



Creating a Morning & Evening Routine

Simple rhythms that help you stay grounded in faith
– even on your busiest days

Morning & Evening Routines for Busy Christians

Why Routines Matter

You don't need long, complicated rituals to stay connected to God.
Consistency is more powerful than perfection.

A good routine helps you:

- Start your day with intention
- End the night with peace
- Reduce stress
- Stay spiritually grounded
- Make room for God in your everyday life

These routines are designed specifically for busy people — parents, workers, students, caregivers — anyone with a full life and a full schedule.

Your 5-Minute Morning Routine

You can do this in bed, in the kitchen, or even in the car.

1. Breathe & Thank God (30 seconds)

Before checking your phone, whisper:
“God, thank You for another day.”

2. Read One Verse (1 minute)

Choose a simple daily verse or a devotional app.
One verse is enough to reset your focus.

3. Short Prayer (1–2 minutes)

Something like:
“Lord, guide my steps. Help me be patient, wise, and peaceful today.”

4. Set One Faith-Focused Intention (30 seconds)

For example:

“I will respond with kindness today.”

“I will trust God instead of stressing.”

5. Surrender the Day (30 seconds)

Tell God:

“I give this day to You.”

Done. Simple. Powerful.

Your 5-Minute Evening Routine

Perfect for winding down your mind and heart.

1. Slow Down (30 seconds)

Sit on your bed, breathe deeply, let the day go.

2. Reflect on Your Day (1 minute)

Ask yourself:

“What blessed me today?”

“What challenged me today?”

3. Talk to God Honestly (1–2 minutes)

Tell Him anything that’s weighing on you.

Thank Him for what went well.

Ask for peace where you struggled.

4. Scripture for Rest (1 minute)

Read a calming passage like Psalm 4:8 or Matthew 11:28.

5. Release & Rest (30 seconds)

Try saying something like:

“God, I place everything in Your hands. Please help me rest.”

Tips to Stay Consistent

- Keep a Bible or app by your bed
- Set alarms labeled “Pray” or “Pause with God”
- Use sticky notes with scriptures
- Keep routines beautifully simple
- Focus on connection, not perfection

A Final Word of Encouragement

You don't need hours of free time to build a strong faith.

You just need small, intentional moments with God — morning and night.

Let these routines be the gentle anchor in your busy, beautiful life.