

Finding Quiet in the Chaos

Jesus' Morning Routine

Verse Reference: Mark 1:35

"Then Jesus got up early in the morning when it was still very dark, departed and went out to a deserted place and there he spent time in prayer."

- **The Action:** Jesus got up early while it was still very dark to find a deserted place to pray.
- **The Goal:** He removed himself from the noise to get uninterrupted time with God.
- **The Real Life Contrast:** Our minds drift easily in familiar spaces (thinking about mopping floors, store receipts, or letting the dogs out!).

Verse Reference: Mark 1:36-37

"Simon and his companions searched for him. 37. When they found him, they said, 'Everyone is looking for you!!'"

- **The Constant Demand:** Even Jesus faced people constantly tracking Him down saying, 'Everyone is looking for you!'

Why We Need Prayer

Verse Reference: Mark 1:38-39

"He replied let us go elsewhere, into the villages, so that I can preach there too. For that is what I came out here to do. 39. He went into all of Galilee preaching in their synagogues and casting out demons."

- **Prayer Prepares Us:** Jesus prayed before preaching, performing miracles, or facing difficult times.

Verse Reference: Luke 5:16

"Jesus himself frequently withdrew to the wilderness and prayed."

- **A Frequent Habit:** Jesus consistently withdrew to the wilderness to pray.
- **The Battle:** The devil will try to use distractions to get in your way. Meet with God to prepare your mind.

Jesus' Night Routine

- **The Wrap-Up:** Jesus went off to be alone with God at the end of the day.
- **The Content:** He likely processed His day, spoke about His troubles, and practiced gratitude.

The Two-Way Journaling Tool

- **1. The Setup:** Write a direct question or thought to God.
- **2. The Pause:** Quiet your mind and listen.
- **3. The Response:** Write down immediate thoughts or verses that come to mind without editing them.
- **4. Repeat:** Continue the back-and-forth conversation.

The Jesus Prayer Challenge

- **The Challenge:** Start and end your day with God this week.
- **Practical Tool:** Use an app like Lectio 365 to guide your morning and evening reflections.
- **Find Your Space:** Walk in nature, sit in your favorite chair, lock your bedroom door, or sit on the front porch. Just go be with God.