

QUICK START GUIDE

A BETTER MORNING

3 STEPS

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AHOMETOMAKE.COM



you are loved



Hi there! I'm so glad you're here. I hope we can be friends.

I know what it's like to want so badly to "get it together." To *not* feel overwhelmed. To find peace in my heart and peace in my home.

No matter where you're at right now, you can begin to move in the right direction. I believe you can find freedom from perfection and the confidence to live your life with purpose starting today.

Thank you for letting me come alongside you.

Sincerely,

Melissa Ringstaff



In the
morning
when I
rise. . .

GIVE
ME JESUS

Begin Your Day with God

If you're like most women, you probably begin your day early. The demands of motherhood and marriage sometimes feel like too much. You have a list of chores and errands that must be completed before supper time. At the end of the day you often feel like you didn't accomplish much.

Where does God fit in?

After your evening meal, you might spend some time catching up on chores that went neglected during the day and bathing children.

By the time your head hits the pillow you're sound asleep, only to wake up in a few hours to do it all over again.

So where does God fit in? You know you should spend more time praying, but you're already pressed for time.

You think, 'God understands. He knows how I struggle just to get the laundry done.'

And it's true! He understands each and every struggle of your day.

I'm so thankful for God's grace through the struggle. But guess what?

God longs for a relationship with you. And you need a relationship with Him.



”
It's in the small
acts of faith that
we build the
foundation of a
faithful life.

Morning Devotions

As a busy mom, finding time for devotions can be a challenge and if you have little ones your schedule is probably filled to the brim from the moment your feet hit the floor in the morning.

Daily prayer and devotion gives your mama heart the grace it needs to get through the day. Getting creative about how and when to find time for prayer and study is helpful. In fact, your devotion time doesn't have to look like mine – or your best friend's – or *anyone's*. You can make that time unique to your own life season and circumstances.

It's so much easier to feel discouraged, impatient, and frustrated when we aren't staying connected to Christ and focused on His Word speaking to us. Even spending a few minutes each day is enough help you feel more peaceful, less stressed, and more connected.

In fact, you can pray right now and ask God to help you find time time and even the right resources to help you spend time in devotion each day. Ask Him to press on your heart what time of the day will work best for you during your current season of life whether it be early mornings, at lunch time, before bed – or anytime.

Action Steps

01

Pray

Ask God to help you start your day with Him - even if it's simple a short prayer before you get out of bed in the morning.

02

Commit

Make the decision to wake up each day and begin with God.

03

Memorize

Memorize and pray Psalm 143:8 or another verse that is meaningful to you as soon as you wake up.

04

Read

Read God's Word. Even if it's just one verse. Open up your Bible or download a Bible app and listen to His Word. He has something to say to you.

05

Accept Grace

Bask in God's grace and let go of the guilt! There is no one right way to spend time with God. BUT, you can *always* start your day with God.



”

Let the morning bring me
word of your unfailing love, for I
have put my trust in you. Show
me the way I should go, for to
you I entrust my life.

Psalm 143:8



Make Your Bed

All it takes is one small act of faith to begin this journey of grace-filled, purposeful living.

One small act of faith is all you need to get started and once you've taken that step you'll take another and another and another.

Be faithful
in the little
things.

The habit of making your bed every morning sets the tone for the day. You might even feel inspired to do more!

Do it right now if you haven't already. And then do it again tomorrow. And the next day. And the next until it becomes a habit.

When you are faithful in the little things, God will trust you to do even bigger things.

'Well done, my good servant!' his master replied. 'Because you have been trustworthy in a very small matter, take charge of ten cities.' Luke 19:17

Do you struggle with just getting the basics done each day? Maybe you even struggle with things like clutter, staying organized, and self-discipline.

If you're ready to take that next small step of faith with me, make your bed. And see if you don't feel inspired to do something else.



When you make your bed. . .



When you get up and make your bed in the morning, you'll:

feel good knowing you did that one thing

be less likely to crawl back in

get to turn back the covers on a neat bed in the evening

be encouraged to do other small tasks



Creating Little Habits

'Well done, my good servant!' his master replied.
Luke 19:17

If you do a good job, stick with your chore, master a new habit, or feel proud of an accomplishment you've made at home, reward yourself with something special. It doesn't have to be expensive or even a material possession. But reward yourself for a job well done.

All it takes is one small act of faith to begin this journey of grace filled, purposeful living.

How to Make the Bed

He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much. Luke 16:10

Step One

Smooth the fitted sheet of any wrinkles. Air the bed for a little while if you think it needs airing.

