

Beginning the Day in Silencio

Beginning your day in *silencio*—a quiet, personal time before God—helps you prepare your heart for the day ahead. This practice invites stillness, focus, and openness to God's presence as you step into the work He has prepared for you.

Incorporating Scripture & a Short Personal Devotional

Use your morning silencio as a moment to sit with God's Word and allow Him to speak directly to you. A short Scripture reading and devotional reflection can help align your thoughts and intentions with His.

1. Scripture of the Morning

Choose a short passage to meditate on personally. As you read, consider:

- What is God saying to me through this passage?
- How does this Scripture reshape my attitude, choices, or mindset today?

Suggested Scriptures:

- **Psalm 143:8** – "Let the morning bring me word of your unfailing love."
- **Lamentations 3:22–23** – God's mercies are new for me today.
- **Mark 1:35** – Jesus sought solitude; I can follow His example.
- **Psalm 46:10** – "Be still, and know that I am God."

2. Short Personal Devotional Reflection

After reading Scripture, sit in silence for a moment. Let the Word sink in, then reflect on how it speaks into your day.

Examples:

- **Starting With Surrender**
Scripture: Psalm 5:3
Devotional Thought: Like David, I can bring my requests to God this morning and wait with expectancy.
- **Walking in God's Strength**
Scripture: Isaiah 40:29–31
Devotional Thought: God renews my strength when I feel tired or overwhelmed. Today, I choose to rely on Him.
- **Listening Before Acting**
Scripture: Proverbs 3:5–6
Devotional Thought: Instead of rushing into the day, I begin by listening for God's direction and trusting His guidance.

3. Guided Silence

Take 2–4 minutes of quiet reflection. Use prompts like:

- "Lord, what do You want to show me today?"
- "Shape my heart to reflect Your love."
- "Help me see others the way You see them."
- "Guide my steps, attitudes, and interactions today."

Use a journal if it helps you process your thoughts.

4. Pray Through Scripture

Turn your morning passage into a personal prayer.

Examples:

- *Psalms 143:10* — "Teach me to do Your will today, Lord."
- *Philippians 1:9–10* — "Grow my love, knowledge, and discernment."
- *Colossians 3:17* — "Let everything I do today honor You."

5. Personal Commissioning

End with a simple prayer of commitment for the day:

- "Lord, lead me today."
- "Use me to reflect Your love."
- "Help me walk in step with Your Spirit."
- "Align my heart with Your purposes."

Beginning your day in silencio invites God to shape your mindset, renew your spirit, and center your heart before stepping into the work ahead.