

MY DAILY RHYTHM WITH JESUS

Five minutes a day · the rail of your daily conversation with Jesus

“Jesus, what do You want to change in me today?”

“Apart from me you can do nothing.” — John 15:5

“If the Son sets you free, you will be free indeed.” — John 8:36

FIVE MINUTES. EVERY MORNING. BEFORE ANYTHING ELSE.

1

ASK · 60 seconds

Bring back to Jesus the specific thing you have asked Him to work on in you. Do not change the ask. Bring the same thing back, again, today.

“Jesus, walk further with me into _____. Show me what You see. Do today what only You can do.”

2

RESPOND · 2–3 minutes

Ask the question above, then listen. Write what surfaces in your journal — a verse remembered, a memory, a quiet knowing, a feeling, a person who comes to mind. Even “nothing surfaced today” is a real entry.

The point is not to perform. The point is to show up to the conversation.

3

RECEIVE · 60 seconds

One verse. Slowly. Twice. Let it be the last thing your soul carries out into your day.

Same verse for a week, twice each morning, is enough.

MY VERSE THIS WEEK

MY ONE STEP THIS WEEK *(the one thing I will do differently this week)*

I will: _____

On this day: _____ At this time: _____

Build better rails to the trustworthy Engine — Jesus.

WHEN THE OLD PULL COMES BACK — the 5R Lifeline *(when the old pull returns, run TO Jesus)*

RECOGNIZE	Name what is happening, without flogging yourself.
RECONNECT	Return to Jesus immediately. Do not problem-solve first.
RENOUNCE	Ask Jesus to break the lie or power again, by His authority.
REPLACE	Receive what He gives you in its place. Do not manufacture; receive.
REPORT & REJOICE	Speak it to a trusted brother or sister, or to your pastor when one is in place. Thank Jesus the journey continues.

MY CHURCH HOME · WHO WILL WALK WITH ME

My church: _____

Pastor / trusted believer: _____ Contact: _____

Day 90 measurement date: _____

If suicidal thoughts, self-harm urges, or severe trauma surface — stop and get help. Reach out today.