

Journaling Page — Lesson 1

## Responding to Stress with Biblical Calm and Prayerful Presence

Scripture Anchor

*Isaiah 26:3* or *Philippians 4:6*–7 How does God's peace show up in your parenting this week?

- Reflection Prompts
  - What stress responses do I want to surrender to God?
  - How did I invite Scripture into a moment of overwhelm?
  - What peace practice helped me respond with gentleness?
- Closing Prayer

"Lord, anchor me in Your peace when my parenting feels chaotic. Let my words and actions reflect Your calm presence. Teach me to pause, pray, and parent from a place of trust."

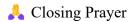
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## Discipline with Love and Boundaries that Reflect God's Character

Scripture Anchor

Proverbs 3:12 or Hebrews 12:11 How does godly discipline shape hearts—not just behavior?

- Reflection Prompts
  - How do my current discipline practices reflect God's character?
  - Which boundaries feel life-giving and rooted in grace?
  - What posture or language do I want to shift?



"Lord, guide me as I disciple my children with love and truth. May my discipline be gentle, consistent, and redemptive shaped by Your example."

Self-Care as Stewardship, Not Selfishness
Scripture Anchor
Matthew 11:28–30 or 1 Corinthians 6:19–20 How is God inviting me to honor rest as sacred?
○ Reflection Prompts
<ul> <li>What beliefs about self-care am I releasing?</li> <li>Which activity brings me restoration—and how can I make space for it?</li> <li>What small step toward renewal feels possible this week?</li> </ul>
♣ Closing Prayer "Lord, teach me to tend to my well-being with joy and intention. Help me honor the temple You've entrusted to me and serve from overflow, not depletion."