



Hello Mornings: How to Build a Grace-Filled, Life-Giving Morning Routine

Kat Lee

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Are you ready to wake up *for* your life and not just *to* your life?

Don't worry; you don't have to be a morning person to start each new day well. Join Kat Lee and thousands of women from countries around the world who have learned to maximize their mornings. In *Hello Mornings*, Kat introduces a simple yet powerful three-minute morning routine that integrates Bible study, planning, and fitness into a foundational morning habit that fits into every schedule. She then helps you build each of these core habits for life-long growth.

Everyone can find three minutes. And instead of adding one more thing to the list, *Hello Mornings* lifts the weight off women by revealing a grace-filled way to establish a powerful morning routine that offers

a simple way to incorporate the most-sought-after daily habits into a simple morning routine: God. Plan. Move.

the latest research on habit formation and development

practical tools to help readers develop and grow their own personalized, adaptable plan for mornings

stories of transformed mornings from women in every season and stage of life

Hello Mornings helps readers renovate their mornings to establish and grow a powerful daily routine—a

long-term, Jesus-centered habit to anchor them in every season. Each morning can then become a launch pad into God's amazing plan for their lives.

Hello Mornings: How to Build a Grace-Filled, Life-Giving Morning Routine Details

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From Reader Review Hello Mornings: How to Build a Grace-Filled, Life-Giving Morning Routine for online ebook

Callie says

2.5/5 stars

So, this book did not make a great first impression on me. Here we go.

Negatives

My main issue with this book is that I felt from the very first chapter the gospel was presented very weakly, or even misrepresented because of omission of the key points of the gospel. Kat Lee opens the book with this explanation:

“Friends, I don’t know where you are in your journey with God. I don’t know how many times you’ve tried to spend time with Him or read the Word or prayed and felt as if you failed. But I do know that He does not merely stand at the finish line awaiting your triumphant victory. Our loving God, our faithful Father, is fighting to come alongside you in the journey. To push past all the discouragements and distractions. To speak words of love, hope, and courage over you. To wrap His arms around you and finish the race with you. Because of Jesus, God does not require our perfection; He wants a relationship with us.”

This is all good and fine if she is speaking exclusively to fellow Christians, but I fear that for the many non-Christians that may be reading this book, she leaves out any real explanation of the gospel here. I kept looking for a fuller explanation, and Lee never got there. The truth is that God does require our perfection, but we are wholly unable to attain perfection, and that is why Jesus came - to cover our filthy sin with His perfect righteousness when we quit trying to save ourselves and put our trust in Him. That is why we who trust in Jesus no longer have to worry about perfection and can have a relationship with God. To me, she really missed the boat on explaining that here.

It didn’t help when later in the chapter she mentioned that some women reading this book may have had a great life and "wish they felt like they needed Jesus a little more". If a Christian is feeling that way I’m not sure they really understand the weight of their sin. Even if we haven’t had a single difficult thing to deal with in our entire lives, we are still in desperate need of Jesus because of our sin! We can’t be righteous enough to be in a right relationship with God on our own. This is the problem Jesus came to solve! He didn’t come mainly to help us through the difficult seasons of life or to overcome our feelings of a lack of purpose, and I am afraid the way Lee presented things in this chapter gave the impression that this is all we need Jesus for.

Positives

Once I got past this frustration in the first couple chapters, I thought Lee had a lot of good things to say about developing a morning routine. I definitely appreciated her tips about how to develop habits effectively. She gives a lot of ideas for different habit-forming methods and how you can apply them to developing morning routine.

The Hello Mornings method focuses on three areas for a morning routine - time with the Lord, time to plan the day, and a jumpstart for making physically healthy choices during the day. I thought this was a thoughtful way to focus a morning routine in a short amount of time. She encourages developing a three-

minute morning routine with these three things. While that sounds like it wouldn't be enough time, I liked the idea of having an "anchor" habit so that whether I have only those three minutes or a much longer stretch of time, I can start the day off right.

I also really appreciated how Lee focuses on the "why" of developing a morning routine, which is to serve the Lord better through focusing on Him first thing, making a plan to be effective for Him that day, and developing healthy habits so we have enough energy to serve the Lord well. The section at the back of the book where Lee includes different ideas for Bible study time was also a great thing to include, and I thought these suggestions were really solid.

