

The Well Ordered Life *Course*



Prayer Reflection

Questions

Why is prayer important to me? Why do I want to prioritize prayer each day?

In the past, what forms of prayer have helped me to grow in my relationship with God?

What obstacles will come up for me as I begin to commit to consistency in my prayer life?

How can I solve in advance for these obstacles so I'm not surprised by them?

What time is best for my daily prayer? Where is the best place for me to have quiet prayer time?

My Daily Prayer Commitment

"Seek first His Kingdom and His righteousness, and all these things will be added to you." - Matthew 6:33

This is when I will pray each day:

This is where I will pray each day:

These are the forms of prayer that I believe will best serve my time with God:

These are the things I will set up beforehand so I can build consistency in my daily prayer:

Personal Wellness Reflection

Questions

What does personal wellness mean to me? Why does it come after prayer but before marriage, motherhood, and home management?

In this season of life, what leaves me feeling refreshed and rested (deep rest in your heart)?

Is it possible for me to be a gift of self to my family **and** prioritize time for my own rest and nourishment? Why or why not?

What obstacles will I face as I try to create time for rest and life-giving activities? How can I solve in advance so I'm not surprised by them?

When can I prioritize time for life-giving, restful activities in my day/week?

My Personal Wellness Commitment

"God is inviting us to join Him in this rhythm, this interplay of work and rest. And when we don't accept His invitation, we reap the consequences. Fatigue. Burnout. Anxiety. Depression. Busyness. Starved relationships. Worn-down immune systems. Low energy levels. Anger. Tension. Confusion. Emptiness. These are the signs of a life without rest". -John Mark Comer

These are the ways I am going to prioritize my personal wellness:

These are the days/times (morning, afternoon, evening, bedtime?) that work best for me and my family:

When I am tempted to feel guilty or "too busy" to take care of myself, this is what I want to remember:

These are the things I will do or set up beforehand so I can build consistency in taking care of myself:

Marriage Reflection

Questions

What was my expectation and vision for my Marriage when I got married?

How has my vision changed? How has it stayed the same?

Rate the following areas of your Marriage from 0 to 10 and explain why you rated it the way you did:

Friendship/Teamwork:

Communication:

Intimacy:

Based on my answers above, which one area do I need to improve the most in my Marriage?

How am I (or how am I not) making my husband a priority in my daily life?

My Marriage Commitment

"And so you begin your married life by the voluntary and complete surrender of your individual lives in the interest of that deeper and wider life which you are to have in common. Henceforth you will belong entirely to each other; you will be one in mind, one in heart, and one in affections. And whatever sacrifices you may hereafter be required to make to preserve this mutual life, always make them generously. Sacrifice is usually difficult and irksome. Only love can make it easy, and perfect love can make it a joy."

- Exhortation before Marriage

This is the area of my Marriage that I am committing to improving:

These are the practical steps I can take beginning today to work on this area:

These are the ways I am going to prioritize my husband beginning today:

What obstacles and challenges will I face as I work on improving my relationship with my husband? How can I solve in advance for them or have a plan in place for then they come up?

Motherhood Reflection

Questions

What was my expectation and vision for Motherhood when I became a Mother?

How has my vision changed? How has it stayed the same?

What aspects of being a Mother feel heavy? When do I feel guilty, struggle with self doubt or feel like I'm failing?

In what areas do I want to experience more peace and acceptance?

How do I want my kids to remember me?

My Motherhood Commitment

"Becoming a mother leaves no woman as it found her. It unravels her and rebuilds her. It cracks her open, takes her to her edges. It's both beautiful and brutal; often at the same time."

- Nikki McCahon

This is the area of my Motherhood that I am committing to improving:

These are the practical steps I will take (beginning today) to work on this area:

These are some of the ways I want to spend intentional time with the kids:

What obstacles and challenges will I face? How can I solve in advance for them or have a plan in place for then they come up?

Homemaking Reflection

Questions

What are my current thoughts & feelings about myself as a homemaker? What are my current thoughts & feelings about my home?

What is my Vision for my home? What words come to mind when I think about how I want my home to feel to my family?

What current systems and routines do I have in place for caring for my home?

What are my biggest struggles when it comes to caring for my home?

What obstacles will I face as I try to create new systems and routines in my home? How can I solve in advance so I'm not surprised by them?

My Homemaking Commitment

“Know that even when you are in the kitchen, our Lord moves amidst the pots and pans.”

-St. Teresa of Avila

These are the most important areas that I need to improve upon:

These are the tasks that only I can do:

These are the tasks that I can ask my husband and children to help with:

These are the days/times (morning, afternoon, evening, weeknights, weekends?) that work best for me and my family:

When I am tempted to feel overwhelmed or too busy to take care of my home, this is what I want to remember:

Self Evaluation

What was I hoping to gain from the Well Ordered Life course?

What have been my “wins” in each of the following areas? (These could be mental or emotional breakthroughs, a new perspective on an area of your life, building consistency, how you are speaking to yourself etc.)

Prayer:

Personal Wellness:

Marriage:

Motherhood:

Home Management:

How do I want to continue growing in each area? How can I keep things simple and maintain consistency?