

THE SACRED VESSEL CHECKLIST

Daily Alignment of Mind, Body & Soul

"Protect the inner sanctuary, keep the vessel whole, for God abides within the temple, anchoring the soul."

PHASE 1: YOUR MORNING TUNE-UP

☐ **The 3-Breath Reset (Clear the Static)**

Before you even get out of bed, take three slow, deep breaths. In through the nose hold for 4 seconds and all the way out. It hits the "Reset Button" on your stress levels and clears the mental fog.

☐ **The Temple Stretch (Shake off the Negativity)**

Spend 2 minutes stretching. Pump your calves then reach high and touch your toes. It "oils the hinges" of your body and flushes out the physical tension from the night.

☐ **Morning Light (The Circadian Sync)**

Spend a few minutes outside looking at the morning sky (Gazing) with your feet on the grass (Grounding). This recalibrates your internal body clock.

PHASE 2: CHANGING THE OWNERSHIP

☐ **Update the Title Deed (The "Boss" Check)**

Say it out loud: "I am the Manager, not the Owner." Hand the keys of your day over to God. This removes the "burden of self."

☐ **Set the Filter (The Intake Guard)**

Before checking your phone, ask: "Is this fuel for my temple, or is it just digital trash?" Protect your peace by choosing what you consume.

PHASE 3: STAYING READY

☐ **Charge the Battery (Physical Stewardship)**

Treat your body like a High-Value Sanctuary. Drink water, choose real food, and rest when needed.

☐ **Scan for "Cracks" (Maintenance)**

If you feel stressed or exhausted, stop. Take a minute to breathe and reconnect so that you don't leak spiritual vitality.

☐ **Stand in Readiness (The "Ladder Holder" Mindset)**

Keep your antenna up. Be ready to be used as a tool for grace. Your preparation makes you a Master Key in God's hands.

"You are a Vessel of Light"

"Small acts of obedience with daily seeds of discipline, harvest the Glory of God"

"Guard the sacred temple where His Spirit loves to dwell, and let His holy presence make the broken vessel well."

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