

SELF-CARE



A 5-Minute Evening
Release Practice to
Let Go of the Day's
Stress
A Devotional for Rest,
Reset, and Renewal

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SCRIPTURE FOR THE EVENING
“CAST ALL YOUR ANXIETY ON HIM
BECAUSE HE CARES FOR YOU.”

— 1 PETER 5:7

AS THE DAY COMES TO A CLOSE, YOUR
MIND MAY STILL BE CARRYING
CONVERSATIONS, RESPONSIBILITIES,
WORRIES, OR UNFINISHED TASKS.
EVENING IS GOD’S INVITATION TO
RELEASE WHAT YOU WERE NEVER
MEANT TO HOLD OVERNIGHT. THIS
5-MINUTE PRACTICE HELPS YOU LET
GO, BREATHE DEEPLY, AND SETTLE INTO
GOD’S PEACE BEFORE SLEEP.

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SLOW YOUR BREATHING (30
SECONDS)
CLOSE YOUR EYES. INHALE
SLOWLY THROUGH YOUR
NOSE. EXHALE GENTLY
THROUGH YOUR MOUTH.
LET YOUR BREATH REMIND
YOU: YOU ARE SAFE. YOU ARE
HELD. YOU ARE NOT ALONE.

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ACKNOWLEDGE WHAT YOU'RE
CARRYING (1 MINUTE) QUIETLY
NAME THE THINGS WEIGHING ON
YOUR HEART: A CONVERSATION
THAT BOTHERED YOU. A TASK YOU
DIDN'T FINISH. A WORRY YOU CAN'T
SOLVE TONIGHT. A FEELING YOU
DIDN'T HAVE TIME TO PROCESS.
YOU DON'T HAVE TO FIX ANYTHING
RIGHT NOW. YOU'RE SIMPLY
ACKNOWLEDGING WHAT'S THERE.

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RELEASE THE DAY TO GOD (1 MINUTE)
IMAGINE PLACING EACH BURDEN INTO
GOD'S HANDS. ONE BY ONE. GENTLY.
INTENTIONALLY.

PRAY: "GOD, I RELEASE THIS DAY TO
YOU. EVERYTHING I DID, EVERYTHING
I DIDN'T DO, EVERYTHING I CARRIED,
AND EVERYTHING I TRIED TO
CONTROL — I PLACE IT IN YOUR
HANDS. GIVE ME REST TONIGHT."
LET YOUR SHOULDERS SOFTEN. LET
YOUR JAW UNCLENCH. LET YOUR
SPIRIT EXHALE.

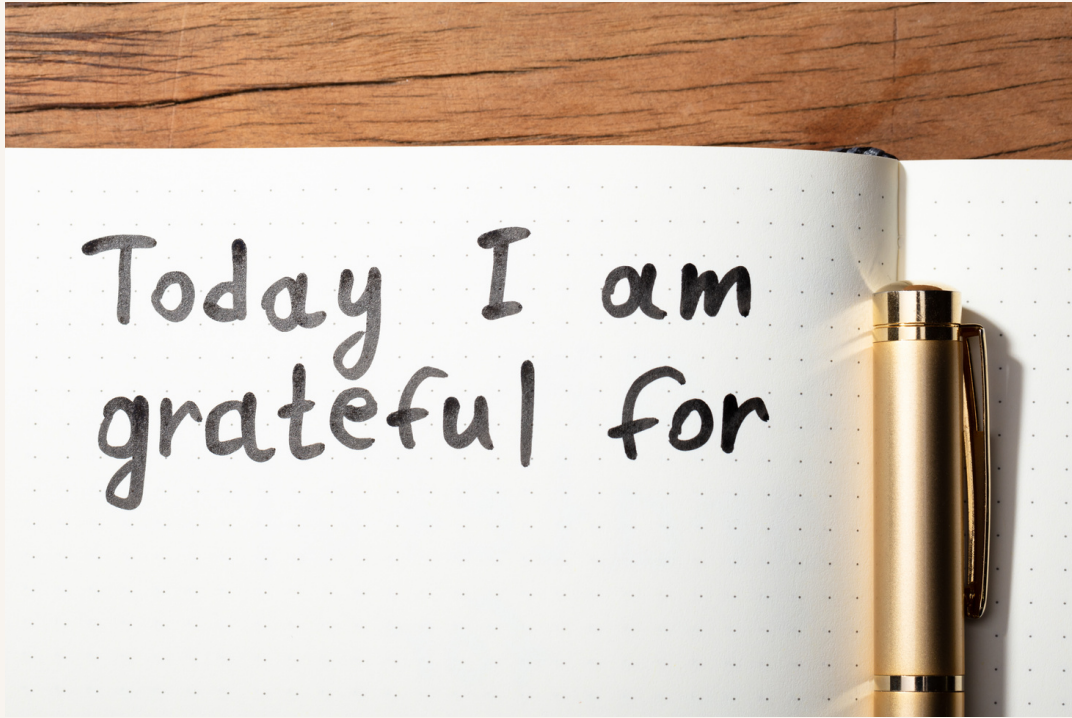
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RECEIVE GOD'S PEACE (1 MINUTE)
PICTURE GOD COVERING YOU
WITH CALM. A SOFT, STEADY
PEACE THAT SETTLES YOUR
THOUGHTS AND QUIETS YOUR
EMOTIONS.

WHISPER: "LORD, LET YOUR
PEACE FILL EVERY PART OF ME."
LET HIS PRESENCE BECOME THE
ATMOSPHERE OF YOUR EVENING.

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END WITH GRATITUDE (1 MINUTE)
NAME THREE THINGS YOU'RE
GRATEFUL FOR TODAY — BIG OR
SMALL.

GRATITUDE SHIFTS YOUR HEART
FROM TENSION TO TRUST, FROM
PRESSURE TO PRESENCE, FROM
OVERWHELM TO REST.

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CLOSING PRAYER

“FATHER, THANK YOU FOR CARRYING
WHAT I CANNOT. THANK YOU FOR
WATCHING OVER ME AS I SLEEP. THANK
YOU FOR PEACE THAT PROTECTS MY
MIND AND REST THAT RESTORES MY
SPIRIT. I RELEASE THIS DAY TO YOU.
AMEN.”

EVENING AFFIRMATION

“I END THIS DAY IN PEACE. GOD IS WITH
ME, GOD IS FOR ME, AND GOD IS
RESTORING ME.”

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AS YOU SETTLE INTO THE QUIET OF THIS EVENING, REMEMBER THAT YOU DON'T HAVE TO CARRY THE WEIGHT OF TODAY INTO TOMORROW. GOD HAS ALREADY GONE BEFORE YOU, AND HE IS ALREADY WATCHING OVER YOU. LET THIS MOMENT BE YOUR GENTLE REMINDER THAT RELEASE IS HOLY, REST IS SACRED, AND PEACE IS YOUR INHERITANCE. BREATHE DEEPLY, TRUST FULLY, AND ALLOW YOUR SPIRIT TO BE RENEWED. THE DAY IS DONE — AND YOU ARE SAFE IN HIS CARE.

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