

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

Mon Psalm 23:1 "The LORD is my shepherd; I shall not want."

Tue Proverbs 3:5 "Trust in the LORD with all thine heart; and lean not unto thine own understanding."

Wed Philippians 4:13 "I can do all things through Christ which strengtheneth me."

Thu Isaiah 40:31 "They that wait upon the LORD shall renew their strength."

Fri Romans 8:28 "All things work together for good to them that love God."

Sat Jeremiah 29:11 "For I know the thoughts that I think toward you, saith the LORD."

Sun Matthew 11:28 "Come unto me, all ye that labour and are heavy laden, and I will give you rest."

Date: _____ | Today's Verse Ref: _____

My One-Sentence Reflection:

My One-Line Prayer:
