



A Peaceful
Christmas for
Moms + Kids



How to Use The Mama Guide:

These 12 gentle challenges are simple ways to pause, breathe, and refocus your heart on Jesus during the Christmas season. Each day includes a short Scripture, a small doable action, a reflection question, and a sweet prayer. Move at your own pace, no pressure. Just read the verse, complete the tiny challenge, and whisper the prayer if you want a moment of calm. Let these pages bring peace, joy, and Jesus into your everyday moments.



How to Use The Kids Chart:

These 12 Christmas kindness ideas help you share Jesus' love in simple, fun ways! Each day, pick one box, do the kindness activity, and color in the ornament. Every small act of kindness; sharing, helping, praying, encouraging, makes the world brighter and celebrates why Jesus came. Do them with joy and a happy heart!

DAY 1 : Speak a Blessing

"The LORD bless you and keep you; the LORD make His face shine upon you, and be gracious to you; the LORD lift up His countenance upon you, and give you peace." Numbers 6:24-26

Action:

Speak one blessing over each child today; something kind, true, and uplifting.

Reflection:

How did my words shift the atmosphere of my home today?

Prayer:

Lord, help my words bring blessing, peace, and encouragement to my family today. In Jesus' name, amen.

DAY 2 : A Moment of Rest

"He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness For His name's sake." Psalm 23:2-3

Action:

Take five quiet minutes to breathe deeply and be still before the Lord.

Reflection:

What is my heart most in need of right now?

Prayer:

Father, quiet my spirit and restore my soul with Your peace. In Jesus' name, amen.

DAY 3 : Encourage Another Mama

"Therefore comfort each other and edify one another, just as you also are doing." 1 Thessalonians 5:11

Action:

Send a kind message to another mama who may need encouragement today.

Reflection:

Who has God placed on my heart to uplift?

Prayer:

Lord, use my words to strengthen and comfort another mama today. In Jesus' name, amen.

DAY 4 : Practice Gratitude

"Oh, give thanks to the LORD, for He is good! For His mercy endures forever." Psalm 118:1

Action:

Write down one specific thing you are grateful to God for today.

Reflection:

Where did I see God's goodness show up in my life recently?

Prayer:

Thank You, Lord, for every blessing You pour into my life. In Jesus' name, amen.

DAY 5 : Gentle Homemaking

"She watches over the ways of her household, and does not eat the bread of idleness." Proverbs 31:27

Action:

Tidy one small space; just a drawer, counter, or corner to bring peace to your home.

Reflection:

How does a small reset help settle my mind and heart?

Prayer:

Lord, bless my home and help me create a peaceful, grace-filled space. In Jesus' name, amen.

DAY 6 : Joyful Connection

"Do not sorrow, for the joy of the Lord is your strength." Nehemiah 8:10b

Action:

Give one child ten minutes of undistracted, joy-filled attention.

Reflection:

What did I notice about this child when I slowed down?

Prayer:

Jesus, help me see and enjoy my children the way You do. In Jesus' name, amen.

DAY 7 : Let Something Go

"Casting all your care upon Him, for He cares for you." 1 Peter 5:7

Action:

Release one pressure, expectation, or worry you've been carrying.

Reflection:

What weight have I been carrying that God wants to lift off me today?

Prayer:

Lord, I give You what I cannot carry and trust You with it fully. In Jesus' name, amen.

DAY 8 : Speak Life Over Yourself

"She girds herself with strength, and strengthens her arms." Proverbs 31:17

Action:

Speak one encouraging truth over yourself, something God says is true.

Reflection:

What truth about who I am in Christ do I need most today?

Prayer:

Father, help me see myself as You see me; strengthened, capable, and loved. In Jesus' name, amen.

DAY 9 : A Moment of Worship

"I will sing to the LORD, because He has dealt bountifully with me." Psalm 13:6

Action:

Play one worship song today and let it shift the atmosphere.

Reflection:

How does worship change the way my home feels?

Prayer:

Jesus, tune my heart to Yours as I worship You today. In Jesus' name, amen.

DAY 10 : Quiet Kindness

"For you, brethren, have been called to liberty; only do not use liberty as an opportunity for the flesh, but through love serve one another."

