

Prayer Requests

Hope Deferred Dreamsheets

I'm looking forward to

I want to do this

I have been putting off

Hope deferred makes the heart sick,
but a desire fulfilled is tree of life. ~ Proverbs 13:12

www.KyraJoyCraig.com

Books I Want to Read

The Week Ahead

M

T

W

Th

F

Shopping List

Sabbath Plan

It's all too easy to waste away our weekend or sabbath on activities that look like rest, but don't restore. Use this space to really think about and outline what you want to do during your normal weekend or sabbath rest. It is helpful to know that sabbath was meant to be a rest from paid work not all activity. Is this life-giving? Does this restore my mind, body, and soul? Who can I invite to join me in this?

Notes and Quotes

Notes and Quotes

Joy and Beauty Field Notes

Look at your life and document anything that is beautiful or brings you joy.

Joy and Beauty Field Notes

Look at your life and document anything that is beautiful or brings you joy.

Think About These Things

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ~ Philippians 4:8

Write down a few things that fits in this list that you can think about and come back to this week when negative thoughts come.
