

The 5-Minute Morning Bible Routine

A simple, printable 3-step morning routine: one verse, one reflection, one prayer. Start your morning with God before your phone.

 **The Hypnopompic Window:** Your brain is most impressionable during the first 20 minutes after waking. Setting scripture as your first input anchors your peace for the entire day.

STEP 1 · 2 MINUTES

Read One Verse

Read one verse slowly twice. Let the truth register before your daily sprint begins.

STEP 2 · 2 MINUTES

Write One Reflection

Write one sentence answering: *"What does this mean for how I act today?"*

STEP 3 · 1 MINUTE

Pray One Line

Close with a sincere sentence: *"Lord, help me walk in patience and peace today."*

Week 1 Starter Verses

Day	Reference	Scripture
Mon	Psalm 23:1	<i>"The LORD is my shepherd; I shall not want."</i>
Tue	Proverbs 3:5	<i>"Trust in the LORD with all thine heart; and lean not unto thine own understanding."</i>
Wed	Philippians 4:13	<i>"I can do all things through Christ which strengtheneth me."</i>
Thu	Isaiah 40:31	<i>"They that wait upon the LORD shall renew their strength."</i>
Fri	Romans 8:28	<i>"All things work together for good to them that love God."</i>
Sat	Jeremiah 29:11	<i>"For I know the thoughts that I think toward you, saith the LORD."</i>
Sun	Matthew 11:28	<i>"Come unto me, all ye that labour and are heavy laden, and I will give you rest."</i>

Printable Morning Worksheet

Date: _____ | Today's Verse Ref: _____

My One-Sentence Reflection: _____

My One-Line Prayer: _____