



# April 2023

*The Homemaker's Notebook*

APRIL 2023

SUNDAY

MONDAY

TUESDAY

2

3

4

9

10

11

16

17

18

23

24

25

30



**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**1**

**5**

**6**

**7**

**8**

**12**

**13**

**14**

**15**

**19**

**20**

**21**

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**26**

**27**

**28**

**29**

# Monthly TENDING LIST

APRIL 2023

I PRESS ON TOWARD THE... UPWARD CALL OF JESUS CHRIST.  
PHILIPPIANS 3:14

## ♥ TOP THREE PRIORITIES

1	
2	
3	

## ♥ TENDING (TLC) TASKS FOR THE MONTH

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

## ♥ PERSONAL GOALS

1	
2	
3	
4	
5	

## ♥ WEEKLY ACTION ITEMS

WEEK: 1 2 3 4 5

1					
2					
3					
4					
5					
6					
7					

[illegible]



# S . O . A . P B I B L E S T U D Y

THY WORD IS A LAMP UNTO MY FEET. PSALM 119:105

## Scripture

What passage are you reading? Key verses?

## Observation

What observations did you make during your reading?

## Application

How can you apply these verses to your life?

## Prayer

Prayerful response: Ask God to use His Word in your life.



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# S E R M O N   N O T E S

DATE:

THY WORD IS A LAMP UNTO MY FEET. PSALM 119:105

SERMON TITLE

## SCRIPTURE

## NOTES



# SERMON NOTES

DATE:

THY WORD IS A LAMP UNTO MY FEET. PSALM 119:105

# TODAY'S AGENDA

"COMMIT TO THE LORD WHATEVER YOU DO,  
AND HE WILL ESTABLISH YOUR PLANS." PROVERBS 16:3

Date: \_\_\_\_\_

## TO-DO LIST:

☐☐☐☐☐☐☐

## NOTES:

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

# PREP FOR THE WEEK

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## A SIMPLE STEP BY STEP CHECKLIST TO GET YOUR WEEK IN ORDER

### STEP ONE: PRAY

Spend a few moments asking God to guide you in your planning so that His will is done in your life. Also acknowledge that whatever plans you might make, He is the one in control.

“Commit to the LORD whatever you do, and he will establish your plans.” Proverbs 16:3

### STEP TWO: PRIORITIZE

Write down your to-do list for the week, then prioritize each category. There are some items that will be more important than others. For example, in the errands category, stopping to pay the gas bill would be more important than checking the sale items at the craft store.

### STEP THREE: SCHEDULE

After prioritizing your list, you want to check your planner for any appointments and events that are already scheduled that week. Schedule to-do list items so that they make sense. Leave room in your schedule for buffers and the unexpected. There's nothing worse than always feeling like you're rushing to get everything done.

### STEP FOUR: MEAL PLANNING & PREP

Planning the week's menu can save you a lot of time and frustration before meal time.

By prepping ahead, you'll feel less stress in the morning or evenings when time is tight. You will need to have already done your grocery shopping. Prepping meals and snacks ahead of time can help you keep your healthy goals and/ or lose weight.

# Sunday PREP CHECKLIST

APR 2 - APR 8

"COMMIT TO THE LORD WHATEVER YOU DO,  
AND HE WILL ESTABLISH YOUR PLANS." PROVERBS 16:3

DEAR HEAVENLY FATHER, I COMMIT TO YOU THIS WEEK...

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## TO DO LIST FOR THIS WEEK

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## WHAT TO PREP THIS WEEK

- ☐ PRIORITIZE TO DO LIST
- ☐ CHECK SCHEDULE
- ☐ MENU PLAN FOR WEEK
- ☐ PREP & PACK LUNCHES
- ☐ CHOP VEGETABLES
- ☐ PREP FRUIT AND SNACKS
- ☐ PREP FOR BREAKFAST
- ☐ PREP MEALS FOR SUPPER
- ☐ LAYOUT CLOTHES

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# Sunday PREP CHECKLIST

APR 9 - APR 15

"COMMIT TO THE LORD WHATEVER YOU DO,  
AND HE WILL ESTABLISH YOUR PLANS." PROVERBS 16:3

DEAR HEAVENLY FATHER, I COMMIT TO YOU THIS WEEK...

