

Keys of Grace

A little faith, a little hope, and room to breathe. A free reflection booklet.

A note from the porch

Some days we carry more than anybody can see. These pages are a quiet invitation to put down what you can, name what matters, and take one small step forward. You do not have to solve everything today.

Key 1 | Begin with grace

Reflection: What burden have I been carrying that I can release, even for a moment?

Key 2 | Notice the good

Reflection: What was one small mercy or kindness I noticed today?

Key 3 | Choose the next right step

Reflection: What is one gentle, realistic action I can take tomorrow?

A little prayer for the road

Use these words as written, change them, or simply sit quietly.

A prayer

Lord, help me meet today with patience and courage. Give me wisdom for what I can change, peace for what I cannot, and eyes to notice the goodness along the way. Help me offer grace to others and to myself. Amen.

Three things I am thankful for

Write down the ordinary gifts that might otherwise pass unnoticed.

Someone I can encourage

A note, a call, or a small act of care can make a difference.

A promise to myself

This week, I will make room for:

This booklet offers spiritual encouragement, not mental-health or medical treatment. If you need support, consider reaching out to someone you trust or a qualified professional.

Put On the Whole Armor of God

Before you step out into the world, remember what God has given you.

● **Belt of Truth**

Walk in honesty

● **Shoes of Peace**

Walk in His peace

● **Helmet of Salvation**

Remember whose you are

● **Breastplate of Righteousness**

Guard your heart

● **Shield of Faith**

Stand firm in trust

● **Sword of the Spirit**

Hold to God's Word

And cover it all in prayer.

Inspired by Ephesians 6:10–18 | Before you face the day, dress for the journey.