

FAITH THROUGH FOG

Embracing Sacred Rhythms for Cold Mornings

Fall and winter mornings arrive with their own kind of quiet—slower, darker, more reflective. The rush of summer fades, and a chill creeps in that begs us to pause. It's easy to feel disoriented in these seasons—like you're waking up in a fog, not just outside but within.

But hidden in that stillness is an invitation: to let your morning routine become a sacred rhythm, not just a checklist. To center your day not on what's urgent, but on what's eternal.

The Gift of Routine

Morning routines aren't about perfection. They're about preparation—the chance to order your heart before the world makes its demands. Especially in the colder months, when everything feels heavier and slower, building even the smallest habits can bring warmth to the soul:

- * Lighting a candle while you pray
- * Reading a Psalm with your coffee
- * Journaling one sentence of gratitude
- * Sitting in silence before the day begins



Each act becomes a kind of offering—a rhythm that reminds you who you are and where your strength comes from.

From Fog to Faith

You don't have to be a morning person. You don't have to have it all figured out. But choosing to meet God in the fog, even with tired eyes and fuzzy socks, can shape your whole day.

Let these colder mornings be a teacher. Let them show you that even in the chill, even in the dark, God's presence warms and lights the way—one sacred rhythm at a time.

Syncing With the Season

Nature shifts in fall and winter. So can you. Maybe that means waking a little earlier to create margin. Maybe it means bundling up and sitting by a window to catch the first light. Let your routine reflect the season you're in—not just physically, but spiritually.

This is a time for intentional slowness. For reflection. For finding God not in the noise, but in the quiet.

Ideas for Sacred Morning Rhythms

- * **Scripture Sips:** Keep a Bible or devotional next to your coffee pot. Read one verse as the brew finishes. Let it be the first Word that fills you.
- * **Blanket & Blessing:** Wrap yourself in a warm throw, light a candle and whisper a short prayer for your day.
- * **Prep With Purpose:** While packing lunches or making breakfast, play worship music or reflect on a verse taped to the fridge.
- * **Move With Mercy:** Do a few slow stretches or walk around your home with intention, praying over each room or person still sleeping there.

