

# Grace for the Stuck

*A 7-day reset for the overwhelmed*



"My people will live in peaceful dwelling places... in undisturbed places of rest." – Isaiah 32:18

# *Day 1- Give yourself a break*

You're doing more than you think.

We don't have to carry every burden or stay on top of every detail. When everything feels urgent, nothing gets the attention it deserves. Crossing one thing off your list (not to do later, but to *not do at all*) creates actual space.

## **Why this works:**

Your brain will tell you that's not possible. But most things that feel urgent are just helpful. Not necessary. *You are allowed to let something go.* Deleting one task frees up mental space you didn't know you were using.

## **What to do:**

Look at your list. Pick one task that doesn't need to happen today and cross it off permanently. Not reschedule it. Delete it.

## **Remember this:**

*I'm choosing peace over pressure.*



## Day 2- Clear a corner

Small spaces shift how you feel.

We don't have to deep clean or declutter just because life feels messy. But one cleared surface (a counter, desk, or nightstand) can give your mind a moment of rest.

### **Why this works:**

Your brain craves visual rest. One decluttered surface signals calm to your nervous system. It's proof that you *can* create order, even when everything else feels chaotic.

### **What to do:**

Pick one surface. Clear it completely. Stop when it's done, even if the rest of the room is a wreck. You are allowed to do just this one thing.

### **Remember this:**

Even tiny changes toward order create room to breathe.



## *Day 3- Pick one rhythm*

Stability starts with one steady step

We don't have to fill every second with doing. Some days need breathing room. But when every day feels random, one small rhythm can anchor everything else. It doesn't need to be perfect. It just needs to happen.

### **Why this works:**

Rhythms create predictability, and predictability calms your nervous system. One repeated action (no matter how small) gives your day structure when everything else feels out of control.

### **What to do:**

Choose one thing to do at the same time today:

*Coffee before you check your phone*

*Music while you clean*

*Two minutes of prayer or stretching before bed*

Try it once. That's it. You are allowed to start small.

### **Remember this:**

Peace isn't found overnight. It's built one small step at a time.



## *Day 4- Let go of what isn't yours*

You can't control everything, you're not suppose to.

When you're trying to manage things outside your reach, you're spending energy you don't have. Pulling back to what's actually yours brings clarity fast.

### **Why this works:**

Your brain thinks managing everything keeps things from falling apart. But pouring energy into what you can't control just leaves you exhausted. God doesn't ask you to carry what isn't yours. He asks you to do your part and lean on Him for the rest.

### **What to do:**

Write down one thing you can control today. Do that thing.

### **Remember this:**

The battle isn't yours. Do what you can, and trust God with what you can't.



## *Day 5-Connect with someone*

Even a few minutes matter.

We don't have to keep everyone else afloat every single day. But isolation wears you down faster than a messy house or long to-do list. A short, real connection refreshes your perspective.

### **Why this works:**

Your brain isn't wired to do life alone. Even brief, face-to-face connection releases oxytocin and lowers stress hormones. You need people, even when it feels easier to stay isolated.

### **What to do:**

Plan one moment with someone who matters. A shared meal, a walk, a quick call. Show up fully (phone off, distractions gone). You are allowed to just be present.

### **Remember this:**

You don't have to be amazing. You just have to show up.



## *Day 6- Notice the small beauty*

The ordinary work you do is holy work.

Folding laundry, washing dishes, making a meal. So much of life happens here, in the routine work that no one sees. Sometimes, the most profound thing we can do is simply notice one small moment and let it matter.

### **Why this works:**

When you slow down and pay attention, routine work stops feeling like drudgery and starts feeling like care. The mundane matters. You don't have to make every moment meaningful, but you can choose to see the beauty in what's already there.

### **What to do:**

Pick one routine task today. Slow down just a little. Notice what you're doing, appreciate it, do it fully for a few moments. Determine to find joy in the ordinary.

### **Remember this:**

What you do at home, the small unseen things, they matter. They always have.



## *Day 7- Protect what you've started*

This isn't about finishing. It's about continuing.

You've practiced small rhythms this week. Now it's time to protect them. Pick one to keep doing and give yourself permission to build it slowly.

### **Why this works:**

Science says it takes weeks to form a habit (the average is 60+ days). One week isn't about mastery. It's about starting the groove. Your brain needs repetition, not perfection. Give it time and space. Trust the process.

### **What to do:**

Write down one rhythm or practice from this week that brought you peace. Commit to doing it three times next week. That's it. Not every day. Just three times.

Then do one thing that adds beauty to your home: light a candle at dinner, put fresh flowers on the counter, play music while you cook. Something small that makes your space feel like sanctuary. A refuge for you and your people. ♥

### **Remember this:**

Practice is where peace lives. Not perfection.  
If it helps, jot a sentence or two after each day. Or don't. This is yours.



*For when you forget...*  
The work you do at home is holy work.

"You are allowed to rest. You are allowed to be quiet. You are allowed to just be."

"We don't have to prove our worth through productivity. Taking a break, stepping back, or slowing down doesn't mean we're failing—it means we're human."

"The mundane work you do at home is holy work. From the meals you prepare to the love you pour into your family, every act of care and service holds value."

"Homemaking isn't about perfection. It's about creating a space that nurtures your family and reflects your heart. Even in the chaos, the simple acts of care are what build a sanctuary."

"There's no such thing as an ordinary day."  
-Christa Sterken

"The Lord is near to the brokenhearted and saves the crushed in spirit." – *Psalms*  
34:18

"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."— *Ralph Waldo Emerson*

"Quit studying the problem and start studying the promises." – *Jodie Berndt*

"Joy does not simply happen to us. We have to choose joy and keep choosing it every day." – *Henri Nouwen*