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## TO DO LIST FOR THIS WEEK

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## WHAT TO PREP THIS WEEK

- ☐ PRIORITIZE TO DO LIST
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- ☐ MENU PLAN FOR WEEK
- ☐ PREP & PACK LUNCHES
- ☐ CHOP VEGETABLES
- ☐ PREP FRUIT AND SNACKS
- ☐ PREP FOR BREAKFAST
- ☐ PREP MEALS FOR SUPPER
- ☐ LAYOUT CLOTHES

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# Sunday PREP CHECKLIST

APR 16 - APR 22

"COMMIT TO THE LORD WHATEVER YOU DO,  
AND HE WILL ESTABLISH YOUR PLANS." PROVERBS 16:3

DEAR HEAVENLY FATHER, I COMMIT TO YOU THIS WEEK...

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## TO DO LIST FOR THIS WEEK

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## WHAT TO PREP THIS WEEK

- ☐ PRIORITIZE TO DO LIST
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- ☐ MENU PLAN FOR WEEK
- ☐ PREP & PACK LUNCHES
- ☐ CHOP VEGETABLES
- ☐ PREP FRUIT AND SNACKS
- ☐ PREP FOR BREAKFAST
- ☐ PREP MEALS FOR SUPPER
- ☐ LAYOUT CLOTHES

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# Sunday PREP CHECKLIST

APR 23 - APR 29

"COMMIT TO THE LORD WHATEVER YOU DO,  
AND HE WILL ESTABLISH YOUR PLANS." PROVERBS 16:3

DEAR HEAVENLY FATHER, I COMMIT TO YOU THIS WEEK...

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## TO DO LIST FOR THIS WEEK

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## WHAT TO PREP THIS WEEK

- ☐ PRIORITIZE TO DO LIST
- ☐ CHECK SCHEDULE
- ☐ MENU PLAN FOR WEEK
- ☐ PREP & PACK LUNCHES
- ☐ CHOP VEGETABLES
- ☐ PREP FRUIT AND SNACKS
- ☐ PREP FOR BREAKFAST
- ☐ PREP MEALS FOR SUPPER
- ☐ LAYOUT CLOTHES

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# Sunday PREP CHECKLIST

APR 30 - MAY 6

"COMMIT TO THE LORD WHATEVER YOU DO,  
AND HE WILL ESTABLISH YOUR PLANS." PROVERBS 16:3

DEAR HEAVENLY FATHER, I COMMIT TO YOU THIS WEEK...

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## TO DO LIST FOR THIS WEEK

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## WHAT TO PREP THIS WEEK

- ☐ PRIORITIZE TO DO LIST
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- ☐ MENU PLAN FOR WEEK
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- ☐ CHOP VEGETABLES
- ☐ PREP FRUIT AND SNACKS
- ☐ PREP FOR BREAKFAST
- ☐ PREP MEALS FOR SUPPER
- ☐ LAYOUT CLOTHES

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## The Plan for THIS WEEK

APR 2 - APR 8

TEACH US TO NUMBER OUR DAYS, THAT WE MAY  
APPLY OUR HEARTS UNTO WISDOM. PSALM 90:12

THE DAILY EIGHT			1	2	3	4	5	6	7	PRIORITIES		
Make Beds												
Complete Load of Laundry												
Sweep Floors / Vacuum												
Tidy Kitchen												
Wipe Down Bathrooms												
Straighten House												
10 Minute Declutter												
Take Out Trash												
REMEMBER										WEEKLY CHORES		
										S		
										M		
										T		
										W		
										T		
										F		
										S		
										TO DO LIST		
HABIT TRACKER			S	M	T	W	T	F	S			
MORNING ROUTINE			AFTERNOON ROUTINE							EVENING ROUTINE		

