

SEVEN HABITS OF A PEACEFUL HOME

BUILD THESE HABITS INTO YOUR DAILY RHYTHMS

Your home is meant to restore you. But life's busy pace, pressures, and unspoken tensions have a way of replacing peace with a sense of being in survival mode.

Peace isn't something you hope for—it's something you build. These seven habits are small, repeatable choices that can change the atmosphere of your home over time.

By wisdom a house is built . . . through knowledge its rooms are filled with rare and beautiful treasures.

PROVERBS 24:3-4 (NIV)

DECIDE WHO LEADS YOUR HOME.

Not by default, but by declaration. Let your household be anchored to something that doesn't shift with your mood or your schedule. (Joshua 24:15)

PROTECT ONE UNHURRIED MEAL A WEEK.

No screens. No logistics. Just the people who live under your roof, being together without an agenda.

FORGIVE BEFORE IT FESTERS.

Unresolved tension doesn't dissolve—it compounds. Short accounts keep the air clean. (Colossians 3:13)

SAY THE KIND THING OUT LOUD.

Gratitude and affirmations spoken > gratitude and affirmations thought.

PUT THE PHONE DOWN DURING TRANSITIONS.

The first 15-minutes home and the last 15-minutes before bed can set the tone for everything in between.

PRAY TOGETHER, EVEN IF IT'S AWKWARD.

It doesn't have to be long. "Jesus, lead our home today" can be enough.

NAME WHAT'S STEALING YOUR PEACE. You can't fix what you can't identify. Ask regularly: "what's draining us right now?"

This resource is created by Stronger Homes, a Dream Now initiative of Saddleback Church. Through Stronger Homes, we are committed to building Jesus-centered families in our church and in our communities.