



# Finding the Joy in Mundane Moments

A 5-Day Guided Journal of noticing  
the beauty of God

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Hey Mama,

I'm so thankful you picked this up. Life is often made up of ordinary, everyday tasks, folding laundry, cooking meals, wiping little faces, and doing the same routines again and again. It can feel repetitive, even mundane. But tucked inside these moments are glimpses of God's grace and opportunities to find joy.

This little journal is your reminder that even in the simple, unseen tasks, God is present. He delights in your faithfulness and uses the smallest acts of love to shape eternal things. You don't have to wait for "big" moments to experience His joy, it can be found right here, in the middle of your everyday.

So let these five days be a reset. A chance to slow down, notice the beauty around you, and invite the Lord to fill your heart with gratitude and joy, even in the ordinary.

Each day includes:

- Scripture to Anchor You – A verse to remind you of God's presence in the everyday.
- Reflection – A short encouragement to help you see joy in simple moments.
- Journal Space – A place for your thoughts, prayers, doodles, or gratitude lists.
- Prayer – A quiet way to lift your heart back to Him.

“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.”

1 Thessalonians 5:16–18

# DAY 1: Joy in Shared Laughter

One of the sweetest gifts in marriage and motherhood is laughter. Whether it's your child's silly jokes or a moment of shared humor with your husband, these giggles remind us that God delights in joy.

“A merry heart does good, like medicine, but a broken spirit dries the bones.”

Proverbs 17:22

Prayer:

Lord, thank You for the gift of laughter. Help me to treasure the moments of joy and not rush past them. May my marriage and my motherhood be full of lightheartedness that points us back to Your goodness. In Jesus name, Amen.



## DAY 2: Joy in Everyday Love

Love often shows up in small ways—a hand held in the kitchen, bedtime hugs, or whispered prayers over your children. These simple gestures carry eternal weight.

“Above all things have fervent love for one another, for ‘love will cover a multitude of sins.’ 1 Peter 4:8

Prayer:

Father, thank You for showing me love in such practical, everyday ways. Help me notice and cherish these simple moments of love from my husband and my children. May I reflect Your love back to them in my words and actions. In Jesus name, Amen.



## DAY 3: Joy in Quiet Moments

In the busyness of family life, even a few quiet minutes can feel like a gift from God. A soft conversation with your husband at the end of the day or rocking a little one to sleep reminds us that God's peace is near.

“Be still, and know that I am God.” Psalm  
46:10a

Prayer:

Lord, thank You for quiet moments that restore my soul. Help me to lean into Your presence when the house grows still, and let these pauses remind me that You are always with me. In Jesus name,  
Amen.



# DAY 4: Joy in Serving Together

From washing dishes side by side to teaching little ones how to clean up, serving together as a family turns mundane chores into acts of worship. These moments bind us closer and reflect Christ's servant heart.

“Through love serve one another.”  
Galatians 5:13b

Prayer:

Jesus, thank You for the chance to serve my family in big and small ways. Remind me that even the ordinary tasks have eternal value when done with love. Teach us as a family to serve joyfully, side by side. In Jesus name, Amen.



# DAY 5: Joy in God's Faithfulness

Looking back, every season of marriage and motherhood carries reminders of God's faithfulness. From baby milestones to growing in love through the years, He is present in every step.

“Through the Lord's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness”  
Lamentations 3:22-23

Prayer:

Faithful God, thank You for walking with me in every season. Help me to see how You are weaving joy into my marriage and motherhood. May I never forget to give thanks for Your mercies that meet me fresh each morning. In Jesus name, Amen.





# Notes



# Favorite Verses:

A series of horizontal lines for writing, starting below the title and extending to the bottom of the page.

## Thank You!

You've reached the end of this 5-day journey, and I'm so glad you walked it with me. My prayer is that these pages helped you pause, notice God's nearness, and rediscover joy in the small, faithful moments of motherhood.

This isn't the finish line, keep looking for grace in everyday tasks, cultivating gratitude, and leaning into the One who delights to meet you right where you are.

## Let's Stay Connected

Thank you for joining my email list! I'll keep sending simple freebies, encouragement, and practical motherhood resources to bless your days.

✉ I'd love to hear from you, send me a quick note at [katelynn@joyfuleasonsmamas.com](mailto:katelynn@joyfuleasonsmamas.com) and let me know what encouraged you most.

“This is the day the Lord has made;  
We will rejoice and be glad in it.” Psalm 118:24

## Keep Growing

Want to keep the momentum going? My 30-Day Devotional & Journal for Moms is available now on Amazon. It's designed to help you anchor your days in Scripture, reflect, and grow in joy one day at a time.

📖 Scan the QR code below to get your copy on Amazon!

