Morning Hope: A 3-Minute Start

Psalm 143:8 | A morning prayer asking God to remind us of His unfailing love and show us the next step to take today.

Some exhausting days begin before your feet even hit the floor, with a racing mind and a list of everything already behind schedule. You do not need a quiet hour or a perfect morning routine to meet with God. Three minutes can give you a little room to breathe and turn your attention to Him.

Your 3-minute morning reset

Minute 1: Breathe and receive

Sit still for a minute before checking your phone, if you can. Take three slow breaths. Remind yourself: God's love is already waiting for me in this day, and I do not have to earn it.

Minute 2: Name your top two

Write down two things that truly matter today. Let the rest wait or be a bonus.

Minute 3: Hand over the weight

Name the worry or conversation you are dreading most. Offer it to God in the prayer below, or use your own words.

Today's top two priorities

One thing I'm placing in God's hands today

One small grace to notice before tonight

Closing prayer

Lord, thank You for meeting me in the middle of a busy morning. Quiet the rush in my mind, guide my next right step, and help me walk through today anchored in Your steady love. Amen.

AMAZING HOPE MINISTRY