

FREE
5-DAY
STARTER
EDITION

5-Minute Devotional

for Women Who Want to
Stay Grounded



Busy Season Edition



Hephzibah T.A.

The Musings Of The Spirit

About the Author

Hephzibah T.A is a Christian teacher and devotional writer passionate about helping women build a simple, steady walk with God in the middle of everyday life. Through Scripture- centered teaching, she creates faith-based resources that bring clarity, peace, and spiritual grounding without pressure, performance, or overwhelm.

Her work is designed for women who want to stay connected to God honestly, consistently, and sustainably.

She is the founder of The Musings of the Spirit Media, a faith-based platform dedicated to spiritual growth, discernment, and purpose-driven living.

Through devotionals, reflections, and practical teachings, Hephzibah equips women to meet God in ordinary moments, trust Him through quiet seasons, and walk faithfully in daily life.



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Introduction

Hi beautiful,

If you're reading this, chances are your days feel full.

Full of responsibilities.

Full of expectations.

Full of noise.

And somewhere between deadlines, family, work, ministry, and your own private battles... you've been trying to stay spiritually steady.

This 5-day devotional was created for *that* woman.

The woman who loves God, but feels stretched.

The woman who wants depth, but only has minutes.

The woman who refuses to drift, even in a busy season.

You don't need an hour. You need alignment.

Over the next five days, we will focus on one thing: **staying grounded in God — even when life feels scattered.**

Each day includes:

- One anchoring Scripture
- A short but powerful teaching
- A focused prayer

- A grounding declaration

That's it.

Five intentional minutes.

Five days of spiritual recalibration.

And here's what I want you to know:

This is just your starting point.

The full devotional — [*5 Minutes Devotional for Women Who Want to Stay Grounded*](#) — takes you on a deeper 30-day journey. It includes structured reflection prompts, spiritual reset practices, and grounding rhythms designed specifically for busy women who don't want to lose themselves in the process of doing everything for everyone else.

If these five days steady you... imagine what thirty days can do.

Let's begin.

— Hephzibah T.A.

The Musings of the Spirit

Day 1

When Your Mind Won't Slow Down

Scripture:

"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You." — Isaiah 26:3

Some days, your body is still — but your mind is racing.

You're replaying conversations.

Planning tomorrow.

Worrying about outcomes.

Trying to solve problems that haven't even happened yet.

Busyness does not always look like movement. Sometimes it looks like mental noise.

Isaiah 26:3 does not promise peace to the busy. It promises peace to the focused.

Notice the condition: *whose mind is stayed on You.*

Stayed means fixed. Anchored. Intentionally positioned.

Peace is not automatic. It is directional.

Your mind will stay somewhere. The question is — where?

If it stays on fear, anxiety grows.

If it stays on comparison, insecurity grows.

If it stays on God, peace grows.

You don't need a silent house. You need a steady focus.

Grounded women are not women without responsibilities. They are women who choose where their thoughts sit.

Today, you don't have to control everything, you only have to redirect your mind.

Prayer

Father, my mind feels full. Teach me how to fix my thoughts on you. When anxiety tries to lead, help me redirect. Anchor my thinking in truth, not fear. I choose to trust you with what I cannot control. Amen.

Grounding Declaration

Today, my mind is anchored in God's truth.

Peace grows where my focus goes.

Day 2

Grounded When You're Pulled in Ten Directions

Scripture:

"Martha, Martha, you are worried and troubled about many things. But one thing is needed..."

— Luke 10:41–42

There is a kind of exhaustion that doesn't come from doing too much, it comes from doing too many things at once.

Answering emails while thinking about dinner.

Listening to someone while planning your next task.

Serving everyone while neglecting your own soul.

Martha wasn't wrong for serving. She was unsettled because her attention was divided.

Jesus didn't rebuke her productivity. He corrected her priority.

"One thing is needed."

Busy seasons will always exist, but scattered focus is optional.

Grounded women understand this: Activity does not equal alignment.

You can complete every task on your list and still feel internally unsteady.

The issue is not responsibility. The issue is spiritual positioning.