Step Two

Pull flat sheet up toward head of the bed, pulling tight, and smooth any wrinkles.

Step Three

Pull up the blanket and/ or bedspread. Smooth any wrinkles.

Bedspreads

Place the pillow at the head of the bed and pull spread over the pillow, tucking the excess underneath the pillow.

Comforters & Duvets

Turn down the top edge of the comforter and flat sheet, pulling it down several inches. Place pillows at head of bed and fluff.





Action Steps

01

Pray

Ask God to help you begin with this one small act of faith. Tell Him you want to be faithful in the little things.

02

Believe

Believe that God will answer your prayer. He is faithful!

03

Begin

The only way to start a new journey is to begin. Even if it feels hard. Even if you feel full of doubt. Even if you aren't sure it'll work.

04

Make the Bed

Make the bed. Smooth out the wrinkles. Fluff the pillows. Step back and admire your work. Smile at a job well done.

05

Accept Grace

Bask in God's grace and let go of the guilt! Once you begin this journey, you've done the hard part. Don't be discouraged when you have set backs. Begin again.

Go to Bed with a Clean Kitchen

I know full well what it feels like to walk into a messy kitchen in the morning. That feeling of discouragement and stress.

Knowing I have hungry kids to feed and have to clean the kitchen so I can cook. Ugh.

“Let all things
be done
decently and in
order.”

1 Corinthians 14:40

A messy kitchen can really make you feel discouraged.

Feeling overwhelmed when your house is out of control isn't a good feeling, but it is possible to overcome!

If you feel overwhelmed by your messy house and don't know where to begin, I will always encourage you to start in the kitchen.

If you don't get anything else done today, clean your kitchen.

Even if you don't get the entire kitchen clean today, forget the rest. Just get your dishes clean and clean your sink.

When you feel overwhelmed, it's not going to help much if you set a goal for yourself that feels impossible.

You want to feel success and have a sense of accomplishment!



Tips for Keeping the Kitchen Clean



Going to bed with a clean kitchen and then waking up to a clean kitchen is like gold. It's such a good feeling. And if you're used to waking up to a sink full of dirty dishes or counters that need decluttering and wiping down, you know what I'm talking about.

- Unload the dishwasher as soon as possible making it easier to put dirty dishes away.
- Allow ample time to cook the meal you have planned.
- Clean as you go. It only takes seconds!
- Clean the kitchen and dining area as soon as the meal is over
- Let your kids help you unload or load the dishwasher.
- Hand washing dishes is also a good job for older kids.
- Listen to music while you work in the kitchen or sing hymns.
- Stay on top of kitchen chores like mopping the floor and scrubbing appliances.
- Keep the kitchen counters clear of excess clutter. Don't set stuff down that doesn't go there.
- Go to bed with a clean kitchen. You'll be happier in the morning.

Action Steps

01

Pray

Ask God to help you go to bed with a clean kitchen. Always pray before you start - especially when you feel discouraged or overwhelmed.

02

Trust

Trust God to give you a spirit of self discipline. What you ask for in faith you will receive!

03

Dishes

Load the dishwasher if you have one. Wash all remaining dishes, pots, and pans by hand.

04

Kitchen Sink

Sprinkle a powdered scrub into the sink basin. Scrub inside of sink, around the base of faucet, and the faucet. Rinse away the cleaner, leaving a clean sink.

05

Accept Grace

Remember that you will never be perfect. But Jesus is. If you feel discouraged or have a set back, give yourself grace.



Cultivating a Heart of Self Discipline



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Doing what
needs to be
done even
when you
don't feel
like it.


Some of us are procrastinators by nature. We put off those things we don't want to do because of a sense of dread.

We feel like the chore is so unpleasant that we just put it off for as long as possible. Part of that issue is a lack of self discipline.

Having self discipline basically means that you do what you know needs to be done even when you don't feel like it.

You may be disciplined in some areas of your life and need some improvement in others. The good news is that it is possible to cultivate a heart of discipline.

Establishing good habits is the key to overcoming messiness. And good habits begin with self-discipline. I believe you can train yourself to be self disciplined at home.

