

STARTING YOUR MORNING REVOLUTION

1. Claim Your Wake-Up Time: _____

- Decide when you'll begin your morning practice. I recommend setting your alarm 10–15 minutes earlier than your usual wake-up time.
- Set your alarm for this time every day for the next week.
- Place your alarm away from your bed so you have to physically get up to turn it off.

2. Create Your Sacred Space

- Designate a specific place for your morning practice—a comfortable chair, a corner of your bedroom, or any quiet space.
- Keep your Bible, journal, and this study guide in that space.
- Consider what might help you focus—perhaps a candle, a special mug for your morning beverage, or a cozy blanket.





MORNING STILLNESS PRACTICE

(10-15 minutes)

1. Begin with a few deep breaths. As you sit in quiet meditation, ask for God to align your heart with His.
2. Take a pen and piece of paper and acknowledge the presence of God that is there. Perhaps make a list of the ways that God is with you or the goodness of God in your life.
3. Slowly repeat Psalm 46:10, "Be still, and know that I am God."
4. Then gradually reduce the phrase, pausing between each iteration:
 - "Be still and know that I am God."
 - "Be still and know that I am."
 - "Be still and know."
 - "Be still."
 - "Be."
5. Rest in stillness for 5-7 minutes.
6. When thoughts arise (as they naturally will), gently return to your breath and the awareness of God's presence.
7. Slowly read Psalm 46:10-11 once more.
8. Close by praying the Lord's Prayer out loud or silently. If you're new to praying the Lord's Prayer, it's on page 185 in the study guide for your reference.



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