Bottom Line

The bottom line here is that I'm a little bummed about this book. This would have been a higher-star-rating for me if it wasn't for my frustrations about the way she didn't explain the gospel.

While I can understand that she was mainly writing this book for Christian women, I don't think any Christian author should assume their readers already know the gospel, especially when it's a book about a subject that would be of interest to non-believers as well. I thought that because she didn't explain the gospel it gave the impression that she was saying that if you just "spend time with God" each day, you're good to go. That's just not the case. We need to trust in Jesus's sacrifice for us on the cross and His righteousness to save us from our sins and an eternity in Hell. Only when we understand that and stop relying on our own works to save us can we have a relationship with Him and look forward to eternal life. That piece was missing from this book, so I wouldn't recommend it to someone who I didn't feel was a solid believer already. So that was a bummer.

Note: I received a copy of this book for free from the publisher in exchange for a review. This is my honest opinion.

Felicia says

I've enjoyed listening to Kat Lee's podcasts 'Inspired to Action' and 'Hello Mornings' and was excited.....no...ecstatic when I saw her book, Hello Mornings, was out to review. My expectations were met in this book! I've drawn stars by key points, folded down corners to mark favorite sections, quoted on Facebook, and shared a couple Instagram snapshots of the pages.

Kat Lee's platform, which she shares on her website, podcasts, Facebook community and now her book, is for women to start their day intentionally. Her three minute morning routine (which you can expand on in time) focused on soul care, time management, and your health. Starting simple eliminates most of the excuses we give for not spending time with God, nor being mindful of our time and health. In three minutes, you can read and pray Psalm 143:8, read your calendar/pray over your day, and drink some water. In time, you can expand the Bible time to include your own devotional plan, expand the planning time to include writing out and prioritizing items on your to-do list, and expand the health time to include a short workout or walk.

Kat focuses on developing a solid habit or ritual that part of who you are. In each season of life, it will grow and shrink due to the demands on your time, but it will always be there. Some of the points she covers include the importance of planning, setting up your personal space, developing accountability, establishing a habit, and the blessings that follow when you commit your first moments and your day to God.

This is more of a heart book, dealing with our personal excuses for avoiding this habit and calling us forward to see that more is possible. Honestly, I'm not sure what that looks like in this season. For me, it currently involves writing out my daily intentions the night before because my day starts off running, dealing with two hungry littles and a cooped up dog. I would love to have a slow morning to sit and savor the Word, make a plan, and exercise, but I can't convince myself to get up at 5 yet. :-) Especially not as long as at least one of the kiddos is up in the night. But Kat's book is grace filled, just calling us to do what we can in our season. If nothing else, we have three minutes in the shower or the work commute to pray, plan, and think of something to care for yourself (fill your water bottle, plan a healthy supper, stretch, walk the long route to the office, etc).

I received a complimentary copy of this book as part of the blogger review program with Booklook Bloggers. However, this book was on my dream wish list and all of the opinions are mine.

Tima says

Are mornings difficult? Does it seem that the morning starts off okay and then your schedule goes awry? Or is getting into a routine in the first place seem daunting? The author, now well known for her podcasts and founder of HelloMornings.org, took the information she's been sharing and put it together in a book for those looking to invigorate and change their mornings. The book has a Christian theme and gives the simple steps that the author found to work so well for her.

I am definitely one in need of help in the mornings. The book started out strong and was super inspiring. I talked about it with several of my friends while reading. The steps were easy to understand and implement. The author put personal experiences with scientific studies to prove her point. But despite the informative style of writing, it was interesting and I enjoyed reading it. The only negative was the last few chapters. I felt that they were necessary, but for some reason they were very dry and hard to get through. Turned this book into a 4.5, instead of a 5. But overall, I would still recommend it to my friends and family.

I received a copy of this book from BookLook Blogger. All thoughts expressed are my own.

Jennifer ~ TarHeelReader says

Mornings are crucial for starting your day on the right foot, and Hello Mornings is a positive, upbeat way to help focus on your plans. Spiritually-focused, Kat Lee has a friendly way of writing, just like she's talking to you. She says early on that she's not naturally organized, so it's something she has to work on, too. Filled with strategies and good ideas, I found this a refreshing read with much self-acceptance. I hope to incorporate some of Kat's ideas. For example, she has a great discussion on time- if you have enough time, and if not, why not. It's an eye-opener for sure. This is a great read, I'm happy to have read it, and I plan to

re-visit in the future.

