

SUN

MON

TUE

WED

THU

FRI

SAT

TAKE FIVE MINUTES TO SIT IN SILENCE, FOCUSING ON THE PEACE THAT JESUS OFFERS.

PRAY FOR STRENGTH WHEN FEELING OVERWHELMED TODAY.

LIST THREE THINGS YOU'RE GRATEFUL FOR ABOUT EACH CHILD.

PAUSE AND PRAY FOR WISDOM BEFORE MAKING SIGNIFICANT DECISIONS TODAY.

STOP AND PRAY EACH TIME YOU FEEL ANXIOUS TODAY.

TAKE A NAP OR ENGAGE IN A RESTFUL ACTIVITY.

COUNT TO TEN BEFORE RESPONDING DURING MOMENTS OF FRUSTRATION.

PAUSE AND ASK GOD FOR STRENGTH WHEN FEELING TIRED TODAY.

RESPOND GENTLY IN A SITUATION WHERE YOU'D USUALLY FEEL FRUSTRATED.

DISCUSS A SPIRITUAL TRUTH OR BIBLE STORY WITH YOUR CHILDREN.

LIST THINGS YOU ARE GRATEFUL FOR AS A MOTHER.

SCHEDULE 30 MINUTES OF 'ME TIME' FOR REJUVENATION.

PLAN A DATE NIGHT OR SPECIAL TIME WITH YOUR SPOUSE.

REVIEW THE PAST WEEK AND NOTE WHERE YOU'VE SEEN GOD WORK.

COUNT TO TEN BEFORE RESPONDING TO FRUSTRATION.

REFLECT ON A DISCIPLINE SCENARIO; CONSIDER A MORE GRACEFUL APPROACH.

SHARE A BIBLE STORY OR TESTIMONY WITH YOUR CHILDREN TODAY.

PRAY FOR SPIRITUAL AND PHYSICAL REJUVENATION WHEN FEELING TIRED.

FIND GRATITUDE IN A FRUSTRATING PART OF YOUR DAY.

REACH OUT TO A FRIEND AND RECONNECT.

SPEND QUIET TIME REFLECTING ON THE PAST WEEK AND PLANNING AHEAD.

SCHEDULE TIME TODAY FOR SOLITUDE WITH PRAYER OR SCRIPTURE READING.

REMIND YOURSELF THAT THIS DIFFICULT SEASON IS TEMPORARY.

GIVE EACH CHILD A HEARTFELT COMPLIMENT TODAY.

FORGIVE YOURSELF FOR A PARENTING MISTAKE, AND PRAY FOR GUIDANCE.

SHOW A FAITH-BASED ACTION, LIKE FORGIVENESS OR HELPING, IN FRONT OF CHILDREN.

PRAY FOR WISDOM IN A SPECIFIC PARENTING AREA OF UNCERTAINTY.

WRITE DOWN THREE JOYFUL MOMENTS TO SHARE AT DINNER.

WAKE UP 15 MINUTES EARLY FOR QUIET PRAYER OR MEDITATION.

WRITE DOWN TWO SPIRITUAL GOALS FOR THE NEXT MONTH.

Grace in the Chaos Calendar