GOD'S TRANSFORMING GRACE

25 Days of Holiday Self-Care

Daily reflections, prayers, and small ways to care for yourself with Jesus.

DARLA COLINET



A little room to breathe

Dear friend,

I love the moments when I can sit with my coffee and open my Bible before the day gets busy. During the holidays, those few minutes help me slow down and tell Jesus how I'm really doing.

You may be looking forward to being with people you love. You may be missing someone, tired from all that needs doing, or unsure what a gathering will be like. Whatever this season holds, there's room to bring it honestly to Jesus.

Begin wherever you are in the season. Read the reflection and Scripture, make the short prayer your own, and try the Love Action if it fits your day. There's room to write if that helps. You can pause, skip a day, or return to one that speaks to you.

My hope is that these pages help you receive the love Jesus has for you and give yourself some of the same care you offer the people you love.



With care, Darla

DAY 01



Begin with Jesus

Psalm 143:8 · Proverbs 3:5–6

Before the lists start running through my mind, I like to sit with my coffee and my Bible. Some mornings I have a lot to say to Jesus. Other mornings I just need a moment to remember I can turn to Him with whatever the day holds.

A SHORT PRAYER

Jesus, thank You for meeting me here. Help me see what needs my attention today and what can wait.

TODAY'S LOVE ACTION

Before you open your messages or start a task, take a quiet moment with Jesus. Tell Him one thing that's on your mind.

SPACE TO REFLECT

DAY 02

Make room to care for yourself

Mark 12:31

One morning I went to make coffee and found the container empty. It made me think about how easily I can plan for everyone else and forget what I need. When Jesus speaks about loving our neighbors as ourselves, I hear an invitation to care for myself with kindness, too.

A SHORT PRAYER

Jesus, help me receive Your love and remember that I’m worthy of care, even on busy days.

TODAY’S LOVE ACTION

Put one small time for care on your calendar this week. It could be a walk, a quiet lunch, or an early night. If it helps, make it a weekly appointment.

SPACE TO REFLECT

DAY 03

Let your plans leave room for people

Proverbs 16:3

I love it when people I care about can be together. Sometimes I get attached to how I picture it going. I’m learning to ask what works for everyone and enjoy the time we do have.

A SHORT PRAYER

Lord, help me hold my plans loosely and welcome the people I love as they are.

TODAY’S LOVE ACTION

Before settling a holiday plan, ask what works for the people involved. Offer one time and give them room to decide.

SPACE TO REFLECT

DAY 04

Plan for a difficult gathering

Ephesians 4:29

A holiday invitation can stir up worry when you know how someone has treated you before. You can decide how long to stay, who you want nearby, or whether to go. If someone has threatened or harmed you, your safety matters more than keeping a tradition.

A SHORT PRAYER

Jesus, give me wisdom about what is safe for me and help me reach for support.

TODAY'S LOVE ACTION

For a tense gathering, consider your own ride or a check-in with someone you trust. If you fear harm or retaliation, connect privately with a domestic violence advocate to make a safety plan.

U.S. support: National Domestic Violence Hotline · 800-799-7233

SPACE TO REFLECT

DAY 05



Bring your worries to Jesus

1 Peter 5:7

When several things need me at once, I can feel the whole day in my shoulders before it starts. I can bring that feeling to Jesus as honestly as I bring Him my gratitude. Sometimes I can only name one worry, and that's a place to begin.

A SHORT PRAYER

Jesus, here is what I'm carrying. Help me take the next step and ask for help where I need it.

TODAY'S LOVE ACTION

If it feels comfortable, open your hands in your lap as you name one worry. Then choose one small thing you can do or one person you can ask for help.

SPACE TO REFLECT

DAY 06

Choose what you can spend

1 Chronicles 29:14

I can still remember kind words someone wrote me long after I've forgotten what was under the tree. Deciding what I can spend helps me make room for the part I value most, which is time with people I love.

A SHORT PRAYER

God, help me give with care and work honestly with what I have.

TODAY'S LOVE ACTION

Choose a spending amount that fits your household. Include food, travel, and gifts. Pick one way to show someone you care that costs little or nothing.

SPACE TO REFLECT

DAY 07

Meet a hard thought with kindness

2 Corinthians 10:5 · Philippians 4:8

When I’m tired, a small mistake can turn into a whole story about how I’m failing. I’m learning to pause and ask Jesus to help me notice what’s true. Some days the truest thing I can say is, “I’m tired, and I need some help.”

A SHORT PRAYER

Jesus, help me hear the difference between a harsh thought and a truth I can live by.

