



SIMPLIFYING THE FAMILY SCHEDULE

Simplicity isn't about doing less to be lazy; it's about doing less to be present, grateful, and aligned with God's will.

WHAT CAN WE DO?

- Ask “Does this align with what God is calling our family to?”
- Choose one night to enjoy each other with no screens.
- Ask “Is this commitment made out of pressure or purpose?”
- Schedule time for worship, walks, and meals.
- Recognize that every “yes” is a “no” to something else.
- God created us to rest; find time to recover and reflect.
- Release activities that cause disconnection.
- Write a family mission; use it as a filter commitments.
- Invite someone over for simple conversation and presence.

PRAYER FOR THE FAMILY:

“Lord, help us slow down and align our family rhythms with Yours, making room for rest, presence, and gratitude. Teach us to value what matters most and to find joy in the simple, sacred moments You give us each day. Amen”

