

FREE GUIDE BONUS

7-DAY FAMILY GUIDANCE *Reflection Sheet*

A simple guide to help parents turn reflection
into practical action at home.



SEVEN STAGES OF SMART CHRISTIAN PARENTING



FOUNDATION



DIRECTION



AUTHORITY



PROTECTION



PREPARATION



ENTRUSTMENT



LAUNCH

Take one step each day to reflect, pray, act, and grow together
as a family rooted in faith and guided by God's truth.



GodlyGuide International™

Smart Parenting. Reduce Risks. Protect Lives.

How to Use This Sheet

This Reflection Sheet is a Free Guide bonus created to help you take one simple next step after reading the **7 Costly Parenting Mistakes** Free Guide.

Each day, read the stage, answer one reflection question, write one small action, and pray one short prayer for your family.

Do not only read this sheet quickly and move on. Use it slowly and honestly. The value is not only in knowing the stages, but in putting one wise step into practice at home.

While the Free Guide helps you recognize seven costly mistakes that can quietly weaken your child's foundation, this sheet helps you respond by reflecting on the **Seven Stages of Smart Christian Parenting**.

The Seven Stages are introduced here as a simple starting point. They are explored more deeply in the full **Smart Christian Parenting Roadmap: Mother's Edition, Workbook, and Family Workplan**.

The Seven Stages

Foundation | Direction | Authority | Protection | Preparation |
Entrustment | Launch

Use one stage each day to reflect, pray, and choose one practical action for your family.

Day 1 | Foundation

Parent Reflection Question	What is quietly shaping my child's heart, habits, faith, and confidence right now?
One Small Action Today + Example	Action: Name one foundation I need to strengthen this week. Example: <i>I need to strengthen our family prayer routine, because we have become too inconsistent.</i>
Prayer Focus	Lord, help us build a stronger foundation at home.

My reflection and response:

Today I will...

Parent Reflection Question	Is my child receiving clearer direction from home, or mainly from culture, peers, screens, and pressure?
One Small Action Today + Example	Action: Start one meaningful conversation about direction, values, or choices. Example: <i>I will ask my child, “What kind of person do you think God is helping you become?”</i>
Prayer Focus	Lord, guide our family toward what is wise and true.

Day 2 | Direction

My reflection and response:

Today I will...

Day 3 | Authority

Parent Reflection Question

Are my boundaries clear, consistent, loving, and understood by my child?

One Small Action Today + Example

Action: Clarify one family rule or expectation with calmness and love.

Example: *I will clearly explain our screen-time rule and why it protects focus, sleep, and attitude.*

Prayer Focus

Lord, help me lead with firmness, humility, and wisdom.

My reflection and response:

Today I will...

Day 4 | Protection

Parent Reflection Question	What risk, influence, habit, or environment needs more attention and protection?
One Small Action Today + Example	Action: Check one area: phone, friends, content, routine, safety, or emotions. Example: <i>I will gently check what online content my children have been watching and ask how it is affecting them.</i>
Prayer Focus	Lord, give me discernment to protect without fear.

My reflection and response:

Today I will...

Day 5 | Preparation

Parent Reflection Question	What life skill, faith habit, responsibility, or character quality does my child need to practice?
One Small Action Today + Example	Action: Teach or model one practical responsibility today. Example: <i>I will involve my child in preparing a meal, managing a small task, or planning tomorrow's routine.</i>
Prayer Focus	Lord, prepare my child for maturity and purpose.

My reflection and response:

Today I will...

Day 6 | Entrustment

Parent Reflection Question	Where can I give my child more guided responsibility while still providing support?
One Small Action Today + Example	Action: Entrust one age-appropriate responsibility and follow up with encouragement. Example: <i>I will give my child responsibility for one task and later say what they did well.</i>
Prayer Focus	Lord, help me release wisely while still guiding faithfully.

My reflection and response:

Today I will...

Parent Reflection
Question

What kind of person am I helping my child become for future life, faith, work, relationships, and calling?

One Small Action
Today + Example

Action: Write one sentence describing the direction you are praying toward.

Example: *Lord, help my child grow into a wise, faithful, responsible person who follows Your direction.*

Prayer Focus

Lord, help our family guide the next generation well.

My reflection and response:

Today I will...

My One Family Commitment for This Week

This week, one wise step I will take for my family is:

Continue the Journey

This 7-Day Family Guidance Reflection Sheet is a simple first step. The full **Smart Christian Parenting Roadmap: Mother's Edition, Workbook, and Family Workplan** go deeper by helping you reflect more fully, identify patterns, and turn each stage into a clearer family action plan.

As a next step, use this 7-Day Family Guidance Reflection Sheet to turn the Free Guide into practical action at home.

7 mistakes identified → 7-Day Reflection Sheet → 7 stages → 7 family roadmaps → One framework → One shared direction: helping families guide the next generation with wisdom, faith, structure, and protection.

Share These Free GodlyGuide Resources With Another Parent

If this 7-Day Reflection Sheet has helped you think more clearly, pray more intentionally, and take one practical step for your family, you may know another parent who needs the same encouragement.

Many parents are not careless — they are simply overwhelmed, unsupported, or unsure where to begin.

You can take a screenshot of the QR code below and send it to a friend, family member, church leader, teacher, youth worker, or parent who may benefit from GodlyGuide.

One simple share may help another family take one wise step forward.



Scan or share this QR code to access GodlyGuide's free resources, including the Free Guide and 7-Day Reflection Sheet.