

10-Minute Evening Reset

A gentle nighttime rhythm for women 50+

1. Minutes 1–2

Sit comfortably, feet on the floor.
Notice tension (jaw, shoulders, back).
Inhale slowly; as you exhale, pray:
“Lord, I release this day to You.”

2. Minutes 3–5

Breathe & Center (4–7–8)
Inhale through your nose for 4
counts. Hold for 7.
Repeat 3–4 times. Whisper:
“I am safe in Your presence.”

3. Minutes 6–8

Name your worries to God—health,
family, finances, decisions. Say them
quietly or jot them down. Pray:
*“Father, I give You _____.
I trust You with this.”*

4. Minutes 9–10

Thank God for three gifts from today.
Place your hand on your heart and
say:
*“Thank You, Lord, for Your rest.
I receive it now.”*

“In peace I will lie down and sleep,
for you alone, Lord, make me dwell in safety.”

— Psalm 4:8 (NIV)



*You don't have to carry it all.
You are held. You can rest.*

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