TODAY’S LOVE ACTION

Notice one thought that weighs on you. Write a kinder, honest sentence beside it. Try “I forgot one thing, and I can decide what to do about it.”

SPACE TO REFLECT

DAY 08

Make a little room for joy

Psalm 16:11

A favorite song in my studio can lift my head for a moment. Some days it’s the light across the prairie that gets my attention. I’m grateful that a little joy can be part of a day that still feels hard.

A SHORT PRAYER

Jesus, help me notice what brings me a little delight today.

TODAY’S LOVE ACTION

Give yourself ten minutes for something you enjoy. Play a song, step outside, or call someone who makes you laugh.

SPACE TO REFLECT

DAY 09

Help someone feel seen

1 John 4:7

A few honest words can help someone feel remembered, especially when the holidays make loneliness more noticeable. I think about the people who have checked in on me and how much it meant that they thought of me.

A SHORT PRAYER

Jesus, help me notice someone I can encourage today. Give me simple words that sound like me.

TODAY'S LOVE ACTION

Tell one person something you appreciate about them. A short text or handwritten note is enough.

SPACE TO REFLECT

DAY 10

Remember God’s faithfulness

1 Corinthians 1:9

When I see the morning light coming up over the prairie, I’m reminded how often God has met me in ordinary moments. Sometimes I recognize His care in the way someone listened or in the strength I had for one more day.

A SHORT PRAYER

God, thank You for the gift of Jesus. Help me remember how You’ve cared for me when today feels uncertain.

TODAY’S LOVE ACTION

Recall a time you felt cared for. Name one detail you remember and thank God for it.

SPACE TO REFLECT

DAY 11

Notice one good gift

Psalm 95:2

I can let a warm cup of coffee or a kind word pass without taking it in. When I slow down long enough to notice, those little things become part of what I remember about a day. There's space to be grateful and still be honest about what hurts.

A SHORT PRAYER

God, help me notice one good thing today and take a moment to enjoy it.

TODAY'S LOVE ACTION

Tonight, name one good thing you noticed. Let yourself remember how it felt before you move on.

SPACE TO REFLECT

DAY 12

Listen to what you need

Ephesians 6:13–18

It’s easy for me to get dressed and get the day going before I’ve noticed how I’m doing. A minute to check in with my mind, body, and spirit helps me see where I could use some care.

A SHORT PRAYER

Holy Spirit, help me notice what I’m carrying and respond to myself with patience.

TODAY’S LOVE ACTION

Ask yourself what your body, mind, and spirit need today. Meet one need in a small way. Get a glass of water, take a quiet break, or ask someone to pray with you.

SPACE TO REFLECT

DAY 13

Try something new together

Ecclesiastes 4:9–10

I treasure familiar traditions, and I enjoy the surprise of finding a new thing to do with someone I love. A slow drive to see the lights or trying a recipe together can give us a memory we'll talk about next year.

A SHORT PRAYER

God, thank You for giving us ways to create, explore, and enjoy each other's company.

TODAY'S LOVE ACTION

Invite one person to try something simple with you. Choose something that fits both your energy and your budget.

SPACE TO REFLECT

DAY 14

Remember who made you

Psalm 139:13–14 · Ephesians 2:10

When I began to study the Bible in my thirties, it amazed me to realize that the God who made the world took the time to create me. I carried other people's words about me for years. His words began to change how I saw myself.

A SHORT PRAYER

Father, thank You for creating me and knowing me. Help me see myself with the tenderness You show me.

TODAY'S LOVE ACTION

Put a note by your mirror or somewhere private. Write "God made me, knows me, and loves me."

SPACE TO REFLECT

DAY 15

Pay attention to what you take in

Philippians 4:7–8

I notice the difference between a morning that starts with scrolling and one that starts quietly. When I feel pulled in every direction, I can choose what gets my attention for the next few minutes.

A SHORT PRAYER

Jesus, help me make room for what is true and good. Guard my heart and mind as I go through this day.

TODAY'S LOVE ACTION

Set aside one thing that leaves you feeling wound up today. Use that time for quiet, a favorite song, or a few minutes outside.

SPACE TO REFLECT

DAY 16

Ask the Holy Spirit for guidance

Proverbs 3:5–6 · John 16:13

When I want an answer right away, I’m learning to slow down and seek God’s wisdom. Sometimes the next step becomes clearer as I pray, read Scripture, or talk it through with someone I trust.

A SHORT PRAYER

Holy Spirit, guide me in what is true. Give me patience when I need time and courage when I know what to do.

TODAY’S LOVE ACTION

Bring one decision to God today. If it can wait, make room to consider it before you answer.

