

PLANNING

WORKSHEET



Name:	
Lesson:	
Date:	

Title: “Stewardship of My Soul: Embracing Rest to Reflect God’s Grace” 💧 🌿

This worksheet has been designed to guide Christian mothers in embracing rest, renewal, and holistic well-being through a biblical lens.

🌸 Section 1: Understanding Stewardship

Prompt:

Reflect on what it means to care for your body, mind, and spirit as gifts from God.

- Scripture Meditation: *1 Corinthians 6:19–20*
- Journaling Question: “How does viewing self-care as stewardship shift my mindset?”

🌿 Section 2: Life-Giving Activities

Task:

List 5 activities that bring you peace, joy, or renewal.

| Activity | How it restores me | How often I will practice it |

| E.g., Prayer Walk | Clears my mind and invites God in | Twice weekly |

🔴 Section 3: Rhythms of Rest

Prompt:

Design a weekly rest rhythm that includes intentional time for physical, emotional, and spiritual renewal.

- Sabbath Plan: _____
- Daily Quiet Moments: _____
- Creative Outlets: _____

❤️ Section 4: Healing from Burnout

Prompt:

Identify one area of fatigue or neglect and write a small, grace-filled step toward healing.

- Area of burnout: _____
- Renewal step: _____
- Scripture encouragement: *Matthew 11:28–30*

🙏 Section 5: Prayer of Stewardship

Writing Exercise:

Write a personal prayer asking God to help you honor your body and spirit as a sacred trust.