

# 7 Simple Rhythms for the Fire-Hearted Woman



**Because you were never meant to run on fumes.**

Hey friend — if you're reading this, chances are you've been running on grit for far too long.

You love deeply. You give everything. You've got a to-do list that could rival the Dead Sea Scrolls, and you don't exactly do "half-hearted."

But lately... your spark feels more like static. Your body's whispering for mercy, and your faith life feels like it's running on yesterday's coffee.

Take a breath.

This guide is your permission slip to slow down just enough to find the rhythm God built into your body. Don't worry, it's not just useless epithets like "do less"...

Each of these seven simple rhythms is drawn from timeless wisdom and anchored in Scripture — small shifts that open big doors back to peace, energy, and presence. You don't need to overhaul your life; you just need to remember you're not the one holding the universe together.

Let's find your rhythm again.

**~Kimber**



## *1. Rhythm of Rest – Sleep as Surrender*

"Come to me, all you who are weary and burdened, and I will give you rest."  
– Matthew 11:28

Rest isn't laziness; it's trust in action.

When you sleep, you're declaring that the world keeps spinning without your supervision. That the things on your to-do list CAN wait until tomorrow.

**Practice:** Go to bed at the same time each night (or at least within the same hour).

Sleep you get before midnight counts double! So in bed by 10-10:30 and sleeping until 6 a.m. will serve you so much better than sleeping midnight to 8 a.m.

Set a "get-ready-for-bed" alarm 45 minutes before lights out. Dim the lights ( I say no overhead lights after 7:30pm in my house, lamps only. Red light filter turned on your phone, or better yet set your phone down!), make a cup of herbal tea, pray over your day, and release tomorrow back to God. Does this seem dumb or like a waste of time? Unproductive or unrealistic? Do it anyway.

If you struggle with turning your brain off enough to go to sleep, rub some warm coconut oil on your feet before bed and sleep in some comfy old socks.

**Tiny Shift:** Rest becomes holy when you stop earning it and start receiving it.



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## *2. Rhythm of Nourishment – Eat with Presence*

"So whether you eat or drink, do all to the glory of God." – 1 Corinthians 10:31

Your body isn't a machine to be fueled; it's a temple to be tended. The way you eat reveals the way you live — rushed and distracted or grateful and grounded.

**Practice:** Remember, the food we eat literally becomes us. What you're taking in are the building blocks for your cells. Do you want your new cells to be imbued with the energy of rushing? Worry? Work? Or contentment? Gratitude? Ease?

Put your phone away for one meal a day. Pause before the first bite, take a deep breath, and whisper, "Thank You for this provision."

Then eat slowly (I know, I know — just trust me). Practice having to speak an entire sentence in between each bite. Eat sitting down- not standing, walking, or driving. It will make more of a difference than you think!

**Tiny Shift:** Gratitude digests better than guilt.

### *3. Rhythm of Fire – Keep Your Spark, Don't Let It Burn You*

"Fan into flame the gift of God..." – 2 Timothy 1:6

Your inner fire — your drive, passion, and purpose — is a gift.

But untended fire scorches. Well-tended fire warms homes and hearts.

**Practice:** Check in with your motives today. Are you driven by love or by fear of falling behind? If it's fear, pause, pray, and re-center on purpose.

Having trouble identifying the emotion?

Try this reflection or journal exercise: What would happen if I didn't get it all done? What would worst-case scenario be? Does the entire world really come falling down? Probably not!

Experiment with the 80/20 rule. Eighty percent of our results come from twenty percent of our efforts. The other eighty percent of work only produces twenty percent of the results. Where can you cut out some of the busy work today that is only leading toward that smaller 20 percent?

Are you being busy — getting the dopamine hit of checking off your to-do list — or actually productive and moving toward your goals?

**Tiny Shift:** Purpose fuels; pressure fries. Choose the first one.



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## 4. Rhythm of Reverence – Invite God Into the Ordinary

"In all your ways acknowledge Him, and He will make your paths straight." – Proverbs 3:6

Worship isn't limited to Sunday.

It's hidden in folding laundry, stirring soup, and sending that overdue text. Reverence is remembering you're standing on holy ground even when it's covered in crumbs.

**Practice:** Pick one ordinary task and turn it into prayer. Wipe counters while repeating, "Create in me a clean heart." Walk the dog and whisper gratitude with each step.

