



ROOM 1 – THE SEEKER: REMAIN CONNECTED

Your Result: Rebuild from the inside out.

You're exactly where you need to be.

www.dawnmannsanders.com

Micro-Steps

01

The 5-Minute Abide Reconnection Practice

- Minute 1: Position (Hover)
- Minutes 2-3: Scripture (Remain Connected)
- Minutes 4-5: Listen & Receive (Access Power)

02

The 24-Hour Rhythm Audit

- Sleep: Quality and quantity.
- Devotion: When and how long you connect with God.
- Deep Work: Focused, creative work time.
- Recovery: Rest, play, restoration.

03

Strategic Rhythm Redesign

- Stop One Rhythm
- Start One Rhythm

01

The 5-Minute Abide Reconnection Practice

A strategic positioning practice that reconnects high-capacity leaders to divine creative power in just 5 minutes.

The Structure:

Minute 1: Position (Hover)

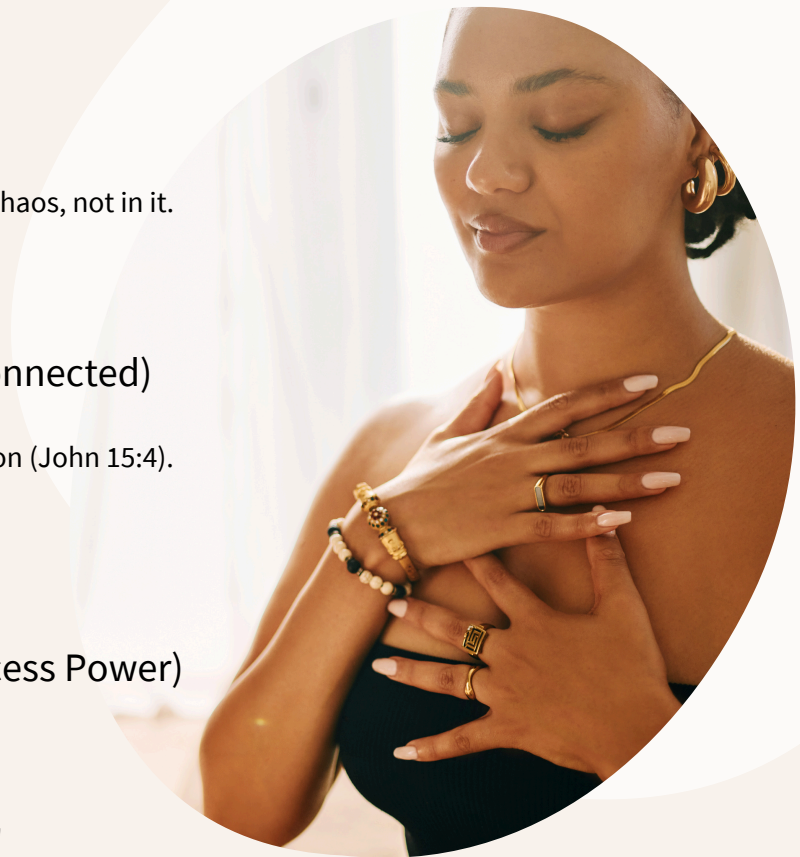
- 4-count breathing to center yourself.
- Acknowledge you're positioned above the chaos, not in it.
- "God, I position myself to hover with You."

Minutes 2-3: Scripture (Remain Connected)

- Read one verse related to abiding/connection (John 15:4).
- Let it settle without forcing an application.
- "Speak to me through Your Word, Lord."

Minutes 4-5: Listen & Receive (Access Power)

- Sit in silence, receptive to God's voice.
- No agenda, just connection.
- "I remain connected to You as my Source."



Your Call to Action

Ready for deeper guidance in this Room? My book, *When Your World Ends: God's Creative Process for Rebuilding a Life*, guides you step by step through all seven Rooms, with Scripture, stories, and practical tools. If this PDF resonated with you, the book is your next companion for rebuilding.

02

The 24-Hour Rhythm Audit

Track these four categories for 24 hours:

Sleep: Quality and quantity.

Deep Work: Focused, creative work time.

Recovery: Rest, play, restoration.

Devotion: When and how long you connect with God.

