THE TOO BUSY *prayer life* WORKBOOK

Stillness Over Striving: A Reset Guide for the Too Busy Prayer Life

THE Feisty Faith PODCAST

Companion to Episode 5 of The Prayer Life Series

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Where am I now?

Take Inventory

Circle or highlight the phrases that describe you in this season:

- [ ] My schedule feels out of control
- [ ] I want to pray, but I can't quiet my mind
- [ ] I feel guilty about how long it's been
- [ ] I say yes to everything except rest
- [ ] I'm afraid to let go of control
- [ ] I've mistaken busy for faithful

Journal

What's the loudest thing in your life right now?

What are you afraid might happen if you slow down?

Rebuild Your Rhythms with God

Write down one simple rhythm you can reintroduce this week:

Some ideas

- [ ] A 5-minute morning pause
- [ ] No phone for the first 10 minutes of the day
- [ ] One whispered breath prayer before meetings
- [ ] A worship song instead of scrolling

Create a custom rhythm using:

Time of Day: _____ Length of time: _____ Focus: _____

Conversations with God

Write a letter or prayer to the Father

"God, I've been... I want to... Help me trust You with..."

“

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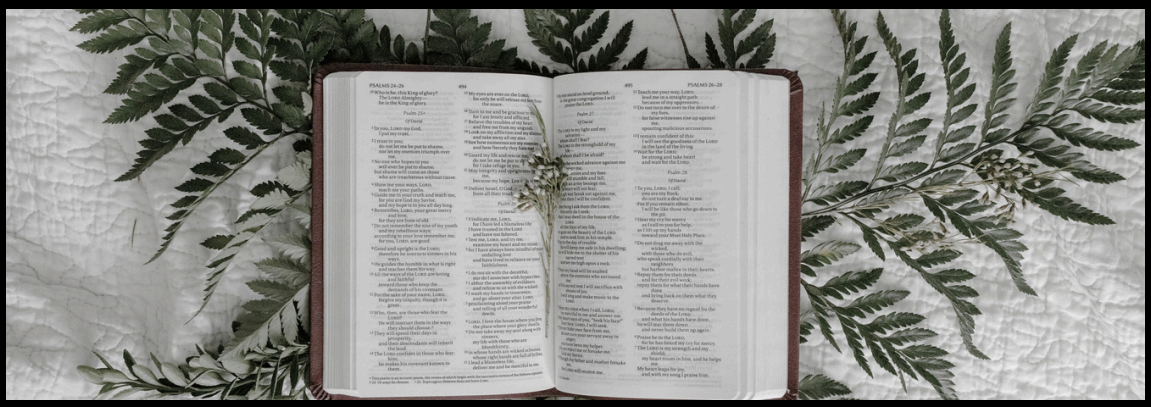
Call to Abide

You're Not Falling Behind—You're Being Called Back
This isn't about checking a box.
It's about choosing His presence again.

Presence with God **>** **Performance** for God.



Take 3–5 minutes tomorrow morning to sit quietly before God. No phone, no list—just His presence filling the space. These few moments may feel small, but they can become a powerful reset, reminding you that stillness with Him is stronger than the noise around you. Think of it as giving yourself a gift: a pause to breathe, to listen, and to remember you don't have to carry everything alone.

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