

# Family Devotions Habit Tracker

## MAKING 2023 A YEAR IN THE WORD

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<input type="checkbox"/> JAN 1	<input type="checkbox"/> FEB 1	<input type="checkbox"/> MAR 1	<input type="checkbox"/> APR 1	<input type="checkbox"/> MAY 1	<input type="checkbox"/> JUN 1	<input type="checkbox"/> JUL 1	<input type="checkbox"/> AUG 1	<input type="checkbox"/> SEP 1	<input type="checkbox"/> OCT 1	<input type="checkbox"/> NOV 1	<input type="checkbox"/> DEC 1
<input type="checkbox"/> JAN 2	<input type="checkbox"/> FEB 2	<input type="checkbox"/> MAR 2	<input type="checkbox"/> APR 2	<input type="checkbox"/> MAY 2	<input type="checkbox"/> JUN 2	<input type="checkbox"/> JUL 2	<input type="checkbox"/> AUG 2	<input type="checkbox"/> SEP 2	<input type="checkbox"/> OCT 2	<input type="checkbox"/> NOV 2	<input type="checkbox"/> DEC 2
<input type="checkbox"/> JAN 3	<input type="checkbox"/> FEB 3	<input type="checkbox"/> MAR 3	<input type="checkbox"/> APR 3	<input type="checkbox"/> MAY 3	<input type="checkbox"/> JUN 3	<input type="checkbox"/> JUL 3	<input type="checkbox"/> AUG 3	<input type="checkbox"/> SEP 3	<input type="checkbox"/> OCT 3	<input type="checkbox"/> NOV 3	<input type="checkbox"/> DEC 3
<input type="checkbox"/> JAN 4	<input type="checkbox"/> FEB 4	<input type="checkbox"/> MAR 4	<input type="checkbox"/> APR 4	<input type="checkbox"/> MAY 4	<input type="checkbox"/> JUN 4	<input type="checkbox"/> JUL 4	<input type="checkbox"/> AUG 4	<input type="checkbox"/> SEP 4	<input type="checkbox"/> OCT 4	<input type="checkbox"/> NOV 4	<input type="checkbox"/> DEC 4
<input type="checkbox"/> JAN 5	<input type="checkbox"/> FEB 5	<input type="checkbox"/> MAR 5	<input type="checkbox"/> APR 5	<input type="checkbox"/> MAY 5	<input type="checkbox"/> JUN 5	<input type="checkbox"/> JUL 5	<input type="checkbox"/> AUG 5	<input type="checkbox"/> SEP 5	<input type="checkbox"/> OCT 5	<input type="checkbox"/> NOV 5	<input type="checkbox"/> DEC 5
<input type="checkbox"/> JAN 6	<input type="checkbox"/> FEB 6	<input type="checkbox"/> MAR 6	<input type="checkbox"/> APR 6	<input type="checkbox"/> MAY 6	<input type="checkbox"/> JUN 6	<input type="checkbox"/> JUL 6	<input type="checkbox"/> AUG 6	<input type="checkbox"/> SEP 6	<input type="checkbox"/> OCT 6	<input type="checkbox"/> NOV 6	<input type="checkbox"/> DEC 6
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<input type="checkbox"/> JAN 16	<input type="checkbox"/> FEB 16	<input type="checkbox"/> MAR 16	<input type="checkbox"/> APR 16	<input type="checkbox"/> MAY 16	<input type="checkbox"/> JUN 16	<input type="checkbox"/> JUL 16	<input type="checkbox"/> AUG 16	<input type="checkbox"/> SEP 16	<input type="checkbox"/> OCT 16	<input type="checkbox"/> NOV 16	<input type="checkbox"/> DEC 16
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<input type="checkbox"/> JAN 31	<input type="checkbox"/>	<input type="checkbox"/> MAR 31	<input type="checkbox"/>	<input type="checkbox"/> MAY 31	<input type="checkbox"/>	<input type="checkbox"/> JUL 31	<input type="checkbox"/> AUG 31	<input type="checkbox"/>	<input type="checkbox"/> OCT 31	<input type="checkbox"/>	<input type="checkbox"/> DEC 31

### PRACTICAL TIPS FOR MAKING FAMILY DEVOTIONS A DAILY HABIT:

- 1. Keep it simple.** If family devotions have a lot of extra elements, they will be too difficult to plan and too long to practice every day.
- 2. Plan a rhythm.** Pick a time and place and STICK with it. Don't expect family devotions to just happen — plan WHEN they will happen.
- 3. Habit stacking.** Attach family devotions to a daily habit that your family already has. This makes it harder to forget and easier to actually do.
- 4. Prioritize it.** Make the commitment that you WILL have family devotions, even if it interrupts other activities (like bedtime routines).
- 5. Track your habits.** Not to get legalistic, but to reward success. Don't break your streak. You or your kids can even color in our printable habit tracker.
- 6. Get a guide.** You don't need to plan your family devotions from scratch every day. Family devotionals from God Centered Family give you everything you need to teach your kids the Bible in ten minutes each day.