

Soul Reset: Quick Practices for Tired Parents

Simple Ways to Renew Your Heart When You're Running on Empty

5-Minute Quiet Reset:

- Sit still, close your eyes, and take 3 deep breaths.
- Pray: "Jesus, I give You this moment. Quiet my heart."
- Read one short Scripture (Psalm 23, Matthew 11:28, Isaiah 40:31).

Breathing Prayer:

Inhale: "You are my peace."

Exhale: "I trust You."

Repeat for 3-5 breaths.

Mini Rest Practices:

- Light a candle and sit in silence for 2 minutes.
- Step outside and feel the sun or fresh air.
- Play one peaceful worship song while sitting still.

Scripture Meditation (Psalm 23:1-3):

"The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul."

3 Gentle Journal Prompts:

- What am I carrying today that I can give to God?
- Where did I see His goodness recently?
- What small joy can I say thank You for right now?

Encouragement:

You are not failing because
you are tired. God meets us
right in the middle of our
weariness. These small soul
resets create space for His
strength and peace to carry
you through.