

GET YOUR MORNINGS *Going!*

Hello, Friend!

I understand what it's like to get to the middle of your life and look around and wonder why you don't feel happy. You've worked hard to achieve the things the world said would fulfill you: a healthy family, a catalog-worthy home and even career success. But yet, when you look around your life, all you see is a pile of unmet expectations. You feel like you *should* be happy, but you can't deny you have a deep longing for something more.

You are not alone, friend. God sees you and is eager to meet you where you are **right now**. He wants you to live an abundant life, but it can't be done apart from Him. In order to find the peace and fulfillment you desire, **you have to make room for God**. We want wholeness, but we put the very One who can provide it in last place. It's time for a spiritual reset, and I am here to help you do that through starting a daily, God-centered morning routine.

I have been a morning routine practitioner for almost seven years. Through spending intentional time with God each day, I have been blessed with more peace, wisdom and joy in all aspects of my life. It has brought a richness to my life that far exceeds anything this world tries to offer.

I want the same thing for YOU. That's why I am on mission to help you cultivate a deeper relationship with Jesus Christ so that you can navigate by faith rather than fear and walk in full freedom of being all that God has called you to be. I hope this spiritual reset guide helps you get there – one day at a time. May God bless you on this journey.

Warmly,
Brittany

*See I am doing a new thing!
Now it springs up; do you not perceive it?
I am making a way in the wilderness and
streams in the wasteland.
(Isaiah 43:19)*

Quiet the Noise

Make no mistake, the hurry and hustle of the world will keep you from hearing the voice of God. Many times in Scripture, we see Jesus seeking solitude to pray and spend time alone with the Father. Despite the demands on His attention, He regularly stole away to be in the presence of God. Whether He was seeking guidance or simply rest, He sets an example for us to do the same. Things of this world will not yield the nourishment you need to thrive. Jesus is your answer.

You will seek me and find me when you seek me with all your heart.

Jeremiah 29:13

Before we dive in, let's take an honest look at the current state of your spirituality. On a scale of one to 10, how would you rank your satisfaction with the state of your relationship with God?

1 2 3 4 5 6 7 8 9 10

Isn't it so comforting to know God promises us He will be found if we seek Him? Two important questions to ask yourself are: What do you hope to gain from a closer relationship with God? Why is that important to you? Write down your answers and journal a prayer for this journey.

Get your morning routine going in three simple steps

Step One: Pick a Time and Place

Starting any new habit is challenging, but one thing that will help you make a morning routine a sustainable habit is to stick to the same time and place every day. For working moms in particular, finding time to carve out for this endeavor will feel daunting, perhaps even impossible. But I'm walking proof it can be done, and trust me, no one loves sleep more than me. (Seriously, I'm obsessed.)



Take a look around your house to find a spot you can dedicate solely to this practice. Pleasure tells your brain it's worth remembering and doing again, so make it a space you look forward to retreating to for some prayer and reflection. Once you've identified a place, make a determination about a practical start time for you. Your practice does not have to start by being an hour long. In fact, it's better to gradually build your practice over time, slowly increasing the amount of time you spend in your morning routine and incorporating additional habits one at a time.

Step Two: Gather Your Favorite Things

Research shows that we are more likely to repeat a behavior when it's satisfying, so set your space up with all of your favorite things. Buy a pretty notebook and a set of your favorite pens. Maybe you want a new coffee mug to look forward to using when you sit in this space or a new prayer journal. As I like to say, go wild for God!



Step Three: Incorporate Spiritual Practices

Your relationship with God is about *being*, not doing. That's the beauty about most spiritual practices, they're counter-cultural because they simply require you to be.

In his book “The Pursuit of God,” A.W. Tozer asserts that God is present to all people, but He manifests Himself only when we are aware of His presence. He wrote that manifestation will be the difference between a nominal Christian life and a life radiant with the light of His face. We build awareness through abiding, which Jesus instructed to His disciples to do in the weeks leading up to the cross.