Your Call to Action

Keep an eye on your inbox — I'll be sharing tools like the Room 1 Reset Kit and the Rebuilding with Rhythm mini-course as they're ready.

03

Strategic Rhythm *Redesign*

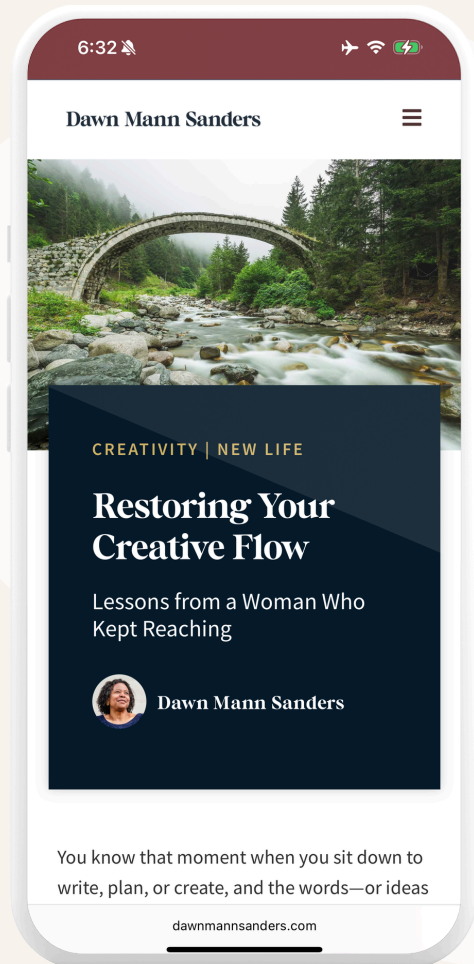
Based on your audit data:

Stop One Rhythm:

Learn How

Start One Rhythm:

Learn How



You'll know you're ready for Room 2 when:

- Your 5-minute abides feel more natural than forced.
- You sense your passion beginning to stir again.
- You have enough light to see one faithful next step.

A Blessing for the One Still Hovering

Before we close this first journey together, I want to speak a blessing over you—right where you are:

May you know, deep in your bones, that hovering is holy, not a waste of time.

May you feel the nearness of the God who hovered over chaos, who isn't afraid of your darkness, who isn't disappointed by your pace, and who refuses to rush your healing.

May shame fall off you, one breath at a time.

May you begin to trust that your “not much” is more than enough in His hands.

May the same God convince your nervous system that it's safe to exhale in His presence—that you don't have to perform, produce, or prove anything to remain in His care.

May your shoulders remember how to drop, your jaw remember how to unclench, and your breath remember that it was His idea first.

May you be released from fake timelines—the ones you've put on yourself and the ones other people have tried to place on you. May comparison lose its grip.

May you lay down the expectations that say you always have to be the strong one—doing the most, feeling the least—just to be taken seriously.

May you be free from the lie that you should “be over it by now,” and instead hear the truth that God is still hovering, still holding, still creating in you what you can't see yet.

May you begin to trust that your questions are welcomed invitations, that your quiet is enough, and that your tears are received as the prayers they are in the throne room of God, where He sits with you and doesn't hurry you. That He isn't waiting for your “cleaned-up” version. That the honest, exhausted, uncertain you is exactly who He's hovering over right now.

Continued...

May you discover that remaining connected doesn't require perfection—just presence. And may even your weakest whisper of "I'm still here" reach the ears of a God who has never stopped hovering over you.

May you remember: limbo isn't punishment. It's preparation. It's the room where God breaks your attachment to what was so He can prepare you for what will be.

And may this truth take root deep in your spirit, beneath the noise and the doubt, where shame has tried to grow:

You're not starting from scratch. You're starting from faith.

The same Spirit who moved over the waters in Genesis 1 is moving over your life right now.

He's not finished with you. He's just getting started.

And when the light comes—when He speaks, and you see the flicker—you'll step into Room 2 from a place of connection, not panic. From a place of trust, not terror.

Until then:

Just breathe.

Just stay close.

Just hover with Him.

He's already hovering over you.

In the name of the Father, who sees you; the Son, who holds you; and the Spirit, who hovers over you—

Amen.