



Grace Over Grind Reflection Sheet

Finding Balance in Faith, Work, and Rest

1. Reflect on the Season You're In

"To everything there is a season, and a time for every purpose under heaven." — Ecclesiastes 3:1

- What does your current season of life look like?
- Are you in a season of hustle, healing, growth, or rest?
- How can you invite God into this season — not just your goals?

My Reflection:

2. Redefine Success

"Commit to the Lord whatever you do, and He will establish your plans." — Proverbs 16:3

- What does success look like when viewed through faith instead of fear?
- Where have you been measuring your worth by performance instead of purpose?
- What would it feel like to release control and trust God's timing?

My Reflection:

3. Balance Over Burnout

“Come to me, all you who are weary and burdened, and I will give you rest.” — Matthew 11:28

- What boundaries do you need to create to protect your peace?
- How can you rest without feeling guilty?
- What small act of self-care or Sabbath rest could you plan this week?

 **My Reflection:**

4. Faith-Led Goals

“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” — Matthew 5:16

- What is one area of your work or calling where you can serve from a place of purpose?
- What’s one thing you need to let go of to make room for God’s direction?
- What would working *with* grace, not *against* it, look like for you this month?

 **My Reflection:**

Closing Prayer or Affirmation:

“Lord, help me to work with peace, rest in Your promises, and remember that my worth is not in what I do, but in who I am in You.”

Today I Choose:

- ☐ Faith over fear
- ☐ Purpose over pressure
- ☐ Grace over grind