Do you have big hopes for your spiritual practice? Do you want to spend an hour reading inspirational texts, praying, journaling, meditating? If you don't do that, do you feel like a failure?

This is about releasing the all-or-nothing thinking.

It's still worthy, helpful, and good to take little bites of faith and connectedness throughout the day. It doesn't make you "bad," "lazy," or "a failure" if you don't do a whole big practice every day.

God wants a relationship, not perfection. You already earn an A + — you don't need to work harder, do more, or spend more time in contemplation to be more worthy.

**Tiny Shift:** Every task can become connection when done with love and intention.



## *5. Rhythm of Movement – Move Like You Mean It*

"In Him we live and move and have our being." – Acts 17:28

Movement is medicine for mood, digestion, and soul clutter.

The goal isn't punishment — it's partnership with your body.

**Practice:** Five minutes. That's it. Do LESS than you know you are capable of. Walk outside, stretch, dance in your kitchen.

Move because you can, not because you "should."

Same as above, ditch the all-or-nothing thinking. If you didn't hit the weights for an hour or run a 5 K today, that doesn't mean the entire day is a disaster. It doesn't mean you've failed. We do need the hard days, and I know you're good at them.

But especially as women, we need the easy, recovery-oriented, rebuilding days too. You don't have to push through pain, fatigue, and over-training. It's not just some nice words — "listen to your body" is actually something to heed, especially if you've been chronically stressed and cortisol levels are high.

Remember, "For bodily exercise profits a little, but godliness is profitable for all things." (1 Timothy 4:8)

Make the main thing the main thing — connection to God. Don't let fitness and exercise become an idol. Moving your body is still important, don't get me wrong, just don't let it supersede the most important thing.

**Tiny Shift:** Movement is praise disguised as exercise.

## 6. *Rhythm of Stillness – Breathe Before You Break*

"Be still, and know that I am God." – Psalm 46:10

Stillness is not the absence of activity — it's the presence of awareness.

It's not useless, less productive, or a waste of valuable time, either..

It's where your nervous system and your spirit finally agree to stop multitasking.

**Practice:** Pause three times a day to take five slow breaths. As you inhale, say, "I receive Your peace." As you exhale, "I release my striving."

This is NOT the same as trying to meditate and "clear your mind of all thought" — spoiler alert — that's not the point of meditation anyway!

The point is that to keep the intensity and pace you're used to, you need tiny rest breaks throughout the day.

Imagine running an ultramarathon — you want to stop at the aid stations and get some water and a snack, right? If you think your day doesn't actually allow for small moments of rest like this, we have some major rearranging to do.

Also try taking a day off. No, like actually, fully completely off. Take a sabbath.

The answer to being burnt out and over functioning is not to "do less", it's to rest JUST AS HARD as you work.

**Tiny Shift:** You don't need to escape your life to find peace — you need to breathe inside it.

## *7. Rhythm of Celebration – Give Thanks Like It's Your Job*

"Give thanks in all circumstances." – 1 Thessalonians 5:18

Joy isn't the finish line; it's fuel for the journey.

You don't have to wait until the work is done to lighten up, smile, enjoy.

Gratitude softens your edges and reminds you that progress is happening even when perfection isn't.

**Practice:** Each night as you're lying in bed, before you go to sleep, bring to mind three things you're grateful for. Don't edit. Just celebrate the tiny miracles.

Once again, this isn't fluff. It's scientifically proven that gratitude rewires our brains. This practice is worth your time. Don't let this be just another piece of self help information- like that last podcast you listened to on 1.5 speed, or audiobook you read while driving, but also planning your shopping list and scheduling your week in your head, so were you really listening intently anyway?

And the best part? It's really hard for anxiety and gratitude to coexist.

**Tiny Shift:** Celebration turns obligation into overflow



*In Closing,  
You were made to burn bright – not burn out.*

These seven rhythms are your training wheels back to balance: rest, nourishment, fire, reverence, movement, stillness, celebration.

If this little guide resonated, imagine what a full year of living in rhythm could do.

In Sacred Seasons, we spend 12 weeks each quarter practicing these rhythms in real life — aligning body and spirit through faith, community, and grace.

You don't need more willpower. You need rhythm.

And rhythm is how grace moves through time.

Ready to find yours?

[Join the next Sacred Seasons cohort here.](#)

With love,  
Kimber



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