Thank you to Kat Lee, Thomas Nelson, and Netgalley, for the opportunity to read an advanced copy.

Shannan Williams says

I have thoroughly enjoyed reading this book. I have always been a morning person, but not a very organized person. Kat Lee does a wonderful job at suggesting how to get on a morning routine with Jesus. This book is honestly really good and I highly recommend it to anyone trying to find just a few moments to spend with Jesus and not feel guilty.

Julie Beebe says

How we start our day matters. I'm a life-long night owl. I've always struggled with getting up early and moving. The following quote convicted me. "So instead of saying, 'I don't have time to exercise or read my Bible,' try saying, 'Exercising and Bible reading aren't my priority.' If that feels awful, perhaps it's time to do some realignment." - Kat Lee No matter what season of life you are in Hello Mornings will help you start and live each day with an intentional purpose for God. Through this book, Kat is your friend, sitting with you, sharing her story, encouraging you to grow, and helping provide useful ideas and tools. Kat writes: "Every morning I have a choice to trudge through the day without vision or direction, feeling purposeless and overwhelmed. Or I can connect with God, glimpse His direction for my life, understand who I can influence, and discern how I can grow and ways I can bring Him glory today." I like that Hello Mornings is Not about guilt, only accountability with enCouragement, Inspiration, Real Life Resources & Tools and a Worldwide, HelloMornings' Sisterhood Community. A 'Must Read' Book for every Woman.

Sarah says

This book had a great idea about taking just 3 minutes in the morning to focus and plan your day and start with a small prayer. Did it help me to stop being late and yelling at my kids to get in the car? Nope. But that would actually take a miracle.

Christina says

Hello Mornings is a book dedicated to building a three part morning routine that the author has found to do amazing things in her life. The idea is that you start your mornings with God Time, Plan Time and Move Time. She starts with a simple 3-minute version of this routine, and then gives you a myriad of ways that you can build on it. She also discusses habits, the power of a good routine, and why it's important to start your day with God so that the rest of your day falls in line with your spirit. To me that goes with something I've seen on quite a few accounts on Instagram since the new year, which is starting your day with the "Word before World"...or praying, reading scripture, devoting time to God before you reach for your cell phone.

I devoured this book. I'm talking, reading through a migraine devoured it. It is written like a good chat with your girlfriend, and never comes off as condescending or "holier than though"...which I hate to say I've found in some books of this genre. I think my favorite part is the fact that she starts with the simplest routine, one that anyone can accomplish and feel good about themselves for achieving. Her 3-minute version is to read/pray/memorize Psalm 143:8, look at your calendar for the day, and then drink a glass of water. That's it! Just that simple habit covers your spirit, your daily plan, and your health.

And honestly, although this is a very Christian book filled with tons of advice for people trying to build their relationship with God, the actual morning plan could be tweaked for anyone...although I'm not sure the actual book would be at the top of someone's list if they were not Christian. But the plan could be morphed to meditation or any form of calm spirit building practice, and then the rest of the plan kept the same. I feel the main takeaway is to start your day focusing on your Faith before life gets in the way.

The book has plenty of stories from other women, sharing how they've incorporated this plan into their lives...women in various stages and lifestyles, from working women, to stay-at-home mothers with little ones still. And my absolute favorite thing is the actionable steps and lists of how-to's that are peppered throughout, and the great resource section that really lays out everything that was covered more in-depth earlier in the book. I am a HUGE fan of practical tips that I can use TODAY to put into practice the tenets laid-out in a book.

I highly recommend it! You can find all of my reviews at www.tomesandtequila.com

Tina says

I was hesitant to read another book about developing consistent morning routines and Bible study habits. What more could be said? However, I loved Kat's focus on why we are doing this and also on keeping it simple and building from there. I'm looking forward to implementing her ideas. It was also an enjoyable read as she writes with honesty and humor.

Sarah says

Years ago, I stumbled across a Hello Mornings online Bible study group, and it helped me establish a routine of getting up early and spending a few minutes in God's Word. This practice has changed my life in every way, and I'm grateful that Kat Lee has put her methods into book form.

