

The 60-Second Stillness Reset

Purpose:

To interrupt emotional overwhelm, regain internal clarity, and make space for God's voice instead of the noise of fear, pain, or confusion.

Practice:

Set a timer for one minute.

Close your eyes.

Drop your shoulders.

Release your jaw.

Loosen your hands.

Then pray one simple line:

“Lord, make me aware of You again.”

Do not try to fix anything.

Do not try to process anything.

Do not try to pray long prayers.

For one minute, let yourself do nothing but *be*.

Let your spirit rise instead of your thoughts.

Let peace be the atmosphere God pours back into your body.

When the timer ends, take one deep breath and ask:

“What do I need right now, Lord?”

Often He answers with:

- peace
- direction
- reassurance
- a sense of release
- or simply His presence

Why it works:

Stillness resets both mind and spirit.

You stop spiraling and re-enter alignment.

This creates an internal “landing pad” for God’s voice, renewing clarity and emotional stability.