Psalm 30

Option 1 Dedicate 5 Minutes in the Morning

1. Set your Alarm for 5 Minutes Earlier
2. Pray this Prayer based on Rom 12:1

*"Lord, in view of Your great mercy that saved me, I offer you my body today. I give you my hands, my feet, my mind, and my mouth. Use them for Your glory. This is my act of dedicating my life to you."*

1. Be Silent

Spend the remaining few minutes in silence, simply being aware of God's presence and your commitment to live for Him that day.

Option 2 Share your Grace Story

Think of a time you messed up like David. How did God show up with grace? Share that with one person.