

# Scripture-Driven Daily Routine Planner

*A simple daily rhythm to anchor your mind and spirit in God's Word.*

**Purpose:** Anxiety thrives in chaos, but peace grows in consistency. This planner helps you build a daily routine rooted in Scripture, prayer, and reflection—no matter your schedule.

## **Morning: Grounded in God**

**🕒 Suggested Time: First 15 minutes of your day**

### **Scripture of the Day:**

Write down one verse to meditate on today. Choose one from your Bible app, a devotional, or revisit a verse that speaks to your current season.

*Example: "Cast all your anxiety on Him because He cares for you." – 1 Peter 5:7*

### **Prayer Focus:**

Talk to God about the day ahead. Ask for wisdom, strength, and peace.

### **Gratitude Starter:**

List one thing you're thankful for this morning.

## **Midday: Refocus and Recharge**

**🕒 Suggested Time: Lunch break or any mid-point of your day**

### **Quick Scripture Reminder:**

Recall or reread your morning verse—or choose a new one to reflect on.

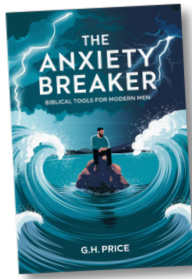
### **Breath Prayer (1–2 minutes):**

Inhale: "Your peace..."

Exhale: "...guards my heart."

### **Check-in:**

What's weighing on your heart right now? Say it out loud to God.



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## **Evening: Reflection and Release**

🌙 **Suggested Time:** Before bed

### **Reflection Questions:**

Where did I feel God's presence today?  
What challenged my peace or triggered anxiety?  
How did Scripture help me respond?

### **Evening Prayer:**

*Release your thoughts to God. End with a prayer of surrender and trust.*

### **📱 Optional Tech Tip:**

Create a recurring calendar event titled “Scripture Time” in your phone. Add your verse of the day to the description as a reminder.



### **Track Your Journey:**

Use this sheet daily or weekly to build consistency. Over time, look back and celebrate your spiritual **growth**.