# The Plan for THIS WEEK

APR 9 - APR 15

TEACH US TO NUMBER OUR DAYS, THAT WE MAY  
APPLY OUR HEARTS UNTO WISDOM. PSALM 90:12

## THE DAILY EIGHT

1 2 3 4 5 6 7

## PRIORITIES

Make Beds

Complete Load of Laundry

Sweep Floors / Vacuum

Tidy Kitchen

Wipe Down Bathrooms

Straighten House

10 Minute Declutter

Take Out Trash

## REMEMBER

## WEEKLY CHORES

S

M

T

W

T

F

S

## TO DO LIST

## HABIT TRACKER

S

M

T

W

T

F

S

## MORNING ROUTINE

## AFTERNOON ROUTINE

## EVENING ROUTINE

# The Plan for THIS WEEK

APR 16 - APR 22

TEACH US TO NUMBER OUR DAYS, THAT WE MAY  
APPLY OUR HEARTS UNTO WISDOM. PSALM 90:12

THE DAILY EIGHT	1	2	3	4	5	6	7	PRIORITIES	
Make Beds									
Complete Load of Laundry									
Sweep Floors / Vacuum									
Tidy Kitchen									
Wipe Down Bathrooms									
Straighten House									
10 Minute Declutter									
Take Out Trash									
REMEMBER								WEEKLY CHORES	
								S	
								M	
								T	
								W	
								T	
								F	
								S	
								TO DO LIST	
HABIT TRACKER	S	M	T	W	T	F	S		
MORNING ROUTINE	AFTERNOON ROUTINE				EVENING ROUTINE				



## The Plan for THIS WEEK

APR 23 - APR 29

TEACH US TO NUMBER OUR DAYS, THAT WE MAY  
APPLY OUR HEARTS UNTO WISDOM. PSALM 90:12

THE DAILY EIGHT			1	2	3	4	5	6	7	PRIORITIES		
Make Beds												
Complete Load of Laundry												
Sweep Floors / Vacuum												
Tidy Kitchen												
Wipe Down Bathrooms												
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REMEMBER										WEEKLY CHORES		
										S		
										M		
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										S		
										TO DO LIST		
HABIT TRACKER			S	M	T	W	T	F	S			
MORNING ROUTINE			AFTERNOON ROUTINE							EVENING ROUTINE		



# The Plan for THIS WEEK

APR 30 - MAY 6

TEACH US TO NUMBER OUR DAYS, THAT WE MAY  
APPLY OUR HEARTS UNTO WISDOM. PSALM 90:12

THE DAILY EIGHT	1	2	3	4	5	6	7	PRIORITIES	
Make Beds									
Complete Load of Laundry									
Sweep Floors / Vacuum									
Tidy Kitchen									
Wipe Down Bathrooms									
Straighten House									
10 Minute Declutter									
Take Out Trash									
REMEMBER								WEEKLY CHORES	
								S	
								M	
								T	
								W	
								T	
								F	
								S	
								TO DO LIST	
HABIT TRACKER	S	M	T	W	T	F	S		
MORNING ROUTINE	AFTERNOON ROUTINE				EVENING ROUTINE				

# The Menu for THIS WEEK

APR 2 - APR 8

BLESS THE FOOD BEFORE US, THE FAMILY  
BESIDE US, AND THE LOVE BETWEEN US.  
AMEN.

SHOPPING LIST

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M

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# The Menu for THIS WEEK

APR 9 - APR 15

BLESS THE FOOD BEFORE US, THE FAMILY  
BESIDE US, AND THE LOVE BETWEEN US.  
AMEN.

SHOPPING LIST

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# The Menu for THIS WEEK

APR 16 - APR 22

BLESS THE FOOD BEFORE US, THE FAMILY  
BESIDE US, AND THE LOVE BETWEEN US.  
AMEN.

SHOPPING LIST

S

M

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# The Menu for THIS WEEK

APR 23 - APR 29

BLESS THE FOOD BEFORE US, THE FAMILY  
BESIDE US, AND THE LOVE BETWEEN US.  
AMEN.

SHOPPING LIST

S

M

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# The Menu for THIS WEEK

APR 30 - MAY 6

BLESS THE FOOD BEFORE US, THE FAMILY  
BESIDE US, AND THE LOVE BETWEEN US.  
AMEN.

SHOPPING LIST

S

M

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# SELF CARE CHECKLIST

APR 2 - APR 8

M T W T F

Start my day with God.

Drink water.

Take a shower or bath.

Eat a healthy breakfast.

Talk to a loved one.

Listen to uplifting music.

Get my body moving.

Take my vitamins.

Do something that makes me happy.

Take time to laugh.

Go outside and enjoy the sunshine.

Write in my journal.

Think of three things I'm grateful for.

Get enough sleep.

