



a podcast by Nicole Beholds

EPIISODE ONE

FIVE MORE MINUTES

companion guide

- **The ordinary moments we rush through may be the very ones our people long for most.** What are some ordinary moments you tend to rush through or wish away?
- **It's completely normal, expected even, to long to be deeply known, loved, and chosen—even when we already are.** Who in your life is quietly longing for more of you right now? Is there someone who you are longing for more connection with?
- What would it look like to give **five more minutes** of presence this week to find that connection that you or your loved one might be craving?

REMINDER FOR THIS WEEK

*You don't have to do it all perfectly.
You just have to be present for five more minutes.*