



# The Sunday Provision Reset

FREE SAMPLER

A calm, needs-first money rhythm for Christian households.

Plan faithfully. Spend clearly. Leave tomorrow with God.

Inspired by Matthew 6:25-34



# A gentler way to face the numbers

Clarity is not the opposite of trust. It is one way we practice faithful stewardship.

This reset is for seasons when money feels noisy. It gives your household one simple place to name what is true, cover what matters first, and choose the next faithful step.

THE 20-MINUTE RHYTHM

☐ Pause and pray for wisdom

☐ Look at real balances and real bills

☐ Fund needs before preferences

☐ Choose one next action

This is an educational planning tool, not financial, tax, legal, medical, or pastoral advice. If your household is in crisis, seek qualified local help.



# Begin with an open hand

Name the facts. Release the shame. Ask for wisdom for what comes next.

**WHAT IS ALREADY PROVIDED TODAY?**

Money, food, skills, people, work, time, or help already present.

---

---

---

**WHAT AM I AFRAID MIGHT HAPPEN?**

Write the fear plainly. A named fear is easier to examine.

---

---

---

**WHAT IS MINE TO DO THIS WEEK?**

Choose actions within your control, not outcomes you cannot force.

---

---

---



# Sunday reset - week 1

Date: \_\_\_\_\_ Reset time: \_\_\_\_\_

THIS WEEK'S TRUE NUMBERS

Available now: \_\_\_\_\_ Income coming: \_\_\_\_\_ Bills due: \_\_\_\_\_

THE ESSENTIALS TO COVER

\_\_\_\_\_

ONE MARGIN MOVE

\_\_\_\_\_

ONE CALL OR TASK

\_\_\_\_\_

A PROVISION I NOTICE

\_\_\_\_\_

When this page is complete, the reset is complete.



# Meal map - week 1

Start with ingredients already in the house. Give leftovers a destination.

| DAY       | DINNER | PREP / USE FIRST |
|-----------|--------|------------------|
| Sunday    |        |                  |
| Monday    |        |                  |
| Tuesday   |        |                  |
| Wednesday |        |                  |
| Thursday  |        |                  |
| Friday    |        |                  |
| Saturday  |        |                  |

GROCERY CHECK

Ceiling:      Planned:      Actual:      Saved:



# Week 1 close

Review the week with curiosity, not accusation.

WHAT WORKED BETTER THAN EXPECTED?

---

---

WHERE DID THE PLAN BEND, AND WHY?

---

---

WHAT PROVISION OR HELP DID I NOTICE?

---

---

WHAT ONE ADJUSTMENT WILL I CARRY INTO NEXT WEEK?

---

---