

Today's Self-Care Tip from the Episode 1:

Create a "Slow Moment" Ritual:

Choose one part of your day—like morning tea or your evening routine—and slow it down. Light a candle, play quiet music, and invite God into that moment. Let it become your pause.

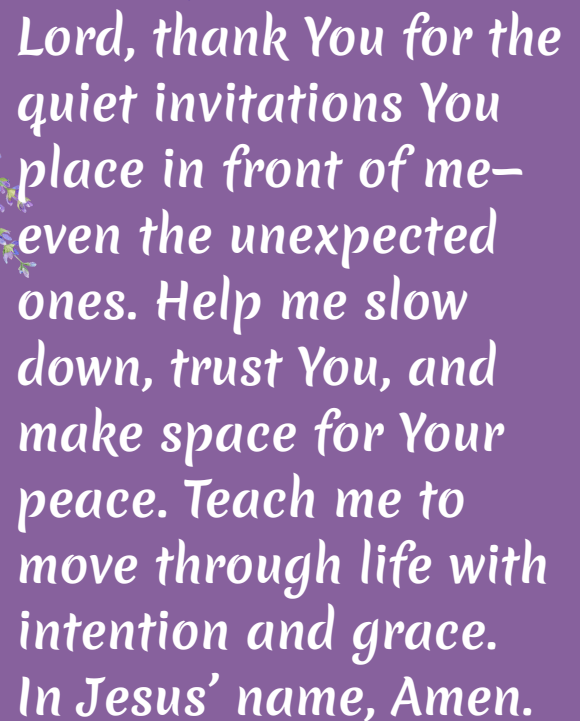
Bookmark: you may want to print on cardstock paper, cut out and/or laminate it.

A Simple Prayer



You will
keep the
mind that
is
dependent
on You in
perfect
peace, for
it is
trusting in
You.

—Isaiah 26:3



Lord, thank You for the quiet invitations You place in front of me—even the unexpected ones. Help me slow down, trust You, and make space for Your peace. Teach me to move through life with intention and grace. In Jesus' name, Amen.



Lisa