

# Faith Based **LIFE HACKS**



Life doesn't have to be perfect to be purposeful. Sometimes it's the small, consistent choices that bring the greatest clarity and transformation. These simple wins are designed to help you live with greater intention, deeper focus, and lasting fruitfulness in every area of your life.

## Vona Solutions – Roy Duffey

### CHALLENGE



### SCREEN TIME SPIRAL

### HACK

Plug your phone in across the room at night. Leave your Bible where your phone used to live. Reach for God's Word before the world's noise.

### CHALLENGE



### Mindless Scrolling

### HACK

Scroll through your inbox or texts and pick one person to pray for as you read their name. Make your digital life a mission field.

### CHALLENGE



### Stagnant Prayer Life

### HACK

Turn your walk or jog into intercession. Pray over your street, your coworkers, or the nations. Movement fuels mission.

## CHALLENGE



## Paycheck to Paycheck

## HACK

Start your monthly plan with giving and saving. Then live on what's left. Peace begins with priorities.

## CHALLENGE



## Relational Drift

## HACK

Send two short, meaningful texts a day—"I'm praying for you" or "Just checking in." It's a habit that builds lifelong connection.

## CHALLENGE



## Passing Ships

## HACK

Marriage check-in. Each evening: one gratitude, one prayer request, one thing you need tomorrow.

## CHALLENGE



## Unprepared Weeks

## HACK

Each Sunday evening, stack your Bible, journal, planner, and whatever tool you need for the week. Stack it. See it. Start right.

## CHALLENGE



## Anxiety on Autopilot

## HACK

Set a mid-day alarm on your phone: "List 3 things you're grateful for." It interrupts anxiety with perspective.

## CHALLENGE



**Start-Stop  
Spirituality**

## HACK

Choose one small spiritual goal (pray, read, journal) and mark an "X" on the calendar each day you do it. Aim for streaks, not perfection.

## CHALLENGE



**WASTED  
TIME**

## HACK

Use mindless chores—laundry, dishes, mowing—as time to listen to scripture, sermons, or worship.

## CHALLENGE



**SPIRITUAL  
DRIFT**

## HACK

Record a 30-second prayer and listen to it later. It's like a voicemail from your soul.

## CHALLENGE

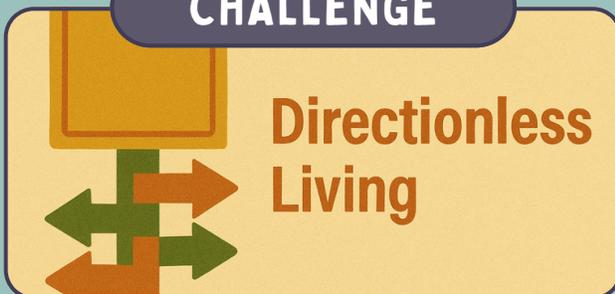


**Burnout  
Culture**

## HACK

Once a week, swap consumption for restoration: No social media. No news. Yes to nature, naps, and Jesus.

## CHALLENGE



**Directionless  
Living**

## HACK

Every Sunday night, ask: What matters most this week? What's in my way? Where am I now, and what's next? What will I do—and who will I tell?

## CHALLENGE



**Prayer  
Procrastination**

## HACK

When someone shares a burden, pray out loud with them on the spot. No delays. No perfection. Just presence.

## CHALLENGE



**Aimless  
Productivity**

## HACK

Before opening your laptop or planner, pause: "God, use this day for Your glory." Let purpose precede productivity.

## CHALLENGE

**TRUTH  
AMNESIA**

## HACK

Write a verse on a sticky note and slap it where you need it —mirror, dashboard, coffee maker.  
Scripture that sticks, literally.

## CHALLENGE



**CHAOTIC  
MORNINGS**

## HACK

Create a 3-song playlist to start your day while making coffee or driving. Let truth rise with the sun.

## CHALLENGE



**MENTAL  
CLUTTER**

## HACK

Turn off the TV, podcast, and playlist for one hour a day. Give your soul some room to breathe.

## CHALLENGE



**Overwhelmed  
Inaction**

## HACK

Ask each morning: What's the one faithful thing I can do today? Write it. Do it. Celebrate the small wins.

## CHALLENGE



**Start  
Resistance**

## HACK

Struggling to start something big? Set a timer for 15 minutes. Start there. Action creates clarity.

## CHALLENGE



**Nine-to-five  
drift**

## HACK

Set your favorite verse as your phone background. Every glance becomes a moment of renewal.

## CHALLENGE



**Spending  
Impulse**

## HACK

Pick one day a week to buy nothing. No coffee runs, no online carts. Train contentment and gratitude.

## CHALLENGE



**Global  
Disconnect**

## HACK

Adopt one missionary each month. Pray, send a note, and learn about their work. It turns global into personal.

## CHALLENGE



**OVERCOMMITMENT  
SYNDROME**

## HACK

Each season, list 3 things you're saying no to, in order to say yes to God's best. Post it on the fridge.

## CHALLENGE



**Last-Minute  
Giving**

## HACK

Set up automatic giving right after payday. Honor God first —and take the stress out of generosity.

## CHALLENGE

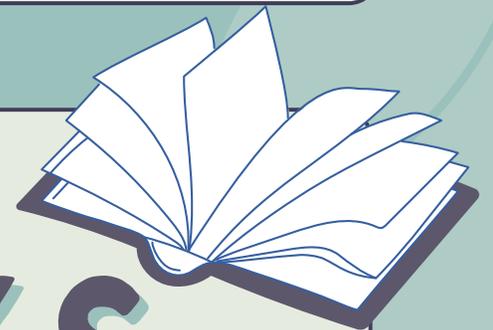


**UNSEEN  
NUDGES**

## HACK

Daily ask: "God, what's one thing You're prompting me to do today?" Write it on a sticky note. Place it somewhere visible.

# Faith Based LIFE HACKS



Living with intention doesn't require a complete overhaul—just a faithful step at a time. These simple hacks are more than tips; they're small acts of worship that help you align your daily life with God's greater purpose. Fruitfulness often starts with faithfulness in the little things.

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