

created for space:

practical *rhythms* for a full  
and present life



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# we all need space.

space to connect with  
God.

space to be fully  
present.

space to live aware,  
grounded, and  
aligned.



the problem is, life doesn't naturally create space.  
it fills quickly, pulls constantly, and competes for our attention.

if we're honest, even the strongest among us can feel rushed,  
overwhelmed, and disconnected from the life in front of us.

without intention, the very space we were designed to live from  
can quietly disappear.

this simple resource helps you create space where it matters most—  
through intentional rhythms that lead to a more present and  
fulfilling life.

# 1 rhythms for creating space for intimacy with God

## start with awareness

- instead of waiting for a “perfect” quiet time, look for God throughout your day. awareness creates connection.

## celebrate small, consistent touchpoints

- a few intentional moments with God can be more life-giving than one rushed block of time.

## remove the pressure

- intimacy was never meant to feel like performance. release the need to be “doing” for God and focus on being with Him.

## rethink the ordinary

- daily tasks are only routines if you choose to see them that way. everyday moments become opportunities for connection when you turn your attention toward God.

## commit to respond

- when God speaks, respond. intimacy deepens through conversation and interaction, not just observation.



# 2 rhythms for creating space for emotional health

## name what you're feeling

- don't push past what you feel. pause and recognize what's going on internally. awareness is the first step toward emotional health.

## bring God into your emotions

- emotions are part of your God-design. invite Him into them and let Him speak truth into what you're experiencing.

## slow your response

- not every thought deserves agreement, and not every emotion requires action. create space between what you feel and how you respond.

## release the pressure to hold it all together

- strength isn't found in suppression. it's found in surrender.

## do a daily check-in

- take a few minutes each night and ask: what did i carry today that i wasn't meant to?



# 3 rhythms for creating space for rest & renewal

## **redefine rest**

- rest isn't just about stopping—it's about being restored. rest can look like anything that actually replenishes you.

## **build in margins**

- avoid filling every open space in your schedule. leave room for breathing, thinking, and simply being.

## **recognize your limits**

- you were never designed to operate without boundaries. honoring your capacity protects your peace.

## **step away before you're exhausted**

- don't wait until you're depleted to rest. create rhythms that sustain you before burnout hits.

## **embrace stillness**

- even a few quiet moments can reset your entire day. stillness creates space to be renewed.



# 4 rhythms for creating space for purpose & calling

## pay attention to what God is highlighting

- He often reveals purpose through what He consistently highlights.

## take small steps of obedience

- you don't need the full picture to move forward. clarity often comes as you go.

## simplify your focus

- not everything deserves your time. creating space sometimes means removing distractions.

## steward what's already in your hands

- purpose isn't always found in something new—it's often revealed in what you already have.

## stay connected to God's voice

- purpose flows best from intimacy. the more you hear Him, the more aligned your steps will be.

