

My Morning **Sanctuary**

Renewed Every Morning



Creating a Powerful Christ-Centered Morning
Routine that Nurtures Your Heart & Soul

BY RHONDA JONES



Thank you so much for requesting this guide,

5 Steps to a Transformative Morning Routine Your Daily Guide to Peace, Purpose, and God's Presence

(Last Revised March 11, 2026)



TABLE OF CONTENTS

- A Personal Invitation: Why Your Morning Matters
- Step 1: Set the Tone – Inviting God In
- Step 2: Cultivate Stillness – Quieting Your Mind
- Step 3: Examine Your Heart – Bringing Hidden Things to Light
- Step 4: Restore and Renew – The Power of Release
- Step 5: Declare Your Victory – Sealing Your Day with Faith
- Bringing It All Together: Your Daily Blueprint
- A Spiritual Reset Anytime, Anywhere
- The Sanctuary: Complete Offerings
- Continue Your Journey



A spiritual morning routine can help you to begin each day with greater peace, purpose, and power.

A Personal Invitation: Why Your Morning Matters

Imagine waking up not to the chaos of your to-do list, but to the calm of God's presence. Imagine a morning where you don't just read a Bible verse, but you actually feel renewed, healed, and ready to face the day.

This is the goal of a transformative morning routine.

A consistent morning routine is more than just a good habit; it is a spiritual discipline. It is your daily appointment with God. Just as Jesus "often withdrew to lonely places and prayed" (Luke 5:16), we too are called to step away from the noise and into the quiet.

Think of this time as a daily shower for your mind and heart. It is a space to:

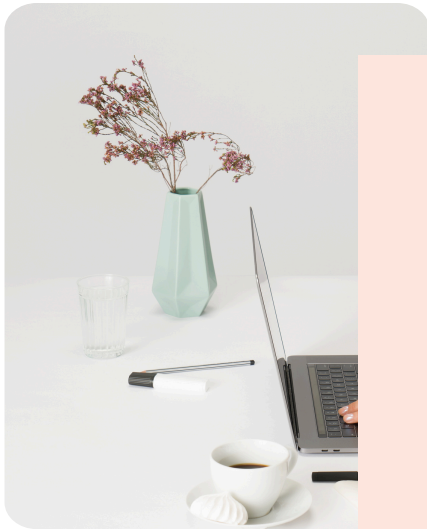
- **Draw closer to God** and hear His voice more clearly.
- **Process your struggles** in a safe, loving environment.
- **Heal old wounds and patterns** that have been holding you back.
- **Start your day feeling refreshed**, knowing that God goes before you.

When we are still, we can "know that [He is] God" (Psalm 46:10). We declutter our minds so we can actually hear the Holy Spirit guiding us.

This ebook will walk you through a simple, powerful **5-step blueprint** that I have used for years to create my own morning sanctuary. It is designed to be easy to understand and even easier to implement. Let's begin.

So let's get started.

In my book, ***The Christian Meditation Journal***, I guide you through a variety of spiritual disciplines to create a spiritual self-care routine that you'll love. Below is just one version of a morning routine that you can create, and not an extensive list. Your **Morning Sanctuary** is not set in stone, but can change as you do. These are just some basics.



You'll Need.

- A journal
- Devotional book
- Guided meditation or technique
- Favorite pen
- A quiet and comfy place to sit
- Sticky notes (optional)
- Select a your date with God time.



Before getting started I generally will make a copy of tea or coffee before I head to a cozy spot on my chair or sofa. I generally start my routine between 6-7 a.m.

1. **Step 1: Set the Tone – Inviting God In**

• **Goal:** To transition from the busyness of your mind to the peace of God's presence.

Think of this step as opening the door. Before you can have a deep conversation with someone, you have to invite them into the room. The same is true with God. We need to intentionally transition from our "mental" world (our schedule, our worries, our to-do list) to our "spiritual" world.

When we first wake up, our minds are often cluttered. I know I need a few moments just to focus myself on God versus all the other things vying for my attention. Praise and worship are the most powerful tools for this transition. It shifts our focus from ourselves and onto Him.

