

1. Practice Daily Worship

—First thing after you wake, kneel beside your bed and worship

Psalm 95:6 Oh come, let us worship and bow down; let us kneel before the Lord, our Maker!"

—Quote memorized scripture(s)

(Eph. 1:3, Psalm 103:1, Isaiah 6:3)

—Think through your to-do list

—Prayerfully create a "Spirit-list"

I need *patience* today for...

I need *grace* today because of...

I need *comfort* today in light of...

I need *wisdom* to make this decision...

I need *power* to overcome this temptation...

I need *patience* in dealing with this person...

2. Make Prayer Your Custom

Like Jesus, set regular rhythms of stepping away **to pray**, not to disappear. Even ten minutes daily can re-center your soul.

3. Replace Escape with Presence

Before you scroll, binge, or emotionally withdraw, practice a 60-second prayer: "Lord, help me check in with You instead of checking out with distraction."