



Daily Refresh Worksheet

Do not get me wrong, I LOVE a new devotional plan, spiritual development book, or Bible in a year reading challenge. Resources like this, community groups, service opportunities, and church on Sundays are all valuable parts of your personal journey with God.

However, there are seasons in life that are a struggle:

- Family schedules leave you little to no time for yourself.
- Family trauma throws your life into a tailspin.
- Illness (either for you or someone you love) is disrupting your daily routine.

These are just a few ways your time with the Lord could be compromised. When this happens, we have a choice. We can feel guilty and dwell on everything we aren't doing. OR, we can accept our current season, give ourselves the same grace God provides, and simplify.

I am on a Search for Simplicity. My current season of life does not lend itself to what I used to do. While I look forward to a season of study, exploration, and debate about God's Word, I accept that I'm not there right now.

I'm thankful for the YouVersion Bible App Daily Refresh. Aside from "praying all day and in all circumstances..." as God's word says (I talk to Him throughout the day), I work through this daily discipline M-F. This is ALL I do.

Simplifying my spiritual discipline has brought me to this one App, one program, once a day. Currently, I'm not doing any additional studies, plans, etc. This is why I created the Daily Refresh Worksheets.

I am a processor and want to get the most out of my time each morning. I'm sharing to help others do the same. If you need to simplify, maybe this is a place to start.



Want to connect? I would welcome the opportunity to take this journey together.

Scan the QR code and set up a meeting.



DATE/PAGE #

VERSE OF THE DAY:

VIDEO PRESENTER:

VIDEO NOTES

REFLECT ON THE VERSE OF THE DAY



When this requires action, check when you follow through.



DATE/PAGE #

DAILY DEVOTIONAL:

The *Daily Devotional* section is not always present. When it is missing, consider this space for sharing gratitude, journaling, or your own devotional focus.

WRITE PRAYER & REFLECT



DATE/PAGE #

The introduction to the YouVersion Bible App daily prayer varies from day to day. There could be a welcome prayer of gratitude, verse, or prayer to focus on honoring God, or something else. Use the Heading section and the note space provided to respond to each day as you are led.

MY CONCERNS VERSE:

SHARE CONCERNS



FROM MY PRAYER LIST

Share the prayers from your prayer list. Take a moment to pray for them and check off your prayer when it has been answered.

1

2

3

The closing to the YouVersion Bible App daily prayer varies from day to day. There could be a closing prayer, verse, or reflection. Use the heading section and the note space provided to respond to each day as you are led.

CLOSING REFLECTION / FINAL THOUGHTS