This book is a practical tool to help you prioritize time with God in the morning. It is full to the brim with practical help and suggestions. Her main idea is to start with a three-minute, three-pronged approach to morning time with God. She knows most of us feel like time with God doesn't "count" unless we have at least 30 minutes to set aside. But she argues that we can get major benefits from even three minutes with God, and I agree.

The days I begin with God go much more smoothly because my mind is focused on him all day long. The days I don't start with him, the whole day is off, and I realize later it's because I neglected my morning time with God.

My time with God doesn't feel like checking a box on a to-do list. It's more like taking my allergy medicine. When pollen is in full swing, I can instantly tell when I forgot to take my Flonase. As long as I take it every morning, I am better protected against irritants and don't notice them nearly as much. God's Word protects me in the same way.

I've also become more attuned to his voice throughout the day by familiarizing myself with his Word first thing in the morning. Kat knows that regular Bible study will do this for us, and more. Her friendly, down-to-earth, positive tone sounds like a girlfriend's positive encouragement. I also enjoyed her sense of humor and her grace-filled advice that squashes any guilt.

After 15+ years of reading the Bible every morning, I can attest that Kat's method works. This is an uplifting read with loads of practical encouragement. If you want to start a daily quiet time but don't know how, or if you want to get more out of your daily quiet time, this book is for you.

The Booklook Bloggers Program provided a free review copy of this book.

Rebecca Cal says

Even if you are already a morning person... I chuckled when I randomly picked up this book to read because I already love mornings and have a pretty consistent quiet time. But, I was pleasantly surprised. Lee has some great insights sprinkled through the book, and the three minute morning routine is actually inspiring and freeing. I'm an all or nothing sort of person, and this book helped me realize that a little done consistently is better than a whole lot every once in a while. Also, the ideas for building little "impossible to fail" habits and then adding on to them were really good.

Sherri Smith says

This is one of the best books that is of a non-fiction genre that I have read in a long time. What I enjoy about the book is how easy it is to understand and how I want to just dive in and start my mornings off on the right foot.

Kat Lee gives ways, ideas, of how we can start our mornings with a new routine. It's something small that can grow into a life-changing experience, just by dedicating a few moments in time.

On the back of the book, the statement that describes the book is perhaps my favorite one: "Each morning can then become a land pad into God's amazing plan for your life." And yes, I do believe that this book can assist me (us) into that path.

The way Kat Lee writes is very inviting as though she is there in the room with you having a conversation. She doesn't dumb things down, but neither does she speak in an elevated prose that would in turn push many away.

All in all, I am so glad that I have this book. It has become part of my mornings, the book and my Bible, as I put into action ways to look forward to starting my day.

I did receive this book from the publisher in exchange for an honest review. All opinions are my own.

Alissa says

Practical, inspirational and actionable. A good read close to the new year.

Cate says

I received this book in exchange of my honest review, all opinions are mine
Kat Lee is one of my favorite podcast hosts ever. She hosts two amazing podcasts, Inspired to Action (currently on hiatus!) and Hello Mornings, a podcast about making the most of your mornings. Her new book, "Hello Mornings" is a great extension of the latter and expands on so much more than the usual morning routine.

Kat shows her readers how to create a morning routine made of three parts..in just three minutes. Doesn't that sound doable, yet a little insane? It did to me too, until I read more of the book. :) The three parts of Kat's routine are, God, Plan and Move. First, making Christ a priority, then working Him into the plans of your day and last, doing one small thing to improve your health. It's just as easy as it sounds.

Kat's book is one of my favorite time management books yet. She ties in stories about successful people to show that habits matter. She gives practical advice with her typical gentle mothering style that makes you feel empowered! This book teaches you how to make habits that stick, which is an element that many productivity books are missing. Not only does this book teach you how to better manage your time, it also ties in a lot of Christian principles.

I highly recommend this book to anyone looking to make a lasting change in the new year!

M&A Schulz says

Too much Fluff

For the record, I love Kat Lee. I listen to all episodes of her podcast, and believe her ministry is amazing. But this book was 'meh'. If you have read Crystal Payne's morning series or have participated in a Christ-centered mornings challenge, you should skip this book. Yes, it's good information, but it's nothing that hasn't been discussed before in similar circles. I did use it as a nice refresher as to why my morning time is important, which doesn't hurt!