# SELF CARE CHECKLIST

APR 9 - APR 15

M T W T F

Start my day with God.

Drink water.

Take a shower or bath.

Eat a healthy breakfast.

Talk to a loved one.

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Get my body moving.

Take my vitamins.

Do something that makes me happy.

Take time to laugh.

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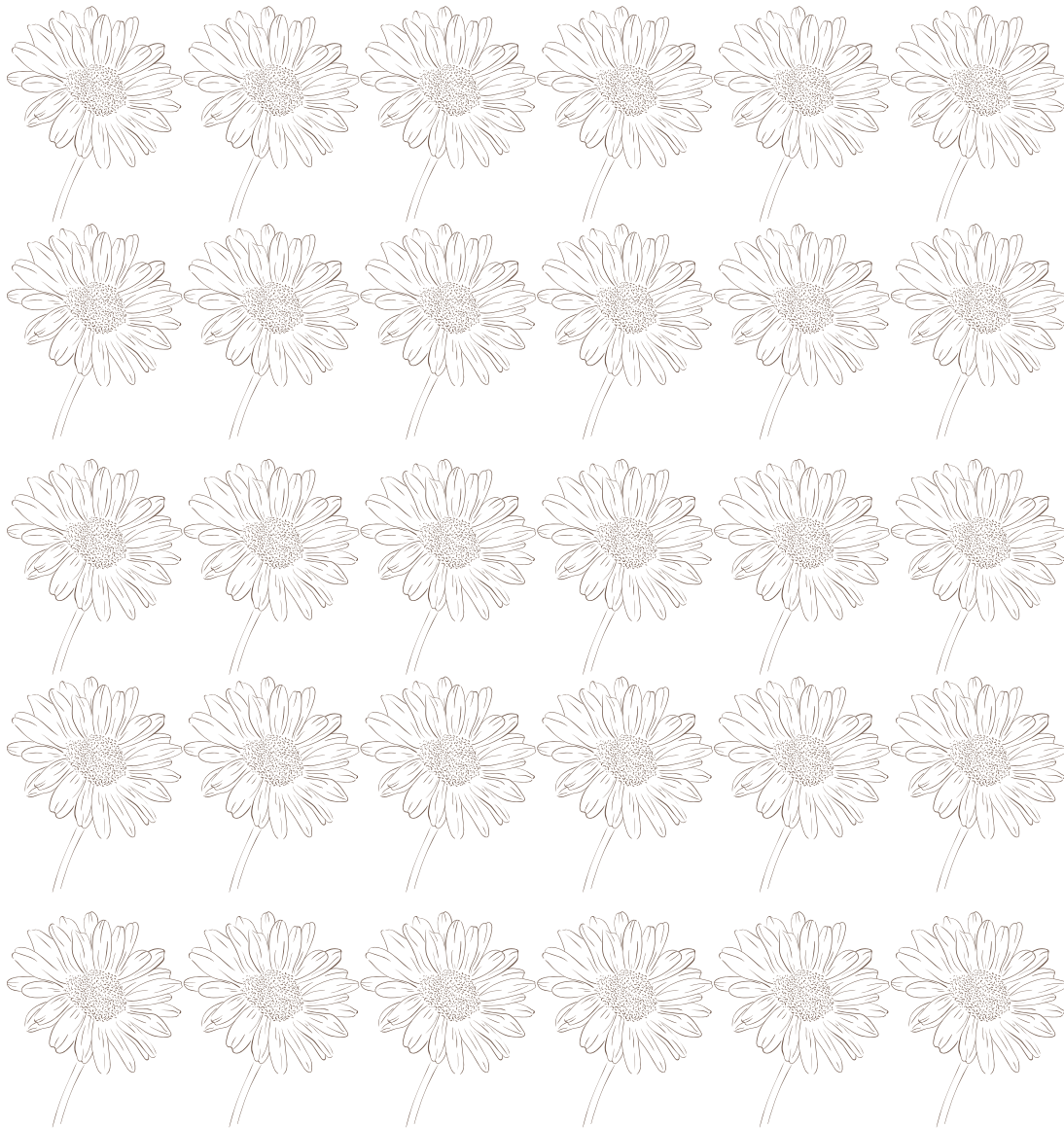
# HABIT TRACKER

