

# COVERED IN *Christ*

## A 40-DAY QUILTED HABIT TRACKER

*A habit is something worn* — something we put on daily. It is not about rigid rule-keeping but about being clothed in Christ (Romans 13:14). Like a well-loved quilt stitched together over time, our spiritual rhythms form a covering, a soft-place to land, a blanket of grace that we wear, a quilted coat of many colors — a lived expression of abiding in Him.

This 40-day habit tracker is an invitation to cultivate rhythms of prayer and presence. Each day, as you engage in your chosen sacred rhythm, you'll fill in a quilt square — stitching a life woven with Christ's love.

### HOW TO USE THIS TRACKER:

- 1. Prayerfully Choose Your Rhythms*: What sacred practices do you sense Jesus inviting you into? Write them below.
- 2. Mark Your Journey*: Each day, as you practice a rhythm, follow the numbered path to color in your star-pattern quilt. Use different colors or symbols to add your own beauty to your quilt.
- 3. Reflect & Rejoice*: At the end of 40 days, step back and see the pattern He is weaving in your life.

### MY SACRED RHYTHMS

Write down three rhythms you are committing to for these 40 days—prayer, Scripture meditation, silence, gratitude, simplicity, or any practice that draws you nearer to Christ.

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② \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

③ \_\_\_\_\_  
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\_\_\_\_\_

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*rhythm 1*

*rhythm 2*

*rhythm 3*

	1	2		1	2		1	2
8		3	8		3	8		3
	9			9			9	
7		4	7		4	7		4
	6	5		6	5		6	5
	10			10			10	
	11	12		11	12		11	12
18		13	18		13	18		13
	19			19			19	
17		14	17		14	17		14
	16	15		16	15		16	15
	20			20			20	
	21	22		21	22		21	22
28		23	28		23	28		23
	29			29			29	
27		24	27		24	27		24
	26	25		26	25		26	25
	30			30			30	
	31	32		31	32		31	32
38		33	38		33	38		33
	39			39			39	
37		34	37		34	37		34
	36	35		36	35		36	35
	40			40			40	