How to practice Step 1:

- **Worship Music:** Put on your favorite worship song. Don't just listen; sing along. Let the lyrics redirect your heart.
-

- **Praise Dancing:** If you feel moved, use your body to express your love and adoration for God.
- **Gratitude List:** Simply start talking to God and thanking Him for who He is and what He has done.

By starting with praise, we aren't struggling through our quiet time. We aren't preoccupied with what we should be doing. Instead, we are simply being present with the Lord.



2. Step 2: Cultivate Stillness – Quietening Your Mind

• **Goal:** To calm your thoughts and prepare your heart for deeper awareness.

Now that you have invited God in, it is time to get quiet. The world is loud, and our minds often follow suit. Stillness is the practice of turning down the volume so we can hear the "still small voice" of God (1 Kings 19:12).

In this step, we use Christian meditation to move from a place of activity to a place of peace. This is not about emptying your mind, but about focusing it on God.

How to practice Step 2:

Scripture Meditation: Take one verse (like Psalm 46:10) and slowly repeat it in your mind. Let it sink deep into your heart.

Guided Meditation: Use a guided audio that helps you relax your body and focus your mind on God's presence.

Silence: Simply sit in the quiet with your journal nearby. Allow your mind to settle. Notice what thoughts float to the surface.

When our minds are busy, we are often disconnected from our hearts. Through stillness, we become observers of our "inner landscape." We can "take captive every thought" (2 Corinthians 10:5) by simply noticing our worries and fears without getting caught up in them. I generally recommend spending about 10 to 15 minutes on this step.





Search me, God, and know my heart... (Psalm 139:23)

3. Step 3: Examine Your Heart - Bringing Hidden Things to Light

Goal: To identify the "little foxes" (sin, hurt, unforgiveness) that are damaging your peace. Once the mind is still, the heart can speak. God invites us to partner with Him in our healing.

As 2 Corinthians 7:1 says, "let us purify ourselves from everything that contaminates body and spirit." This is not about condemnation; it is about honest awareness.

Many of us are walking around with subconscious wounds—hurts we have hidden, denied, or buried. But hidden things don't disappear; they just control us from the shadows. As the Psalmist prayed, "Search me, God, and know my heart... See if there is any offensive way in me" (Psalm 139:23–24).

The Bible calls these hidden pains "the little foxes that ruin the vineyards" (Song of Solomon 2:15). These foxes can be:

- Shame
- Anger
- Doubt
- Unforgiveness
- Guilt
- Insecurity
- Fear

How to practice Step 3:

Journaling with a Prompt: Use this simple starter sentence: "Lord, I'm struggling with..." and then write whatever comes up. Don't filter it. Just let it flow onto the page.

Confession: This is a time to agree with God about the things He is revealing. It's a time to ask for His forgiveness and cleansing.

We cannot heal what we refuse to see. This step is about courageously bringing our darkness into His light. As 1 Peter 5:7 reminds us, we are to "cast all [our] anxiety on him because he cares for you." When we do this, we allow God's transformative power to truly heal us, not just help us manage our symptoms.



4.

Step 4: Restore and Renew – The Power of Release

Goal: To intentionally process and release the burdens you have identified. Awareness without action can lead to frustration.

Step 4 is where the healing happens. Now that you've identified the faulty thinking, the old wounds, and the offenses, it's time to let them go. We cannot walk in the "abundant life" (John 10:10) that Jesus promised if we are weighed down by old baggage. It saps our joy and distracts us from our purpose.

This step utilizes specific spiritual tools to gain deliverance and freedom. It's the difference between knowing you have a problem and actually experiencing the freedom from it.

How to practice Step 4:

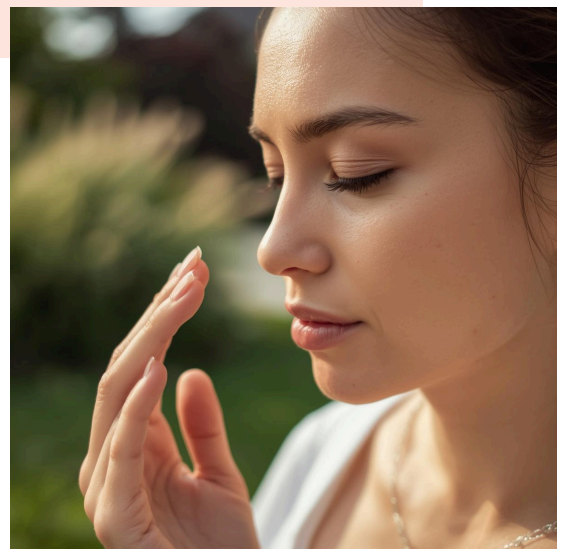
Specific Prayers: Pray prayers that target specific issues like fear, unforgiveness, or addiction.

