

Wake Up Pray Up Boss Up® Podcast

Episode 44 Slowing Down to Catch Up with God

In a world that glorifies hustle, slowing down can feel uncomfortable, even wrong. But sometimes, God has to stop us so He can speak to us. Peace isn't found in doing more; it's found in being present.

When you release control and choose stillness, you discover that God has been there all along; waiting for you to catch up to Him.

Click 1 – Wake Up: Notice Where You're Rushing

We fill our days with noise and activity, then wonder why we feel distant from God. Slowing down starts with awareness, noticing what's driving your constant motion.

Reflection Prompts:

- Where in my life am I rushing or trying to control things?
- What am I afraid will happen if I slow down?
- What “missing luggage” am I letting steal my peace right now?

Write it here:

I've been rushing in _____
because I fear _____

 **Reminder:** Sometimes the “delay” isn't a setback, it's an invitation to rest in God's timing.

Click 2 – Pray Up: Invite God Into Your Stillness

Peace isn't the absence of problems; it's the presence of God. Even five quiet minutes can shift your heart back into alignment with His.

Prayer:

“Lord, help me slow down enough to feel Your presence. Teach me to rest in You instead of running ahead of You. Remind me that I don't have to earn peace, I just have to choose it.”

Reflection:

- Where do I feel God inviting me to pause this week?
 - What simple practice (like sitting outside, journaling, or walking) helps me sense His presence?
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Click 3 – Boss Up: Protect Your Peace

Peace is sacred — and it must be protected. This week, set a boundary that makes space for rest, reflection, and renewal.

Reflection Prompts:

- What do I need to say “no” to this week to guard my peace?
- What boundary will help me create room for stillness?
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My Boss Up Action Step:

This week, I will _____
to protect my peace and stay connected to God.

Example:

“I'll turn off my phone after 8 p.m.”

“I'll step outside for 10 minutes every morning to breathe and pray.”

🌸 This Week's Challenge

- ✓ Take at least 5 minutes each day to be still before God; no phone, no noise, just presence.
- ✓ Notice what feels lighter when you stop trying to control everything.
- ✓ Protect your peace like it's part of your purpose, because it is.

✨ **Pro Tip:** When you slow down, you don't fall behind. You actually catch up to yourself and to God.

💖 Want to Bring Peace Back to Your Mornings?

Download your [free 10-5-5 Formula](#), a simple morning rhythm to help you start each day with gratitude, prayer, and peace.

Final Encouragement

You don't have to travel to paradise to find peace — you can create it wherever you are. God's not asking you to hurry up; He's inviting you to slow down and meet Him in the stillness.

Take a breath.

Let go.

And let God catch up with you.

God bless, Margi 💖

