



# The 5-Minute Prayer Reset

**Feeling Stuck?  
You're Not  
Alone**

Do you ever sit down to  
pray and feel lost,  
distracted, or unsure  
where to begin?

Tonight, set aside just  
five minutes.

Use this simple  
checklist to rediscover  
calm and connection—  
right where you are.



# The 5-Step Checklist



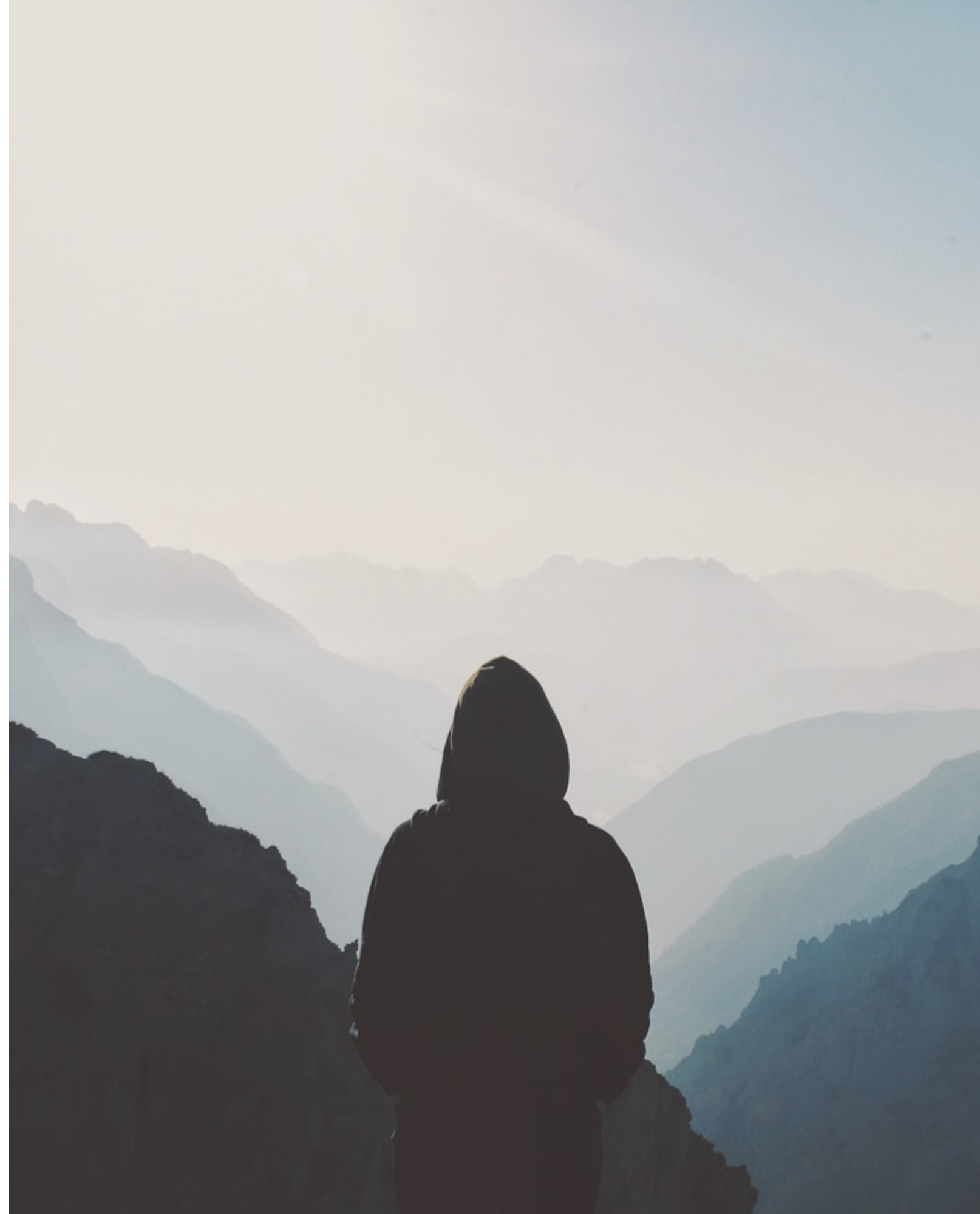
# 1. Pause in the Presence of God

Begin with the Sign of the Cross.

Sit quietly and take three deep breaths.

Say out loud from the heart:  
Lord, I am here to be with you, and I love you.

Remember Mary and Martha: try your best to be present at the feet of Jesus despite all the distractions in your life.



## 2. Reflect

Recall a phrase from a podcast, a meaningful Scripture, or a powerful image from today.

Let it settle gently in your heart.

