

# GRACE-FILLED PARENTING

## Journaling Page

*A Sacred Place for Reflection & Renewal*

### 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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## Journaling Page — Lesson 2

### 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?

#### Closing Prayer

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

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## Journaling Page — Lesson 3

### 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

- What beliefs about self-care am I releasing?
- Which activity brings me restoration—and how can I make space for it?
- What small step toward renewal feels possible this week?

#### 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."***

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