Emotional Freedom Technique (EFT): A gentle tapping technique that helps calm the nervous system and release emotional trauma.

Healing Meditations: Guided times of prayer and reflection focused on inner healing and restoration.

Cognitive Behavioral Therapy (CBT) Exercises: Simple writing exercises that help you identify and replace negative thought patterns with God's truth.

Using these tools allows us to partner with the Holy Spirit in the work of renewing our minds (Romans 12:2).





5. **Step 5: Declare Your Victory - Sealing Your Day with Faith**

Goal: To affirm your trust in God and set your mind on His promises for the rest of the day. You have done the work. You have worshipped, you have gotten still, you have examined your heart, and you have released your burdens. Now, it is time to stand.

Ephesians 6:13 instructs us, "after you have done everything, to stand." And 2 Corinthians 5:7 reminds us that "we walk by faith, not by sight." This final step is about sealing your quiet time with faith. It is declaring that you trust God with everything you brought to Him today—your needs, your desires, and your healing.

This step is crucial because the moment we step away from our quiet time, the world will try to steal that peace. Jesus warned about this in the Parable of the Sower (Matthew 13), where worry and trouble choke out the word that was planted. To prevent this, we must anchor ourselves in God's truth.

How to practice Step 5:

Affirmative & Declarative Prayers: Speak out loud what you believe God is doing. "I declare that I am walking in peace today." "I declare that God is working this situation out for my good." Proverbs 18:21 tells us, "The tongue has the power of life and death."

Christian Affirmations: Listen to or read aloud affirmations based on Scripture to renew your mind.

Create a Daily Anchor Phrase (DAP): Choose one scripture for the day. Turn it into a short phrase you can repeat to yourself. For example: "The Lord is my peace" or "I am more than a conqueror." When you feel fear or negativity creeping in, repeat your anchor phrase. This is how we bring every thought captive.

5-Minute Reset Meditations: You can also use my five-minute meditations throughout the day as a powerful "reset" button. Whenever you feel worry, fear, or other destructive thoughts creeping in, simply pause and redirect your mind back to God. This simple practice helps you squash fear-based thoughts before they take root and become a stronghold, keeping your mind stayed on Jesus.

We don't want to pull up the seeds of faith we just planted with our own fearful thoughts. By declaring God's Word, we stand in faith, believing that He is working even when we cannot see it (Hebrews 11:1).

Bringing It All Together: Your Daily Blueprint

Here is a simple summary of your new morning routine:

- **Set the Tone (5-10 mins):** Start with worship music or a gratitude list. Invite God in.
- **Cultivate Stillness (10-15 mins):** Meditate on a scripture or sit in silence. Calm your mind.
- **Examine Your Heart (5-10 mins):** Journal with the prompt, "Lord, I'm struggling with..." Identify the "little foxes."
- **Restore and Renew (5-15 mins):** Use a prayer, EFT, or a healing meditation to release what you found.
- **Declare Your Victory (5 mins):** Speak an affirmative prayer, set your Daily Anchor Phrase for the day, and incorporate 5-minute meditation pauses to reset your mind towards God.

This is a flexible blueprint. Some days you may spend more time in one step than another. The goal is not perfection, but presence. This routine helps me walk in God's peace and joy, and I know it can do the same for you.



Start your day with peace, purpose, and presence.

A Spiritual Reset Anytime, Anywhere

The beauty of this routine is that it's not just for mornings. You can use these five steps anytime you are feeling weighed down, anxious, or spiritually drained. Whenever you need a spiritual reset, you can return to this sanctuary practice.

Continue Your Journey

I hope this guide has blessed you and given you a practical path to a deeper, more fulfilling relationship with God.

