

# Finding Joy in the Mundane

*A Caregiver Reflection Guide*

“The same God who walked with Esther and David walks with you — even here, even now.”

With Love, Leslie

## This Past Week

Scripture Focus: Psalm 16:11 — “You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.”

Journal Prompts:

- Where did I feel God’s presence in my daily routine this week?
- What small moments brought me unexpected peace or gratitude?
- When did I sense joy bubbling up even in exhaustion or repetition?
- How can I invite God into the ordinary parts of next week?

## This Past Month

Scripture Focus: James 1:2–3 — “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”

Journal Prompts:

- What challenges tested my patience this month, and how did God meet me there?
- Where have I seen progress, growth, or quiet transformation?
- What blessings did I overlook in the busyness of caregiving?
- What can I release to find more joy in the coming month?

## This Past Year

Scripture Focus: Romans 15:13 — “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Journal Prompts:

- Where have I seen God’s faithfulness most clearly this year?
- What moments or milestones reminded me that He is still working?
- How has caregiving shaped my faith and trust in His plan?
- What am I most grateful for as I look back — and what do I hope for as I move forward?

## **Closing Prayer**

Lord, thank You for walking with me through every moment — the joyful, the tiring, and the ordinary. Help me see Your beauty in each small task and Your presence in every quiet moment. Fill my heart with gratitude and peace as I continue to love and care for those You've entrusted to me. Amen.

With Love, Leslie