

Daily Examine

GUIDE TO DAILY PRAYERFUL REFLECTION

5-Step Morning Routine Program A Simple Rule of Life for Clarity, Discipline, and Mission

This is not a productivity hack. It is a formation structure for starting the day ordered, present, and grounded in God before the world gets access to you. Designed for busy fathers, professionals, and men in formation.

1. Wake With Intentional Silence (2–5 min)

Do not reach for your phone.

Before inputs, choose awareness.

Ask:

- Who am I becoming today?
- What am I tempted to run toward first (distraction, urgency, avoidance)?
- What would it look like to begin this day with God instead of noise?
- What do I need to surrender before I act?

3. Order Your Mind (5–10 min)

Bring clarity to the day before it controls you.

Ask:

- What are my 3 most important responsibilities today?
- What can I ignore without guilt?
- What is actually urgent vs. what feels urgent?
- Where am I most likely to drift or lose focus?

5. Send Yourself Into Mission (3–5 min)

You are not just preparing for productivity—you are being sent.

Ask:

- Who am I responsible for loving well today?
- Where will I likely be tested in patience or charity?
- What is one concrete act of courage or service today?
- What identity do I refuse to forget today?

2. Ground Yourself in Prayer (5–10 min)

This is relational, not performative.

Ask:

- God, where are You inviting me today?
- What do You want from me in this day?
- Where will I need grace that I don't currently feel?
- What does faithfulness look like in the next 24 hours?

4. Align Your Body and Will (5–10 min)

Discipline is embodied before it is intellectual.

Ask:

- How do I want to treat my body today (food, movement, rest)?
- What weakness or temptation do I anticipate?
- What small act of discipline will anchor me today?
- What would "integrity in the small things" look like today?

CLOSING STATEMENTS

"Lord, I offer You this day. Not as a performance, but as a gift. Keep me faithful in what is small. Make me attentive to what is real. And remind me who I am when I forget."