If you found these steps helpful and want to go deeper, I invite you to explore the full **The Sanctuary Membership**. Inside the Sanctuary, you won't just learn about these steps—you will find every single tool you need to practice them. [Learn More.](#)

- **Detailed Teaching:** I walk you through the "Morning Sanctuary Blueprint" in extensive video and audio lessons.
- **Guided Tools:** You get access to all the prayers, EFT sessions, healing meditations, CBT exercises, and affirmations mentioned in this book, all in one place.
- **Community:** You can join others who are on the same journey of seeking God and walking in freedom.



For two decades, I have helped believers bridge the gap between knowing Scripture in their heads and feeling God's presence in their hearts. If your soul feels noisy, overwhelmed, or stuck, you aren't broken—you just need a place to abide."



Blessings,
Rhonda Jones

Ready to transform your mornings?

I invite you to become a **Sanctuary member** and start with a free 3-day trial. You can cancel before the three days are up, and you will not be charged. It's my gift to you to help you get started. **Low monthly subscription!**

BECOME A PART OF
"THE SANCTUARY"

[CLICK HERE TO LEARN MORE](#)

May your mornings be filled with His peace, and may your days be filled with His purpose.

Thank you!

@ <https://thechristianmeditator.com>
info@thechristianmeditator.com

Copyright © 2026 by Rhonda Jones

All rights reserved. No portion of this book may be reproduced in any form without written permission from the publisher or author, except as permitted by U.S. copyright law.

Scripture quotations are taken from The Holy Bible.



For two decades, I have helped believers bridge the gap between knowing Scripture in their heads and feeling God's presence in their hearts. If your soul feels noisy, overwhelmed, or stuck, you aren't broken—you just need a place to abide."



Blessings,
Rhonda Jones

Ready to transform your mornings?

I invite you to become a **Sanctuary member** and start with a free 3-day trial. You can cancel before the three days are up, and you will not be charged. It's my gift to you to help you get started. **Low monthly subscription!**

BECOME A PART OF
"THE SANCTUARY"

Visit: **TheChristianMeditator.com/The-Sanctuary**
to learn more.

May your mornings be filled with His peace and healing, and
may your days be filled with His purpose.

Thank you!

@ <https://thechristianmeditator.com>
info@thechristianmeditator.com

Copyright © 2026 by Rhonda Jones

All rights reserved. No portion of this book may be reproduced in any form without written permission from the publisher or author, except as permitted by U.S. copyright law.

Scripture quotations are taken from The Holy Bible.

Ready to Move From Meditation to Transformation?

Check Out My List of Offerings to Get You Started!

Books and Journals

- **The Christian Meditation Journal:** A step-by-step guide to establishing a life-changing morning routine and mastering biblical meditation.
- **The Christian Meditator Companion Journal:** A structured space to record your meditation insights and track your spiritual progress daily.
- **Christian Meditation Journal Leadership Guide:** A comprehensive manual designed to help you lead your own meditation group or church class with ease.
- **Practicing Peace: A Comprehensive Guide for Christian Meditation:** An in-depth resource exploring the theology and practical application of Christian meditation for total well-being.
- **No Prep Christian Yoga Plans:** A modular guide for yoga instructors to create biblically-centered classes without the stress of long-form planning.

Courses and Programs

- **40-Day Biblical Soul Reset:** A signature program focused on detoxifying the heart and mind to create a lasting foundation for spiritual growth.
- **My Morning Sanctuary:** A structured blueprint to help you design and maintain a transformational daily ritual in God's presence.
- **Detox Your Life and Awaken Your Inner Spirit:** A comprehensive journey to identify and release the spiritual and emotional toxins that hinder your relationship with God and your true self.
- **Emotional Freedom Technique (EFT) for Christians:** A specialized course that combines the clinical benefits of tapping with biblical truth to help you rapidly calm your nervous system and release stored stress or trauma.

Membership

- **The Sanctuary Membership:** A dedicated, ad-free community space providing monthly new content, live gatherings, and a systematic roadmap for ongoing transformation.

Retreats

- **God Getaway Retreat Kit:** A "retreat-in-a-box" that provides all the guidance and tools you need to curate your own personal, at-home retreat with the Lord.

Go to: <https://thechristianmeditator.com/shop>