

GUIDE

Alita

Why Spirit Led Women Need Healthy Routines

One of the things I want us to recognize as women of faith is that leadership is not just about titles, positions, platforms, or influence from a stage. Real leadership often looks much quieter than that. It is found in everyday living. It is found in the way you show up consistently, the way you respond under pressure, the way you love people, and the way you stay rooted in Christ through every season.

When I think about life leadership, I think about the women who quietly inspire others through the way they live. Maybe you have known someone like this. She is steady. Peaceful. Grounded. She handles pressure with grace. She does not live reactively. There is something about her life that points people toward Jesus. That is what life leadership is.

Life Leadership Definition:

Influencing others toward Jesus through the way you live your everyday life.

As we begin this series, I want you to remember something important: you are already influencing people. The question is not whether you are influencing others. The question is how.

Questions to Reflect On:

- Who are you influencing right now through the way you live?
- Are your daily rhythms leading people toward Christ or away from Him?
- What kind of overflow is coming from your life?
- Are you leading from pressure or from presence?
- What is currently shaping your thoughts most: truth or feelings?
- Are you building healthy routines before pressure comes?
- What habits are quietly shaping your future?

Jesus Modeled Healthy Routines

Jesus Himself lived with intentional rhythms and habits. He did not operate from chaos or constant reaction. He lived from connection with the Father.

1. Habitual Prayer – Jesus consistently prioritized prayer before the demands of the day.

Before daybreak, the next morning, Jesus got up and went out to an isolated place to pray. Mark 1:35

But Jesus often withdrew to the wilderness for prayer. Luke 5:16

One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night. Luke 6:12

Prayer was not occasional for Jesus. It was habitual. It was His source of strength, wisdom, and clarity.

A lack of prayer does not show up in quiet moments. It shows up in critical moments. Prayer is not a reaction. It is preparation.

Here is Your Jesus Routine:

Start your day with God, not your responsibilities.

Choose consistency over convenience.

Respond when God calls you to come away with Him.

Key Reminder: If Jesus needed this rhythm, we do too.

2. Scripture and Teaching

Jesus lived deeply rooted in truth.

When he came to the village of Nazareth, his boyhood home, he went as usual to the synagogue on the Sabbath and stood up to read the Scriptures. Luke 4:16

People do not live by bread alone, but by every word that comes from the mouth of God. Matthew 4:4

I have hidden your word in my heart, that I might not sin against you. Psalm 119:11

When Jesus was tested, scripture came out of Him because it was already stored within Him.

You do not build a foundation during a storm. You reveal it.

Here is Your Jesus Routine:

Make Scripture a daily priority, not an occasional moment.

Store the Word in your heart before you need it.

Let truth shape your thoughts, not your feelings.

Key Reminder: Consistency in the Word creates stability in your life.

3. Solitude and Rest

Jesus intentionally stepped away from noise and distractions.

Then accompanied by the disciples, Jesus left the upstairs room and went as usual to the Mount of Olives. Luke 22:39

You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever. Psalm 16:11

My dear Martha, you are worried and upset over all these details. There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her. Luke 10:41-42

Both Mary and Martha were physically near Jesus, but only one slowed down enough to truly connect with Him relationally.

Here is Your Jesus Routine:

Create space where you are uninterrupted with God

Step away from distractions to refocus your heart

Build rhythms of retreat into your everyday life

Key Reminder: Solitude is not empty. It is where you are filled.

4. Serving From Overflow

Jesus consistently served others from a place of connection with the Father.

His rhythm looked like this:

Time with the Father → Ministry to people → Return to the Father

You were never meant to pour from an empty place.

Here is Your Jesus Routine:

Do not skip time with God and expect to serve well.

Let your life flow from overflow, not obligation.

Stay anchored so you do not become overwhelmed.

Key Reminder: You were never meant to pour from an empty place.

I truly believe God has more for your life than survival mode, exhaustion, chaos, and reactive living. Jesus modeled intentional rhythms because He knew they were necessary for living anchored, peaceful, fruitful lives.

Healthy routines are not about perfection. They are about connection.

May we become women who prioritize prayer, scripture, solitude, and serving from overflow. May our lives quietly influence others toward Jesus through the way we live each day. And may we continue breaking unhealthy patterns so living water can flow from our lives into the next generation.

I'm wildly cheering you!

Alita Reynolds

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