

GO:OD AM

THE FIRST

TEN

YOUR FIRST THREE MORNINGS



THE WORLD CAN WAIT TEN MINUTES.

DAY 01 / THE FIRST TEN

01

YOUR FIRST ATTENTION

What gets your first attention begins to shape your day.

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

MATTHEW 6:33 (KJV)

UNDERSTAND

Before you are needed by anyone, you are invited to seek God. Jesus calls his listeners to seek the kingdom first in the middle of real worries about food, clothing, and tomorrow. He does not pretend that needs are imaginary. He asks us to make God our starting place rather than our last resort.

A PRAYER TO BEGIN

God, You know what is waiting for me today. Help me seek You before I reach for everything else.

Your next step is on the facing page.

DAY 01 / MAKE IT YOURS

PRAY • REFLECT • LIVE

ONE VERSE. ONE PRAYER. ONE STEP.

PRAY / IN YOUR OWN WORDS

What am I honestly bringing to God today?

REFLECT

What has been receiving your first attention lately?

God, I trust You with this today. Help me to...

LIVE / ONE FAITHFUL STEP

Set aside your phone for the first ten minutes tomorrow.

FIRST FRUITS

The first is a statement of what matters.

“Honour the **LORD** with thy substance, and with the firstfruits of all thine increase:”

PROVERBS 3:9 (KJV)

UNDERSTAND

Proverbs speaks of honoring the Lord with wealth and firstfruits in the context of wisdom, trust, and the way we live. It is a teaching about honoring God with our resources, not a command that every believer must keep a ten-minute timer. Our journal borrows the principle of priority: instead of offering only the exhausted leftovers of our attention, we make space for God at the beginning.

A PRAYER TO BEGIN

Father, teach me to honor You in the way I use my attention, time, and resources.

Your next step is on the facing page.

DAY 02 / MAKE IT YOURS

PRAY • REFLECT • LIVE

ONE VERSE. ONE PRAYER. ONE STEP.

PRAY / IN YOUR OWN WORDS

What am I honestly bringing to God today?

REFLECT

What have you been giving your best energy to?

God, I trust You with this today. Help me to...

LIVE / ONE FAITHFUL STEP

Choose one small first-place habit for tomorrow morning.

DAY 03 / THE FIRST TEN

03

BE STILL

Not every anxious thought deserves an immediate response.

“Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.”

PSALM 46:10 (KJV)

UNDERSTAND

Psalm 46 pictures nations in turmoil while declaring God a refuge. The invitation to be still is not denial of reality; it is a call to recognize who God is amid it. Quiet is a gift when it makes room for trust instead of frantic reaction. You may still need to make a phone call, solve a problem, or ask for help. Begin by becoming present.

A PRAYER TO BEGIN

God, meet me in the noise. Help me remember You are present even when life feels unsettled.

Your next step is on the facing page.

DAY 03 / MAKE IT YOURS

PRAY • REFLECT • LIVE

ONE VERSE. ONE PRAYER. ONE STEP.

PRAY / IN YOUR OWN WORDS

What am I honestly bringing to God today?

REFLECT

What noise inside or around you makes stillness difficult?

God, I trust You with this today. Help me to...

LIVE / ONE FAITHFUL STEP

Take one minute of silence before your next important decision.

GO:OD AM

THE FIRST TEN

YOUR FIRST THREE MORNINGS ARE DONE.

The practice continues - all **30** mornings, one verse, one prayer, one step at a time.

CONTINUE ALL 30 MORNINGS

DIGITAL

\$9.99

PAPERBACK + DIGITAL

\$19.99

White / Cream or Black - same journal inside.

Missed a morning? Return today.

NEW MERCIES EVERY MORNING.