Before you move into your day fully, ask yourself:

What is the one thing that centers me?

When you secure that first, everything else becomes lighter.

You don't need to do less.

You need to anchor first.

Prayer

Lord, I feel pulled in many directions. Help me choose what truly matters. Teach me to secure my heart in you before I serve everyone else. Let my productivity flow from alignment, not pressure. Amen.

Grounding Declaration

I choose alignment over anxiety.

One thing anchors me — and that is God.

Day 3

When You Feel Spiritually Dry

Scripture:

"Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me."

— John 15:4

Some seasons don't feel powerful. They feel quiet.

You read your Bible — but nothing "moves" you.

You pray — but it feels routine.

You show up — but you feel empty.

Spiritual dryness can make you question your connection.

But Jesus did not say, *"Feel Me."* He said, *"Abide in Me."*

Abiding is not emotional. It is relational consistency.

A branch does not strain to produce fruit. It stays connected.

Dry seasons are not proof of distance. They are invitations to remain.

Grounded women do not chase spiritual highs. They choose steady attachment.

Your strength is not in how inspired you feel.
It is in how connected you remain.

Even when it feels dry... stay.

Fruit grows quietly before it becomes visible.

Prayer

Lord, when I feel spiritually dry, help me remain. Teach me to value connection over emotion. Strengthen my roots even when I cannot see growth. Keep me attached to you daily. Amen.

Grounding Declaration

I remain connected, even in quiet seasons.
My roots are growing deeper than I can see.

Day 4

When Comparison Steals Your Focus

Scripture:

"Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else."

— Galatians 6:4–5

Comparison is subtle.

It doesn't always shout.

Sometimes it whispers.

You scroll for "inspiration"... and end up questioning your progress.

You celebrate someone else... and quietly feel behind.

You measure your life against timelines that were never assigned to you.

But Scripture says something powerful: *Test your own work.*

In other words — measure obedience, not outcomes.

Comparison uproots gratitude. It shifts your focus from faithfulness to performance.

Grounded women understand this truth:

God's assignment for you is not in competition with someone else's highlight reel.

Your pace is intentional.

Your season is specific.

Your process is personal.

When you look sideways too often, you lose forward momentum.

Stability returns when you return to your lane.

Today, release the need to measure your life against anyone else's.

You are not behind. You are being built.

Prayer

Father, guard my heart from comparison. Help me focus on my assignment and trust the pace you have set for me. Remove the pressure to compete and restore my gratitude for where I am. Amen.

Grounding Declaration

I stay in my lane. My growth is intentional and God-directed.

Day 5

When You Feel Like You're Falling Behind

Scripture:

"He is like a tree planted by streams of water, which yields its fruit in season... and whatever he does prospers."

— Psalm 1:3

There's a quiet pressure many women carry:

"I should be further by now."

"I should be doing more."

"I should have figured this out already."

But Psalm 1 paints a different picture.

A tree does not panic about timing.

It does not compete with the forest.

It does not force fruit out of season.

It stays planted.

The power is not in speed. The power is in stability.

Notice the phrase: *yields its fruit in season*.

Not early. Not late. In season.

Grounded women understand something freeing, growth is seasonal.

Just because fruit is not visible does not mean roots are not developing.

Just because progress is quiet does not mean God is inactive.

You are not falling behind. You are being rooted.

Stay planted.

Stay consistent.

Stay grounded.

Your season will speak.

Prayer

Lord, remove the pressure I feel to rush ahead. Help me trust your timing and stay planted where you have placed me. Strengthen my roots so that when my season comes, I will stand firm and fruitful. Amen.

Grounding Declaration

I am planted, not pressured.

My growth unfolds in God's timing.

Continue the Journey

If these five days steadied your heart, imagine what 30 intentional days can do.

The full [“5 Minutes Devotional for Women Who Want to Stay Grounded”](#) takes you deeper with:

- A structured 30-day grounding journey
- Reflection prompts for personal clarity
- Practical spiritual reset rhythms
- Identity-strengthening teachings
- Daily 5-minute alignment framework

Busy seasons don't have to uproot you. You can stay grounded consistently.

Your deeper journey begins now.