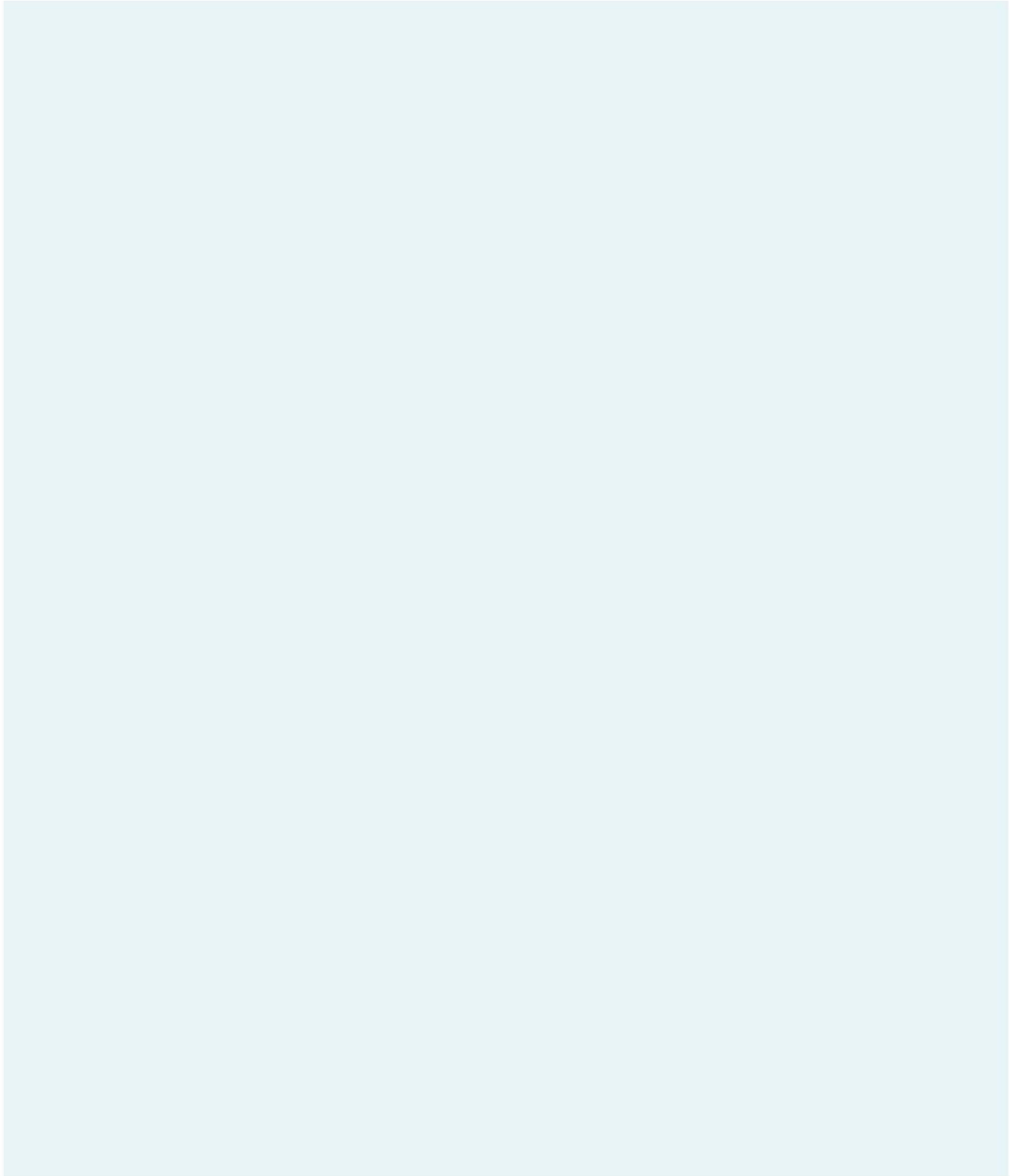


This job has
been given to
me to do...
Therefore it is
an offering I
make to God.
Therefore it is
to be done
gladly.

ELISABETH
ELLIOT

Dear Heavenly Father,

IF YOU REMAIN IN ME AND MY WORDS REMAIN IN YOU,
ASK WHATEVER YOU WISH, AND IT WILL BE DONE FOR YOU. JOHN 15:7



Dear Heavenly Father,

IF YOU REMAIN IN ME AND MY WORDS REMAIN IN YOU,
ASK WHATEVER YOU WISH, AND IT WILL BE DONE FOR YOU. JOHN 15:7

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A series of 25 horizontal dashed lines for writing.

monthly planner

DATES TO REMEMBER

IMPORTANT

- _____
- _____
- _____
- _____
- _____
- _____

S	M	T	W	T	F	S

weekly planner

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

