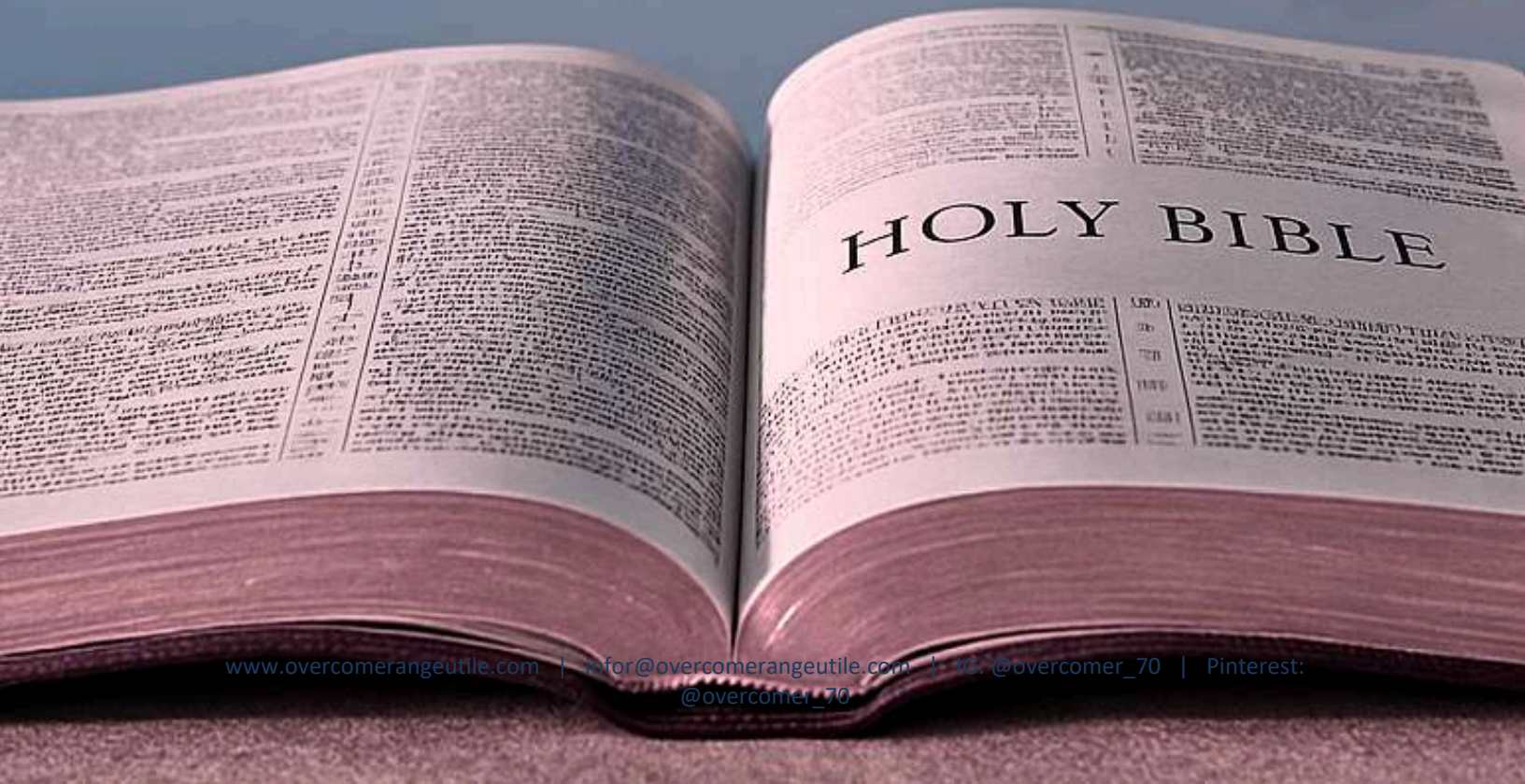
5 Minutes to Renew Your Spirit

3 Daily Faith Habits That Bring Peace & Joy

Refresh your spirit in just 5 minutes a day



Personalization & Welcome

This Guide Belongs To: _____

"Be still, and know that I am God." – Psalm 46:10

Welcome! This guide is your simple, daily companion for reconnecting with God—even on your busiest days. Before you begin, write your name above as a reminder that God wants to speak to YOU through these habits.

Today I feel:_____

One thing I'm grateful for today: _____

My Prayer for This Week:

_____

_____

_____

_____

Habit 1: Scripture Sip

Starting your day with God's Word sets the tone for everything that follows. Even one short verse can anchor your heart in truth and peace before the world rushes in.

Example Verses to Try:

- Psalm 118:24 – This is the day the Lord has made; let us rejoice and be glad in it.
- Isaiah 41:10 – Fear not, for I am with you; be not dismayed, for I am your God.
- Philippians 4:13 – I can do all things through Christ who strengthens me.

Reflection: How does this verse shape my mindset today?

Try This: Write your chosen verse on a sticky note and place it somewhere you'll see it often.

Habit 2: Gratitude Breath

❤️ Gratitude shifts your focus from what's missing to God's faithfulness. Taking time to breathe deeply and give thanks calms your mind and fills your heart with peace.

Step-by-Step:
1) Inhale deeply, thinking of one thing you're grateful for.
2) Exhale slowly, thanking God for it out loud.
3) Repeat three times.

Gratitude Prompts:
- Thank God for someone who blesses your life.
- Thank God for a recent answered prayer.
- Thank God for a simple joy today.

Reflection: What changes in me when I choose gratitude?

Habit 3: Whisper Prayer

🙏Prayer doesn't need to be long or complicated. Whispering a short, heartfelt prayer invites God into your day and keeps you connected to Him.

Examples of Whisper Prayers:
- Lord, guide me today.
- Thank You for Your mercy.
- Give me strength to face what's ahead.

Tip: Link your whisper prayer to a daily habit—like making coffee or checking your phone—so it becomes second nature.

Reflection: What's one moment today when I can pause for a Whisper Prayer?

Final Encouragement & Next Steps

"Draw near to God, and He will draw near to you." – James 4:8

You don’t need hours to connect with God. Start small, stay consistent, and watch Him multiply your moments.

Scan to get more free faith resources

We respect your inbox — unsubscribe anytime.