipate:

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

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

3. \_\_\_\_\_

### Vision Setting

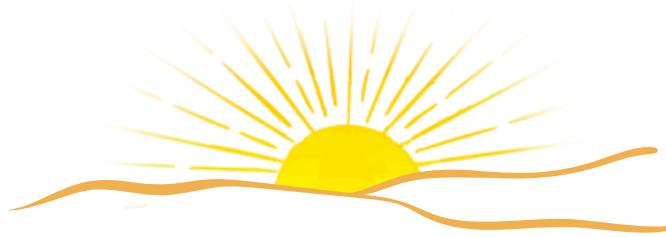
What mornings could look like if I began with God:

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

The GREAT element that most appeals to me: \_\_\_\_\_

Why: \_\_\_\_\_

Realistic wake-up time I could commit to: \_\_\_\_\_



## My Sacred Space

Where I will meet with God: \_\_\_\_\_ What I need in this space  
(Bible, journal, candle, etc.):

## My GREAT Sequence

Time I want to dedicate: \_\_\_\_\_ (*Suggested: 15-30 minutes total*)

My personalized routine:

- Gratitude (\_\_\_\_ minutes): \_\_\_\_\_
- Reflect (\_\_\_\_ minutes): \_\_\_\_\_
- Exalt (\_\_\_\_ minutes): \_\_\_\_\_
- Ask (\_\_\_\_ minutes): \_\_\_\_\_
- Trust (\_\_\_\_ minutes): \_\_\_\_\_

## This Week's Commitment

One specific step I will take this week:

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## My biggest obstacle and one practical solution:

Obstacle: \_\_\_\_\_

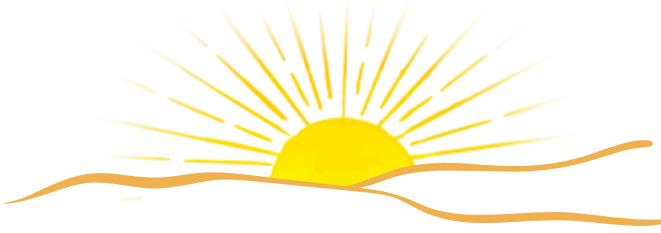
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Solution: \_\_\_\_\_

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Someone I can share this commitment with for encouragement:

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## TAKE-HOME REFERENCE GUIDE

### The GREAT Morning Revolution

**G - GRATITUDE:** Thank God for yesterday's gifts

**R - REFLECT:** Sacred examination of yesterday

**E - EXALT:** Worship through Scripture or prayer

**A - ASK:** Intercede for others and yourself

**T - TRUST:** Surrender your day to God

### Simple Daily Template (15 minutes)

- **Gratitude** (3 min): Thank God for 3 specific things
- **Reflect** (3 min): Brief review of yesterday
- **Exalt** (4 min): Read Scripture slowly and prayerfully
- **Ask** (3 min): Pray for others, then yourself
- **Trust** (2 min): Silent surrender of your day

### Recommended Scripture for Each Element

**Gratitude:** Psalm 100, 1 Thessalonians 5:16-18

**Reflect:** Psalm 139:23-24, Lamentations 3:40

**Exalt:** Psalm 145, Psalm 8, Isaiah 6:1-8

**Ask:** Matthew 6:9-13, 1 Timothy 2:1-4

**Trust:** Proverbs 3:5-6, Isaiah 26:3-4

### Getting Started

1. **Start small:** Even 5-10 minutes makes a difference
2. **Be consistent:** Same time and place daily
3. **Be gentle:** Grace for the days you miss
4. **Find community:** Share your journey with others

**Remember:** This isn't about becoming a "morning person"—it's about meeting God before meeting the demands of your day. The revolution begins tomorrow morning. You have everything you need. God is waiting for you in the silence of dawn.



# EXCLUSIVE BUNDLE

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