APRIL 2023

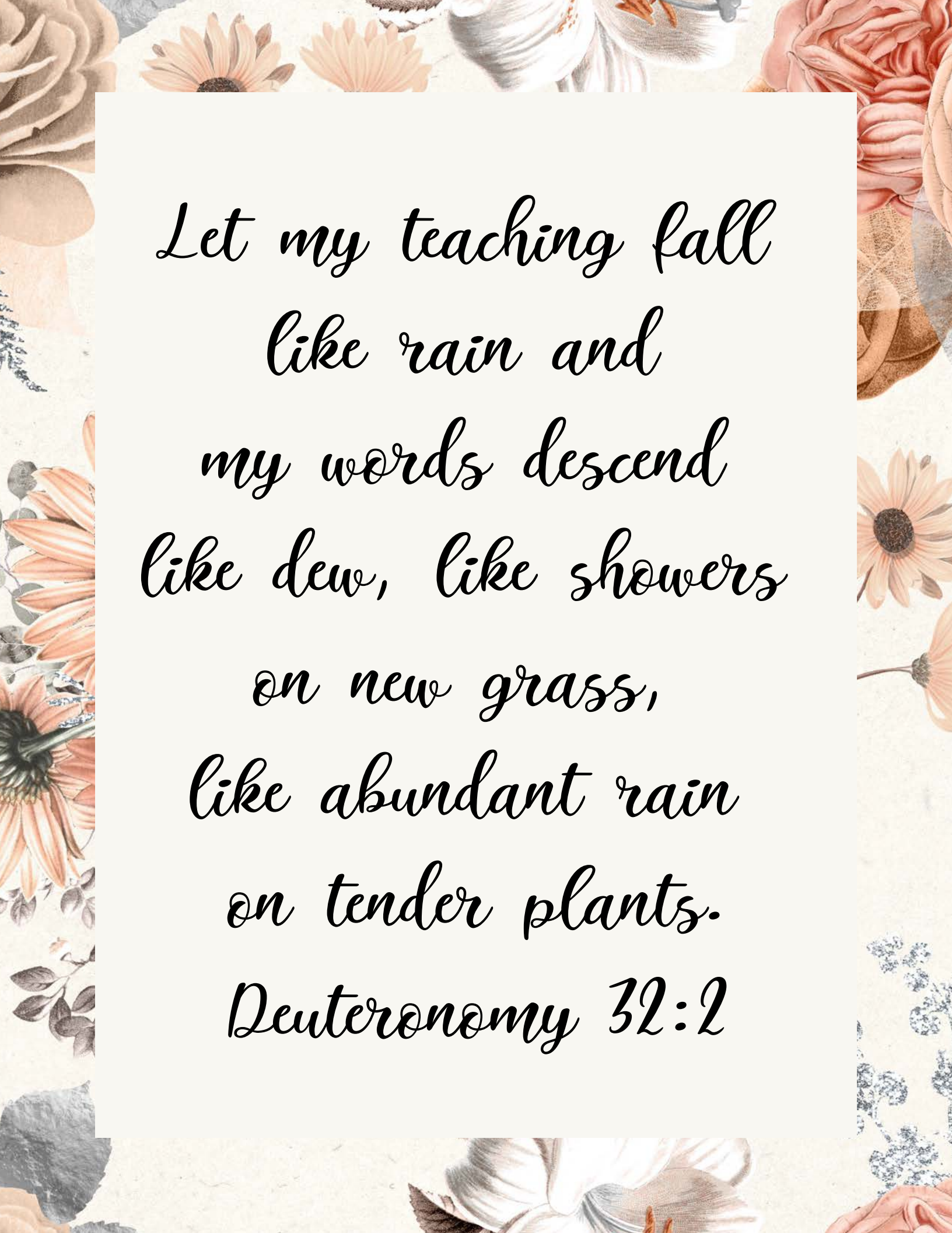
I PRESS ON TOWARD THE... UPWARD CALL OF JESUS CHRIST.  
PHILIPPIANS 3:14

MY HABIT: \_\_\_\_\_

Color in the flower each time you practice your new habit.



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Let my teaching fall  
like rain and  
my words descend  
like dew, like showers  
on new grass,  
like abundant rain  
on tender plants.  
Deuteronomy 32:2



