



# *Mindful Moments with God*

Receive the fresh start of a new day!

Take a moment to slow down and be present as you read the Scripture and spend time with God.

## *A Dose of Calm - Let's Pray*

Dear God, thank you for this wonderful new day, rich with joy, peace, and the promise of Your presence. Guide me with wisdom and love as we walk through each moment together. Let Your miracles unfold, and may I feel the comfort of Your unfailing love. In the beautiful name of Jesus, I pray. Amen.

## *Joy Comes in the Morning*

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life. Psalm 143.8 NIV



LANA H ALLEN

Get Back to Happy and Feel Good NOW!

To get more mindful moments, sign up on my website.

<https://lanahallen.com/>