Galatians 5:13b

Action:

Do one unspoken act of kindness for someone in your family.

Reflection:

How did serving quietly change my heart today?

Prayer:

Lord, make my hands quick to serve in love. In Jesus' name, amen.

DAY 11 : Pray Over Your Home

"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." John

14:27

Action:

Walk through your home and speak peace over each room.

Reflection:

Where did I sense God's presence as I prayed?

Prayer:

Jesus, let Your peace fill every corner of our home. In Jesus' name, amen.

DAY 12 : Celebrate Jesus

"For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace." Isaiah 9:6

Action:

Read a Christmas Scripture with your family or sing a Christ-centered carol together.

Reflection:

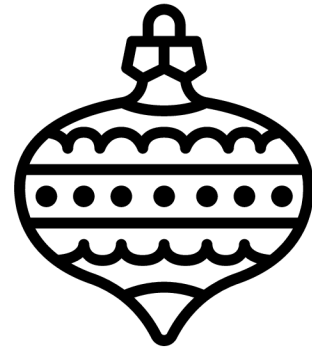
What does Jesus' birth mean to me personally this year?

Prayer:

Thank You, Jesus, for coming near and bringing hope to my heart and home. In Jesus' name, amen.



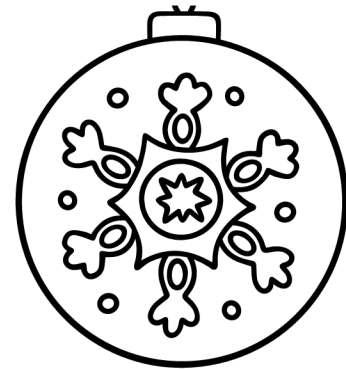
Make a Christmas card for someone



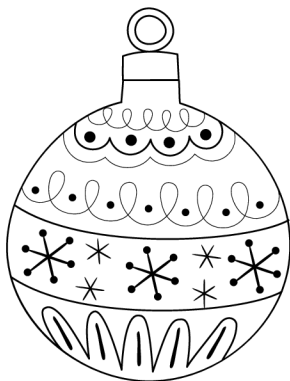
Do a chore without being asked



Say something kind to a sibling



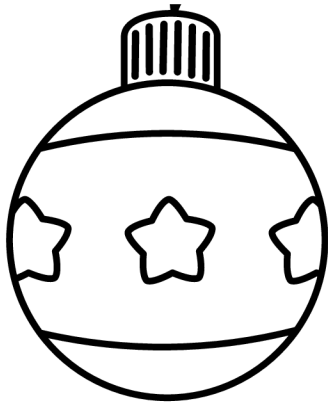
Pray for someone who needs help



Hold the door for someone



Give away a toy you've outgrown



**Thank someone
who helps you**



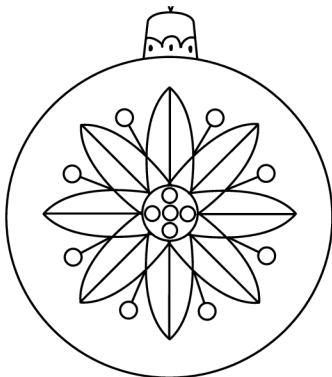
**Draw a picture for
a neighbor or
friend**



**Tell someone
"Jesus loves you!"**



**Help Mom or Dad
today**



**Be a peacemaker
while playing**



**Do a secret act of
kindness**



Thank You!



Thank you for using this Christmas printable! My heart is to encourage you, remind you that you're not alone, and bless your home with simple tools that strengthen your faith and your motherhood. I pray these resources bring peace, joy, and sweet moments with your family this season.

Christmas Gift Ideas from Our Home to Yours

✨ For Mamas:

Born For This – A Heartfelt Story of Motherhood, Marriage, and God's Grace through it all.

A gift of encouragement, truth, and joy for every season of motherhood.



🎄 For Kids:

The Christmas Coloring Story & Activity Book

A Christ-centered story with simple coloring pages + activities perfect for ages 3–10!



👜 For Homeschoolers:

The Homeschool Tote

A durable, beautiful, practical bag; perfect for co-op, church, errands, library days, and everyday life.

