

GRACE & HEARTH

Sunday Reset Pack

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A 20-MINUTE WEEKLY RHYTHM FOR REAL HOMES

The Christian Mom's Sunday Reset Pack

A simple printable pack to help you look at the week, choose easy meals, set one family prayer rhythm, and prepare a few screen-free anchors before Monday begins.

Built for normal family weeks: scribbles welcome, low-energy versions included, and no perfect-house pressure.

START HERE

How to use this pack in 20 minutes

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MINUTE 1-5

Look at the calendar

Circle anything that will shape the week: appointments, church, school needs, late work nights, sports, errands, or travel.

MINUTE 6-10

Choose simple meals

Pick dinners for the next three days first. Repeated breakfasts and easy leftovers count.

MINUTE 11-15

Add one prayer rhythm

Attach prayer to something already happening: breakfast, school drop-off, dinner, or bedtime.

MINUTE 16-20

Pick screen-free anchors

Write down two or three visible options before the tired hour arrives.

Low-energy version: choose today's dinner, pray one sentence over the week, and write three screen-free ideas where your family can see them.

WEEKLY FAMILY RHYTHM

What does this week need?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FAMILY PRAYER

MAKE IT EASIER

SCREEN-FREE ANCHORS

MEAL PLANNER

Simple meals for the week



DINNERS

MON

TUE

WED

THU

FRI

SAT

SUN

GROCERY NOTES

PREP ONE THING

Low-energy version: choose three dinners, repeat one lunch, and make one grocery note that prevents tomorrow's scramble.

FAMILY PRAYER CARD

One gentle prayer rhythm



THIS WEEK WE THANK GOD FOR

THIS WEEK WE ASK FOR HELP WITH

SOMEONE WE ARE PRAYING FOR

ONE WAY TO SHOW KINDNESS

Prayer prompt: "God, thank you for _____. Please help our family with _____. Help us notice someone who needs kindness this week."

Scripture-based materials in Grace & Hearth products should use references first until translation permissions and attribution rules are confirmed.

KIDS' CHORE RHYTHM

Small ways everyone can help

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AGES 2-4

- Put books in a basket
- Match socks with help
- Carry napkins to the table

AGES 5-7

- Set or clear the table
- Put laundry in the hamper
- Tidy one small zone

AGES 8-10

- Pack simple lunch items
- Load or unload dishwasher
- Fold towels

AGES 11-12

- Start a laundry load
- Prep a simple snack
- Reset a shared room

BIBLE BASKET CHECKLIST

A visible faith-at-home corner

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- Children's Bible
- Family Bible
- Prayer cards or index cards
- Crayons or colored pencils
- Small notebook

- Sticker sheets
- Quiet activity book
- Gratitude jar or envelope
- One family prayer prompt
- A basket kids can reach

Low-energy version: put one children's Bible, paper, and crayons in a basket this week. Add the rest only if it gets used.

SCREEN-FREE SUNDAY

Seven easy ideas for the tired hour

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1. **Living-room picnic:** blanket, easy snack, one read-aloud book.

2. **Nature color hunt:** find five colors outside or from a window.

3. **Make-a-card table:** paper, crayons, and one person to encourage.

4. **Bible basket drawing:** read a short passage and draw one thing noticed.

5. **Quiet build challenge:** blocks, tiles, or boxes; build a tiny town.

6. **Gratitude jar:** each person adds one good thing from the week.

7. **Porch or sofa reading hour:** everyone chooses one book and one cozy spot.

Parent note: screen-light family life works best when the next good option is already visible.

NEXT STEP

Turn the reset into a full family rhythm

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Family Rhythm Starter Kit

The Starter Kit expands this reset into printable devotion cards, screen-free activity cards, routine charts, scripture art, and weekly planning pages.

12 DEVOTION CARDS

30 ACTIVITY CARDS

4 ROUTINE CHARTS

10 SCRIPTURE PRINTS

Go to graceandhearth.vercel.app/shop/family-rhythm-starter-kit when you are ready to build the fuller rhythm.