

## **7 - Midday Prayer to “Reset”**

"Lord, I am pausing right now just to breathe and remember that You are here. I feel my mind pulled in a dozen directions and my heart feels cluttered by the noise of this day. I stop and I choose to 'unplug' from everything else so I can reconnect with You.

I pull my attention back from the world. I release the worries I've been carrying, the conversations I'm still replaying, and the pressure I feel to be everything to everyone. I am not what I do, and I am not what others think of me—I am Your child, and that is enough.

Holy Spirit, quiet my soul. Wash away the tension in my mind and replace it with Your stillness. Recalibrate my perspective so that I see this day through Your eyes of peace and love. I don't want to just 'get through' the rest of today; I want to walk through it with You.

I am here, Lord. I am still. I am Yours.

In the name of Jesus, Amen."