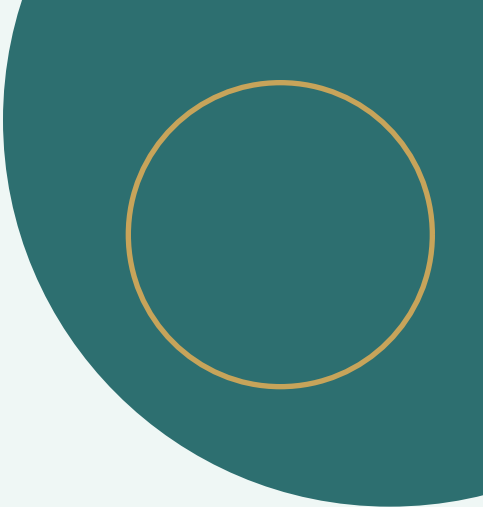




A FIVE-MINUTE GUIDED REFLECTION

The Spirit-Led Business Alignment Pause

A quiet place to reconnect your work, your heart, and your next faithful step with God.

"Commit your work to the Lord, and your plans will be established."

PROVERBS 16:3



Mary A. Horner

Steward of Spiritual Formation

Begin with Presence

PAUSE • RECEIVE

Before you think about strategy, growth, or what must be accomplished next, pause long enough to remember: God is already present in the work He has entrusted to you.

Your business is not separate from your formation. The way you listen, decide, serve, lead, and honor your limits is part of the person God is forming you to become.

YOUR ONE-MINUTE PAUSE

Place both feet on the floor. Relax your shoulders. Take three slow breaths. With each breath, quietly pray:

“God, You are here. Help me become attentive to You.”

TRUTH TO RECEIVE

I do not have to carry the whole vision today. Grace will meet me in the next faithful step.

Listen Beneath the Activity

REFLECT

Awareness comes before alignment. Let these questions help you notice what is happening within you and where God may be inviting you to respond.

1

What has been occupying the most space in my heart as I lead or build?

2

Where do I sense God's peace, guidance, or gentle correction in my work?

3

What is one faithful step I can take without forcing the entire outcome?

Choose the Next Faithful Step

RESPOND • PRAY • CARRY

Formation does not require a dramatic decision. It often begins with one small act of obedience practiced in companionship with God.

MY NEXT FAITHFUL STEP

Within the next 24 hours, I will:

A PRAYER FOR ALIGNMENT

God, thank You for being present in my work and within every decision I carry. Quiet the pressure to prove, hurry, or control. Help me recognize what You have entrusted to me, honor the limits You have given me, and serve others with wisdom and love. Give me courage for the next faithful step and peace with what belongs in Your hands. Form my work through Your presence, and form me as I walk with You. Amen.

CARRY THIS TRUTH

I can build with faithfulness, not fear.

Your Work Can Become a Place of Formation

The Spirit-Led formation pathway is an invitation to grow closer to God, discover who you are in Christ, and live the life He is forming you to live - in your work, relationships, choices, and legacy.

THE FORMATION RHYTHM

- Pause - become aware that God is already here.
- Receive - welcome the truth He is revealing.
- Reflect - notice what is stirring within you.
- Respond - choose one small and faithful action.
- Pray - speak honestly with God and receive His grace.
- Carry - keep one truth with you as you work.
- Return - revisit the practice and notice what God is forming.

Continue the Journey

Stay connected with Mary for gentle formation reflections, practical resources, and invitations designed to help you walk more closely with God.

AWAKENING HEARTS • GUIDING SOULS • FORMING LIVES