



The 5-Minute Bible Habit for Busy Moms

FREE DOWNLOADABLE WORKBOOK

A SIMPLE SCRIPTURE REFLECTION GUIDE (THAT ACTUALLY FITS REAL LIFE)

Hey Mama,

If you've ever wanted to be in the Word more but felt like your days are too full (or your heart feels tired), this is for you. You don't need a perfect routine—you just need a small, faithful rhythm that keeps you connected.

Your 5–Minute Plan

- 1) Pick a short passage (8–12 verses is enough).
- 2) Read it once slowly.
- 3) Reflect using the simple steps below.
- 4) Respond with one honest prayer.



O1 How to Choose What to Read (without overthinking it)

Choose *ONE* option for today:

Option 1: Keep going where you last left off

Read 8–12 verses from wherever you were already reading.

Option 2: Use these Starter Passages (pick one)

- When I need peace: Philippians 4:4–9
- When I need strength: Isaiah 40:28–31
- When I feel anxious: Matthew 6:25–34
- When I need wisdom: James 1:5–8
- When I feel spiritually dry: John 15:1–11
- When I need help with my words: Ephesians 4:29–32
- When I need patience: Galatians 5:22–23
- When I feel guilty or ashamed: Romans 8:1–2
- When I need perspective: Colossians 3:12–17
- When I need to reset my heart: Psalm 23

Option 3: Start with Jesus (simple plan)

Pick one Gospel and read slowly: John, Mark,
Luke, or Matthew

Tip: Choose a passage you can finish. Small and steady grows deep roots.

02 Read It in 3 Simple Steps

OBSERVE — What do I see?

What stands out? Any repeated words, commands, contrasts, or key ideas?

INTERPRET — What does it mean?

What is the main idea? What is God showing or teaching here?

APPLY — What will I do today?

What truth do I need to believe, practice, or carry into my day?

03 4 Quick Ways to Apply Any Passage

Use one (or more) of these to help you apply what you read:

Principle — What truth do I need to remember?

Promise — What is God offering me to trust?

Command — What is God calling me to obey?

Warning — What is God warning me to avoid?

My Scripture Reflection

(Copy + Use Daily)

Date:

Passage:

What stood out to me most?

What might God be showing me about my heart today?

Principle / Promise / Command / Warning (circle one):

One way I can respond with faith today:

A short prayer (keep it simple):

God, ...

YOU DON'T HAVE
TO DO THIS
PERFECTLY FOR
IT TO MATTER.
GOD MEETS YOU
RIGHT WHERE
YOU ARE.



NEED MORE INSIGHT & SUPPORT?

CONNECT WITH COMMUNITY

Spending time in God's Word shapes hearts over a lifetime. Trust that He is working in your children's lives through Scripture, even in ways you cannot yet see. Keep reading, keep believing, and remain anchored in His truth.

Ready to connect your faith to your motherhood?

MomQ equips moms with biblical truth + practical support to build strong, godly families. Through our curriculum series, podcast, and blog, we speak hope into real-life topics like marriage, parenting, and emotional health so you can feel grounded, confident, and not alone.

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