



The 5-Minute Faith & Clarity Reset

A gentle guided reset for the woman whose mind
feels full and whose soul needs room to breathe



Quiet the noise. Make room for God.

KindledHaven



Welcome, sweet friend.

This reset was created for the woman who loves God, but feels mentally crowded, spiritually distracted, and tired from carrying too much.

You do not need a perfect quiet time, a perfect schedule, or a perfectly calm mind to begin.

You only need five gentle minutes.



What This Is For

This reset is for the moments when:

Your mind feels full.

Your heart feels heavy.

Your prayers feel scattered.

You do not know what to do next.

You need peace, not pressure.

Take a slow breath.

You are not behind.

You are not failing.

You are simply being invited back to God's peace.



The GRACE Method

Here is the simple rhythm we will use:



Get still

Pause long enough to notice God's presence.



Release what's crowding your mind

Write down everything you are carrying.



Ask what matters now

Separate what is urgent from what is just loud.



Come back to God's truth

Choose one Scripture to steady your heart.



Embrace one gentle next step

Do not fix everything. Just take one faithful step.



G — Get Still

Pause. Breathe. Notice God's presence.

Before you write anything, pause here.

Take one slow breath in.

Take one slow breath out.

Then ask yourself:

- What do I need to release for this moment?
- What does my body need right now?
- Where can I slow down just a little?

Write your thoughts here:



R — Release What's Crowding Your Mind

Let it all out.

Do not organize it. Do not edit it. Do not judge it.

Write everything that is taking up space in your mind right now:

Tasks • Worries • Conversations • Deadlines • Fears • Unfinished thoughts

Brain dump here:

[illegible]

A — Ask What Matters Now

Now gently sort what is in front of you.

Ask:

What truly needs my attention today?

What can wait?

What can I release for now?

What is one thing I can do without pressure?

Today, what matters most?

What can wait?

What can I release?

One thing I can do now:



C — Come Back to God's Truth

Choose one Scripture to anchor your heart.

Scripture:

What truth do I need to remember from this verse?

What word or phrase stands out to me?

How does this truth change my thoughts right now?



E — Embrace One Gentle Next Step

You do not need to solve everything today.

You only need one next step.

Choose one:

- ☐ One task.
- ☐ One prayer.
- ☐ One boundary.
- ☐ One act of care.
- ☐ One thing to leave unfinished.

My gentle next step is:



Prayer

God,
my mind feels full and my heart feels tired.
Thank You for meeting me here.

Help me release what I cannot carry.
Help me see what truly matters.
Help me rest in Your truth.
And help me take the next faithful step with peace.

Amen.

You are held. You are guided. You are not alone.



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Closing Reflection

Take one more quiet moment.

What feels lighter now?

What changed after slowing down?

What do I want to carry into the rest of today?



Your Next Step

If this reset helped you, the next gentle step is
When My Mind Won't Be Quiet.

This workbook is designed to help you unpack mental clutter,
pray through overwhelm, and walk through the GRACE Method
more deeply.

You do not have to carry everything alone.
You do not have to stay stuck in mental noise.
You can keep making room for God.

[Continue with When My Mind Won't Be Quiet →](#)



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