SPACE TO REFLECT

DAY 17

Receive grace on an ordinary day

Ephesians 2:8–9

When I fall short of what I planned, I can be quick to apologize and slow to show myself kindness. God’s grace meets me in the middle of an unfinished day. I can receive it right there.

A SHORT PRAYER

Jesus, thank You for giving me grace freely. Help me receive it and begin again with kindness.

TODAY’S LOVE ACTION

Think of one thing you wish you’d done differently. Make any repair you can, and give yourself permission to move forward.

SPACE TO REFLECT

DAY 18

Ask for peace where you are

2 John 1:3 · John 14:27

Some days I feel peace when I sit with Jesus. Other days my heart is still unsettled when I get up. I can keep talking to Him through the day, even if all I have are a few words.

A SHORT PRAYER

Jesus, be near to me in this moment. Help me notice where I can slow down and let someone care for me.

TODAY'S LOVE ACTION

Set aside a few quiet minutes if you can. Let your shoulders rest and tell Jesus how you're really doing.

SPACE TO REFLECT

DAY 19

Let a plan change

Ecclesiastes 3:1

People get sick. Weather changes. The meal takes longer than we hoped. I can feel disappointed and still make a smaller plan that fits the day we've been given.

A SHORT PRAYER

God, help me accept what I can't change and be gentle with the people affected, including myself.

TODAY'S LOVE ACTION

Choose one plan you could simplify if the day gets crowded. Give yourself permission to use the simpler version.

SPACE TO REFLECT

DAY 20

Let love be something simple

Galatians 5:22–23

I’m learning to put people over projects. Sometimes that means setting something down and giving someone my full attention. Sometimes it’s making space for a person to tell me how they’re really doing.

A SHORT PRAYER

Jesus, help Your love come through in my words, my patience, and the way I listen today.

TODAY’S LOVE ACTION

Choose one act of kindness that fits what you have to give. Drop off a meal, send a note, or listen without rushing to offer advice.

SPACE TO REFLECT

DAY 21

Give yourself permission to say no

Mark 1:35–38

In Mark, people were looking for Jesus, and He chose to move on to the next towns. When I feel pulled by several requests, I remember that I can take time to consider what I can give. A simple answer can be a kind one.

A SHORT PRAYER

Jesus, help me be honest about my limits and clear in what I say.

TODAY'S LOVE ACTION

Where it feels safe, try "Thank you for thinking of me. I can't do that this time." You can take time to answer if you need it.

SPACE TO REFLECT

DAY 22

Take unease seriously

James 1:5

When I feel uneasy about an interaction, it helps to name what happened. Repeated humiliation, threats, or pressure to give up control of your own choices deserve attention. You're allowed to ask for help sorting out what you're experiencing.

A SHORT PRAYER

God, give me wisdom to see what is happening clearly and lead me toward people who can help.

TODAY'S LOVE ACTION

If it's safe to do so, talk privately with someone you trust about a specific concern. If you're afraid of how someone may respond, consider reaching out to a domestic violence advocate for support.

U.S. support: National Domestic Violence Hotline · 800-799-7233

SPACE TO REFLECT

DAY 23

Come back to what you’re celebrating

John 3:16–17

At Thanksgiving, I like to remember the people and ordinary moments I’m grateful for. At Christmas, I come back to the gift of Jesus and the love God shows us through Him. A quiet moment can help me take in what I most want to remember.

A SHORT PRAYER

God, thank You for the people who have cared for me and for the gift of Jesus. Help me make time to remember both.

TODAY’S LOVE ACTION

Share a gratitude at the table, read the Christmas story, or take a quiet moment to thank God for something you’ve received.

SPACE TO REFLECT

DAY 24

Let good enough be enough

Galatians 1:10

I've spent time fixing little details long after the people I love were ready to enjoy being together. I'm learning to recognize the moment when I can set something down and go sit with them.

A SHORT PRAYER

Jesus, help me notice when I'm reaching for approval. Give me the freedom to enjoy what is already here.

TODAY'S LOVE ACTION

Leave one low-stakes thing simple today. Use the time you save to rest or sit with someone you love.

SPACE TO REFLECT

DAY 25

Be here for this moment

Isaiah 43:18–19

The holidays can bring tender memories close. I know what it’s like to miss someone I love and still catch myself smiling at something beautiful. Both can have a place in the same day. I can bring both to Jesus.

A SHORT PRAYER

Jesus, hold what I miss and help me receive what is here today. Walk with me as I take the next step.

TODAY’S LOVE ACTION

Pause with something you can see, hear, or feel right now. If you’re missing someone, give yourself a moment to say their name or remember something you loved about them.

SPACE TO REFLECT