

DAILY RESET

ANOTHER OPTION TO HELP YOU GROW IN THE GRACE AND KNOWLEDGE OF OUR LORD JESUS CHRIST (2 PETER 3:18) IS TO PRACTICE WHAT IS CALLED A “DAILY RESET.”

The daily reset consists of 15-20 minutes of scheduled time alone with God. The Bible is replete with Scriptures advocating for this concept. One that comes to mind is, “Be still and know that I am God” (Psalm 46:10). Another way to translate this verse is: “Stop striving and know that I am God.” You may need to heed these words if activity and busyness are the hallmarks of your life. Mathematician Blaise Pascal said, “All of humanity’s problems stem from man’s inability to sit quietly in a room alone.”

Without entertainment, distraction, and diversion, we are forced to be alone with the inevitable “truth” of our existence—and in the process, we will hit the reset button on our life. The real work is done by not working.

Like the weekly rest, a template is provided for your Daily Resets. It’s important to note that the outline is just meant to be a guide for you to follow. Some days you may be able to walk through all six steps; others perhaps you’ll only get through one or two.

Begin by sitting in silence for one or two minutes. You’re not doing anything, not actively thinking about calendar appointments or deadlines. You’re just sitting, allowing yourself to sink into the quiet. Next, walk through each step for two to three minutes. It’s fine to spend more time in a particular area that needs attention. The goal is to be done in twenty minutes, although there is truly no time limit!

HERE ARE THE ELEMENTS OF A DAILY RESET:

RELATIONSHIPS:

Begin outside of yourself, with the Great commandment of loving God and loving others. When our vertical relationship with God is aligned, our horizontal relationships with others will be affected positively.

ENVIRONMENT:

Move a little closer to yourself. Notice your surroundings. Sit in silence and enjoy God's creation. Preferably choose a spot where you can sit outside or look out of a window.

The psalmist proclaimed, "The heavens declare the glory of God, and the sky above proclaims His handiwork" (Psalm 19:1). With childlike wonder, sit in awe of what God has made.

Eyes open: Look at God's creation. Eyes closed: Listen to God's creation.

SCRIPTURE:

This is the center element of your Daily Reset, just as it should be the center of our lives.

Meditate on a Scripture passage you read that morning. If you logged a HEAR journal from your morning quiet time, ponder the verse you wrote down. Marinate on certain words or recite certain phrases. Ask the Lord to apply it to your life.

EMOTIONS:

As you start moving back out of your time of contemplation, ask God a few questions:


Am I harboring negative thoughts in my head? Am I fearful of anything? Am I worrying?

What am I anxious about? Consider your physical body. Do you have stress anywhere?

Tension in your muscles or your back? Take this time to address your mental and physical state and offer it to the Lord so that you can be used best by him.

THANKFULNESS:

As you come out of your Daily Reset, ready to be recharged and ready to reconnect with the outside world, name one or two things you are thankful for today. Don't be vague. Name the things you are grateful for. After practicing daily resets for some time, you will move beyond the typical, "I'm thankful for my health," or "I'm thankful for my family" and begin naming specific moments or items in your life that you are thankful for.



Do this every day—or every day it is possible. You will notice an immediate difference in the way you think and feel. You may choose to ask a child or a spouse to sit with you for part of the time and enjoy the presence of the Lord together.

God created us as human beings, not human doings. By creating a spiritual rhythm of weekly rest and Daily Resets, you will notice a difference after one week.

