



 **Blessed Zen Morning Meditation**

“Begin in Peace”
(5–7 minutes)

Find your space.
Your coffee corner. Your porch. Your car before work.
Your prayer chair.
Wherever you can breathe.

Close your eyes.
Relax your shoulders.
Unclench your jaw.
Place your hand over your heart.
Take a slow breath in...
...and gently exhale.

Again.
Breathe in peace.
Exhale pressure.





Guided Meditation

Good morning, beautiful soul.

Before the texts...

Before the responsibilities...

Before the world starts asking things of you...

Pause.

This moment belongs to you and God.

You do not have to carry yesterday into today.

You do not have to begin rushed, anxious, or overwhelmed.

Right now... just breathe.

Inhale God's peace.

Exhale stress.

(pause)





Lord, thank You for this new day.
Thank You for fresh mercy, fresh grace,
and another opportunity to begin again.

Calm my racing thoughts.
Steady my heart.
Help me protect my peace today.

If challenges come, help me respond
with grace—not chaos.
If stress comes, remind me to pause.
If people test my peace, remind me whose I am.

I release what I cannot control.
I choose peace over pressure.
Grace over grind.
Prayer over overthinking.

Today, I will move with intention.
Today, I will protect my inner calm.
Today, I will carry peace into every room I enter.

Take one more deep breath in...
...and exhale slowly.





Blessed Zen Affirmation

✨ Chaos may visit... but peace gets to stay.

Scripture

“You will keep in perfect peace those whose minds are steadfast, because they trust in You.”

— Isaiah 26:3





🌙 Blessed Zen Evening Meditation

“Release & Rest”
(7-10 minutes)

Dim the lights.
Put your phone on silent.
Get cozy.

This is your permission to let the day go.

Close your eyes.
Take a deep breath in...
...and slowly exhale.

Again.

Breathe in calm.
Exhale everything heavy.





Guided Meditation

Sweet soul...

The day is done.
Whatever happened today..
The conversations.
The stress.
The things left unfinished.
things that hurt.

You do not have to carry them into tonight.

Let your shoulders soften.
Unclench your hands.
Release the pressure to fix everything.
God is still working—even while you rest.

(pause)





Lord...

Thank You for carrying me through today.
For the wins I celebrated... thank You.

For the moments that challenged me... strengthen me.
For the hurt I still carry... heal me.

If I was impatient, forgive me.
If I was overwhelmed, restore me.
If I gave too much of myself away, refill me.

I release every conversation replaying in my mind.
I release anxiety.
I release control.
I release what was above my pay grade.

Tonight, I choose rest.
Let peace settle over my heart.
Let my mind grow quiet.
Let my spirit exhale.

Tomorrow can wait.
Right now... I rest in You.

Take one last deep breath in...
...and gently exhale.





Blessed Zen Affirmation

✨ I am safe. I am held. I am allowed to rest.

Scripture

“In peace I will lie down and sleep, for You alone,
Lord, make me dwell in safety.” — Psalm 4:8

