DAILY RHYTHMS FOR PEACE

Prayer, Scripture and movement for an unsettled world. About 20 minutes across the day.

You don't have to feel calm to turn toward God. Feeling anxious is not a failure of faith.

MORNING

Begin with God before the news

PRAY · 2 MIN

Name what worries you. Thank God for one gift. Ask for wisdom for today, not answers for every tomorrow.

READ · 5 MIN

Read today's passage slowly (see page 2). Ask: What does this show me about God? What's one faithful thing I can do today?

MOVE · 5–10 MIN

Walk, stretch, or move while seated. Notice the light and the air.

> *"Father, this day belongs to You. Give me what I need for today. Help me love the people before me and trust You with what I cannot control."*

MIDDAY

Pause and return

BE STILL · 1 MIN

Put the phone down. Drop your shoulders. Breathe.

PRAY

Name the worry and bring it to God. Thank Him for one thing. Recall a phrase from this morning's reading.

TAKE ONE STEP

Ask: What's mine to do next? Do that one thing: finish a task, help someone, or rest.

> *"Lord, You see what I see and what I cannot see. Help me discern my responsibility and release the rest to You."*

EVENING

Give the day back to God

QUIET THE INPUT

Pick a time for news and social media to stop.
Tonight: _____

REVIEW · 5 MIN

One gift. One hard moment. Anything to confess. Write down one next step for tomorrow.

RELEASE

Hand whatever is unfinished to God.

> *"Father, thank You for sustaining me today. Forgive me where I have fallen short. Hold those I love, and help me rest in Your care tonight."*

THIS WEEK'S READING

One short passage each morning. Read it slowly, then carry one phrase into the day.

DAY	PASSAGE	THEME	A PHRASE TO CARRY TODAY
MON	Philippians 4:4–9	Where to put your attention	
TUE	Matthew 6:25–34	Enough for today	
WED	Psalm 23	He is with you	
THU	Psalm 46	Refuge when the ground shakes	
FRI	1 Peter 5:6–11	Cast your cares	
SAT	Matthew 11:28–30	Come and rest	
SUN	John 14:25–27	The peace He gives	

ON A HARD DAY Keep it small. One honest prayer. One verse. One minute of stillness. Call someone you trust. Tomorrow, start again. This isn't a test.