- A word or verse
- A moment or memory
- A truth that comforts

God speaks to us all the time through these moments and things.

— “ —

**How gentle and loving you awaken in  
my heart, where you alone secretly  
dwell.**

St. John of the Cross

### 3. Respond

In simple words, based on what came into your mind, tell God where you are:

Share your worries, hopes, questions, or thanks.

Be honest—there's no need to hide.



## 4. Listen

Spend one minute in peaceful silence.

No need to speak—just rest, and be open.

Let God meet you in the quiet.

Do not worry if your mind feels busy or you 'hear' nothing. The goal is not to force an experience, but simply to offer God a moment of your quiet attention.

— “ —

**And in your delightful breathing, full  
of good and glory, how delicately you  
enamor me!**

St. John of the Cross



one has, not according to what one does not have.

Our desire is not that others might be relieved while you are hard pressed, but that there might be equality. At the present time your plenty will supply what they need, so that in turn your plenty will supply what you need. The goal is equality, as it is written: "The one who gathered much did not have too much, and the one who gathered little did not have too little."

Ex 16:18; 2Co 9:12

#### Titus Sent to Receive the Collection

Thanks be to God, who put the heart of Titus the same as I have for you. For Titus only welcomed our apostle as he is coming to you with enthusiasm and on his own initiative. And we are sending him the brother who is ashamed of having been so confident. So I thought it necessary to urge the brothers to visit you in advance and finish the arrangements for the generous gift you had promised. Then it will be ready as a generous gift, not as one grudgingly given.

#### Generosity Encouraged

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves

<sup>a</sup> 15 Exodus 16:18

my partner and co-worker among you; as for our brothers, they are representatives of the churches and an honor to Christ. There-fore show these men the proof of your love and the reason for our pride in you, so that the churches can see it.

2Co 9:12; Php 2:25

9 There is no need for me to write to you about this service to the Lord's people. For I know your eagerness to help, and I have been boasting about it to the Macedonians, telling them that since last year you in Achaia were ready to give; and your enthusiasm has stirred most of them to action. But I am sending the brothers in order that our boasting about you in this matter should not prove hollow, but that you may be ready, as I said you would be. For if any Macedonians come with me and find anything about you — not to say ashamed of having been so confident. So I thought it necessary to urge the brothers to visit you in advance and finish the arrangements for the generous gift you had promised. Then it will be ready as a generous gift, not as one grudgingly given.

Php 4:17; 2Co 12:17-18

**10** By the humility and gentleness of Christ, I appeal to you — I, Paul, who am "timid" when face to face with you, but "bold" toward you when away!

cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having that which you need, you will abound in every good work. As it is written: They have freely scattered their gifts to the poor; their righteousness endures forever.<sup>a</sup>

Eph 3:20; Php 4:19

Now he who supplies seed to the sower and bread for food will also supply and increase your store of righteousness. You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. This service that you perform not only supplying the needs of the Lord's people but is also overflowing in many expressions of thanks to God. Because of the service by which you have proved yourselves, others will praise God for the obedience that accompanies your confession of the gospel of Christ, and for your generosity in sharing with them and with everyone else. And in their prayers for you their hearts will go out to you, because of the surpassing grace God has given you. Thanks be to God for his indescribable gift!

Mt 9:8; Ro 5:15-16; 2Co 2:12

I beg you that when I come I may not have to be as bold as I expect to be toward some people who think that we live by the standards of this world. For though we live as the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. And we will be ready to punish every act of disobedience, once your obedience is complete.

<sup>a</sup> You are judging by appearances. If anyone is confident that they belong to Christ, they should consider again that they belong to Christ just as much as they do. So even if I boast somewhat freely about the authority the Lord gave us for building you up rather than tearing you down, I will not be ashamed of it. I do not want to seem to be trying to frighten you with my letters. For some say, "His letters are weighty and forceful, but in person he is unimpressive and his speaking amounts to nothing." Such people should realize that what we are in our letters when we are absent, we will be in our actions when we are present.

<sup>b</sup> We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves

<sup>a</sup> 9 Psalm 112:9  
<sup>b</sup> 7 Or Look at the obvious facts

going you? or humble and run

will



## 5. Offer

End by entrusting your night and tomorrow to God.  
Thank him for everything that comes to your mind.  
Use your own words, however simple.  
He hears you.





**You've Just  
Taken Your  
Next Step**

You gave yourself five quiet minutes tonight.

You showed up.

End with the Sign of the Cross.

Let that peace stay with you.

Tomorrow morning, take 15 seconds to recall the peace you felt and offer your day to God.



# Ready for More?

Want to feel this clarity every night? Feeling inspired but unsure how to make it a daily practice?

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\*All quotes in this guide are my own translations of St. John of the Cross