What is abiding? It's simply being in connection with Jesus. As you begin this journey, focus on keeping an open heart and just being with Him:

Be Expectant

Do not think for a minute you are too far from God and beyond hope. Show up to your morning time expectant to have an encounter with God through His Word. In His infinite goodness, God promises to reveal Himself to you. I love those that love me, and those who seek me diligently find me. (Proverbs 8:17)

For most of us, when God speaks it will not be audible or visual, but rather small revelations of His character and His love for His people. Whether you are reading about the ancient Israelites or Jesus' disciples, God's love and faithfulness is revealed again and again. He loves you just as much and wants to be in relationship with you.

Be Prayerful

A lot of us struggle with prayer, myself included. Whether it is due to the difficulty of quieting our minds or not quite finding the words to describe what's on our hearts, it can be challenging. Consider starting by thinking about the truly incredible privilege of being able to approach the throne of God and speaking directly with your Father (thank you, Jesus, for your work on the cross!). Invite Him into your life, into this moment. Confess your sins and humbly ask for His forgiveness. Ask Him to reveal Himself to you in new and powerful ways. Thank Him and praise Him for your abundant blessings.

And it's OK if you get stuck. If you are having trouble thinking of words to say, try writing your prayers instead. I find writing my prayers slows down my mind, helping me be more contemplative and intentional in my prayers. It's also incredibly therapeutic!



Be Thankful

Gratitude is a terrific example of where science is catching up with Scripture. There is a plethora of science showing that being grateful improves both your physiological and physical health, like improved sleep, fewer aches and pains, and fewer negative emotions like frustration and regret. And, bonus, Scripture contrasts being grateful with being anxious:

The LORD is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Phil 4:5-6)

It's impossible to be anxious and grateful at the same time, so start a gratitude journal today to keep track of all the ways God is blessing you. Be thankful for your past, the present and the abundant future God has planned for you.

Be Reflective

All of us have had our fair share of circumstances we genuinely thought we might not recover from. Family illness, addiction, betrayal, job loss, broken relationships. But we are still here because God made a way through and brought us safely to the other side. In Psalm 145, we see David pour out praise in remembrance of God's deliverance:

*I will meditate on your wonderful works.
They tell of the power of your awesome works –
and I will proclaim your great deeds.
They celebrate your abundant goodness
and joyfully sing of your righteousness.*

Recalling how God has carried you through past circumstances builds your trust in Him and fortifies your faith in the present moment, which will help sustain you when the next trial comes along.

Be Watchful

Be looking for ways in which God is moving. One thing I love to do, especially when the going gets tough, is carry around an index card on which I start tracking the ways I see God showing up every day. Carry it with you and list how you sense His presence – whether a well-timed text of encouragement from a friend, the perfect song coming on the radio or a Bible verse that speaks right into your situation. There are no coincidences. God is an on-time God, and you will be blow away when you realize how intimately aware He is of what is happening in your life.

Today is the day!

Friend, today is the day you start prioritizing what is most important: a personal relationship with Christ. There is no right or wrong way to do this, so feel free to make your routine uniquely yours. And don't worry about making it perfect - Scripture says, "Do not despise small beginnings, for the Lord rejoices to see the work begin." (Zechariah 4:10)

My essential items are listed below, but feel free to incorporate other tools and methods that work best for you, and get after it!

MY ABIDE TIME ESSENTIALS:

Bible, Bible study, spiral notebook, journal, favorite pen (because we all have a favorite pen) & Bible safe highlighters (I love gel highlighters!)

It is my greatest hope you will keep up your routine and experience Jesus' transformational, life-giving power. I would love to hear about your journey. Please email me at brittany@flourishwithbrittany.com to share your experience of encountering God.

Also, be sure to tell a friend about this guide! You can hold each other accountable to spending daily time in the Word and prioritizing your relationship with God.

About Brittany

Brittany Seabury is a certified professional coach and founder of Flourish Coaching. She is passionate about creating spaces where women can connect with who they are and where God is taking them. She works with high-performing, high-achieving women, empowering them to get free from perfectionism and fear so that they can live the life God created them for.



Let's stay in touch!

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