

ON THE HEALING JOURNEY · FREE DOWNLOAD



{ a 5 day devotional }

Coffee & *Quiet Time*

five mornings with God

*Make your coffee. Sit with the verse. Answer honestly.
Pray. One mug at a time, slowly become her again.*

A FREE DEVOTIONAL FROM AUTUMN

BEFORE WE BEGIN

How to *Use This*

This is not a Bible study. It is a slow morning with God.

Make your coffee. Or your tea. Sit with it before you check your phone. Read the day. Sit with the verse. Answer the question honestly. Pray the prayer or write your own.

Five days. Five mornings. One mug at a time.

You do not have to do this perfectly. You just have to show up. He meets you there every time.

Sit. Sip. Surrender. Repeat.

with love,

Autumn

— DAY ONE —

Be Still

"Be still, and know that I am God."

PSALM 46:10

Most mornings start loud. The notifications. The mental list. The pressure to start producing before you have even started breathing. But God's first invitation is not to do. It is to be.

Stillness is not nothing. It is the soil where everything grows. You cannot hear God in a hurry. You cannot know him in a panic. You can only know him in the quiet.

This morning, before the noise, just be still.



What is one thing you are rushing toward today that can wait?

A MORNING PRAYER

Lord, help me start today still. Quiet my mind so I can hear you. Amen.

— DAY TWO —

New Mercies

"His compassions never fail. They are new every morning; great is your faithfulness."

LAMENTATIONS 3:22-23

Yesterday is over. Whatever you said. Whatever you did not get done. Whatever you regret. God's mercy is new this morning.

You do not have to drag yesterday into today. He does not. Every sunrise is a do over wrapped in grace. Receive it.

The same God who held you yesterday is holding you now. And he is not tired of you.



What is one thing you need to leave in yesterday before you start today?

A MORNING PRAYER

*Father, thank you for new mercies. I receive them. Help me walk in them.
Amen.*

— DAY THREE —

He Goes Before You

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you."

DEUTERONOMY 31:8

Whatever you are walking into today, you are not walking into it alone. God is already there.

The conversation that scares you. The decision you keep putting off. The day that already feels like too much. He is in it before you arrive. He is in it after you leave.

You are not catching up to God. He is already ahead of you, making a way.



What is one thing you are afraid of today, and how does it change knowing God is already there?

A MORNING PRAYER

Lord, you go before me. I trust you with what I am walking into. Amen.

— DAY FOUR —

Quiet Confidence

"In quietness and trust is your strength."

ISAIAH 30:15

The world rewards loud confidence. Performance. Hustle. Proof. But God's strength does not look like that.

His strength is quiet. It is the woman who does not have to explain herself. The woman who does not chase. The woman who can sit in stillness because she knows who she is and whose she is.

Quiet confidence is not the absence of fire. It is fire that has learned to burn slow.



Where in your life does God want to swap your striving for trust?

A MORNING PRAYER

*Father, teach me quiet confidence. Show me when to act and when to wait.
Amen.*

— DAY FIVE —

Becoming

"And we all... are being transformed into his image with ever increasing glory."

2 CORINTHIANS 3:18

You are not who you were. You are also not yet who you are becoming.

That in between is holy. It is hard. It is also where God does his quietest, most patient work in you. You are being shaped. Slowly. Tenderly. Truly.

Five mornings is just a beginning. Keep going. Keep showing up to the quiet. Keep meeting him here. He is not finished with you.



What part of you is being transformed right now, even if it is slow?

A MORNING PRAYER

*Lord, finish what you started. Make me more like you. I trust your timing.
Amen.*

A LETTER TO CLOSE

Keep Meeting Him in the *Quiet*

You showed up. Five mornings. Five sips. Five quiet conversations with the only one who has ever fully known you.

I hope this rhythm stays with you. Not because the printable is special, but because the practice is. Slow morning. Open Bible. Honest heart. Repeat.

There is more where this came from. Find me at [@healingthejourney](https://www.instagram.com/healingthejourney). The full workbooks are waiting when you are ready.

Until then, keep meeting him in the quiet.

with love,

Autumn