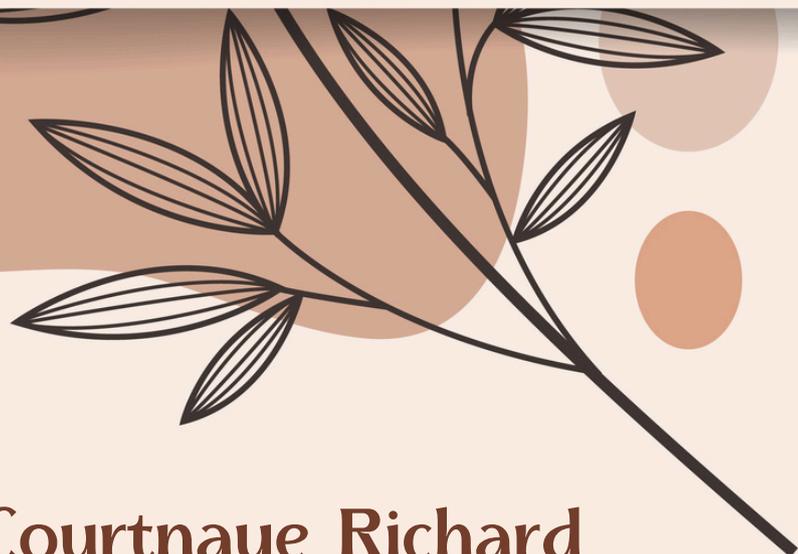


Lamp-Refill
Checklist
Daily & Weekly



Courtnaye Richard

WELCOME

COURTNAE RICHARD



Hey Sis! It's Courtnaye, here! I created this checklist with you in mind because I know how busy life can get. Between family, ministry, and everything else on our plates, it's easy to get distracted or feel spiritually drained. This weekly checklist is here to help you stay anchored in God's presence and prepared for Christ's return *without* feeling overwhelmed. It's not about doing everything perfectly, but about taking intentional steps to keep your heart, mind, and spirit ready. My prayer is that as you walk through this each day and week, you'll feel refreshed, focused, and reminded that Jesus is coming back soon.

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How to Use the Checklist

Think of this checklist as your weekly heart and soul tune-up. It's not about perfection or adding another "to-do" to your plate, but about giving yourself simple, purposeful steps to keep your lamp trimmed and burning bright while you wait for Christ's return. Each item is a gentle reminder to pause, reset, and refocus on what truly matters. Use it daily and throughout the week (maybe in the morning with your coffee, during your quiet time, or even at the end of the day as a heart check). However you use it, let it guide you closer to Jesus, helping you stay ready, filled, and faithful.



Today's *Lamp-Refill*

- Worship – Did I pause to lift a song, prayer, or word of adoration to Jesus?
- Word – Did I read at least one passage of Scripture and meditate on it?
- Prayer – Did I talk with God in the morning, during the day, and before bed?
- Watchfulness – Did I ask myself: Am I living ready for His return today?
- Love in Action – Did I forgive quickly, encourage, or serve someone today?
- Witness – Did I share Jesus (through words, kindness, or encouragement)?
- Rest in Him – Did I close my day with gratitude and trust in God's care?

Date: _____

Lamp-Refill Tracker

HABIT :	MON	TUE	WED	THU	FRI	SAT	SUN
Worship	<input type="checkbox"/>						
Word	<input type="checkbox"/>						
Prayer	<input type="checkbox"/>						
Watchfulness	<input type="checkbox"/>						
Love in Action	<input type="checkbox"/>						
Witness	<input type="checkbox"/>						
Rest in Him	<input type="checkbox"/>						

THIS WEEK, MY BIGGEST GROWTH IS...

Lamp-Refill Journal Time





IN CLOSING

Sis, remember this checklist isn't about adding more pressure—it's about helping you keep your lamp burning bright. Each day and week is a fresh opportunity to lean into God's presence, hear His voice, and prepare your heart for Christ's return. Stay encouraged, stay watchful, and keep pressing forward in faith.

He is worth the wait!

"Father, I lift up my sister who is using this checklist as she prepares her heart for Christ's return. Strengthen her daily with Your Spirit and keep her lamp burning bright with fresh (extra) oil. When she feels weary, remind her that You are her strength. When she feels distracted, draw her back to Your presence. Fill her home with peace, her heart with expectancy, and her life with obedience to You. May she shine brightly for Your glory until the day our Bridegroom comes. In Jesus' name, Amen."

*Love,
Courtney*

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