

# Daily Strength for Mothers

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A 365-DAY DEVOTIONAL

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## Daily Strength for Mothers

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She speaks with wisdom,  
and faithful instruction is on her tongue.

She watches over the affairs of her household  
and does not eat the bread of idleness.

Her children arise and call her blessed.

PROVERBS 31:26-28 NIV

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## Introduction

There are moments in motherhood where life feels like one endless task. Where nothing seems to get done even though you've been working at it (what was "it" again?) all day. The dishes, the diapers, the homework assignments, the grocery shopping, the sporting events, the music lessons—and those all have to happen before five. Then it's time for the evening cycle. Dinner, laundry, baths, story time, and the age-old, half-hour bus don't want to go to bed drama. It's enough to exhaust the most energetic person on earth. And tomorrow you get to do it all again.

As a mother, staying strong amidst the continual depletion of reserves is no simple task. When we create time in our schedules to get quiet before God, something powerful happens. He gives us supernatural strength. He floods our minds with peace. He restores our joy. And he whispers to the deepest part of our hearts that it all matters. That we matter.

As you reflect on the devotions, Scriptures, and prayers, be reminded that God sees every effort you make and he is deeply pleased with your sacrifice. Sit quietly with him and let his love flow into every part of you. He has called you, and he will equip you with everything you need to get through each day.



# January

Property of BroadStreet Publishing. Do not duplicate.  
"So do not fear, for I am with you;  
do not be dismayed, for I am your God.

I will strengthen you and help you;

I will uphold you with  
my righteous right hand."

ISAIAH 41:10 NIV

# Not Hiding

*He has done this so that every person would long for God,  
feel their way to him, and find him—  
for he is the God who is easy to discover!*

ACTS 17:27 TPT

There are plenty of times as a mother when even your best doesn't seem good enough. There are problems you cannot solve, and you certainly don't have all of the answers. You can't always heal broken hearts or find what is lost. It might be tempting to focus on what you cannot do, to keep your eyes fixated on the areas you are lacking. Instead, today turn your eyes to what is infinitely and consistently possible.

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Seeking God is not a not an unsolvable problem. He is not hiding behind closed doors, waiting for you to crack the code. He is the knowable God. He longs to be known by you, his child. Amidst uncertainty, failure, frustration, and stress, abiding in him is a sweet rush of fresh air, as natural as breathing and as simple as asking. Your relationship with him need not be a burden or another thing you can't accomplish. He is the God who is easy to discover.

Thank you, God, that you are not difficult to discover. In my weakness, I can have confidence that you are easy to find. When I am overwhelmed by my inadequacies, give me the grace to choose you. Help me develop quick reflexes when it comes to seeking you. You are not complicated or overwhelming. Today, as I turn my eyes to you, teach me to depend on you more fully.

# Under His Care

*"I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"*

MATTHEW 6:25-27 NIV

The nurturing of a family often falls to the mother. It might feel as though the weight of your family is carried on your shoulders. You schedule appointments, plan the meals, bandage skinned knees, and help with math homework. Beyond the level that you pour yourself out in caring for your family, you are cared for even more. You are of utmost importance on God's list. He clothes the lilies and he will clothe you as well. He will care for your needs just as you care for you family, tirelessly and sometimes alone.

Take heart in knowing that while your responsibilities might feel overwhelming, God's ability to care for you individually is more than sufficient. If his eyes are on the sparrow, you can be confident that he will be consistent in providing for you and your family.

Change my perspective today, God. Show me the ways you have provided for me. Renew my trust in your faithfulness. Where I have been anxious about my needs, bring peace. Where I have felt worn out in managing my family's needs, bring rest. You are a good father who cares for his children. Remind me of your goodness. You are a kind father who is attentive to his children. Remind me of your kindness. You are a capable father whose resources are never limited. Remind me of your provision.

# Don't Be Troubled

*"Don't let your hearts be troubled. Trust in God, and trust also in me. There is more than enough room in my Father's home. If this were not so, would I have told you that I am going to prepare a place for you? When everything is ready, I will come and get you, so that you will always be with me where I am."*

JOHN 14:1-3 NLT

God knows your afflictions. He knows the pain you've experienced and the struggles you face in your daily life. He sees you and he is intricately aware of what troubles your heart at any given time. You are fully known. But there's more. He not only knows your afflictions, he comforts you in them, provides a solution, and then gives you a great hope to hold onto. His awareness brings comfort, his reminder to trust brings a solution, and his promise of returning cements that our hope is not in our problems dissolving but in the promise that he is coming back for us.

Today, as the mundane details of motherhood overwhelm you, set your eyes on this great hope. As you cultivate your home to be a safe and peaceful place for your children, remember that Jesus too is preparing a place for you in his Father's house. As today's afflictions threaten to capsize you, remember that a day is coming when everything will be made right. Don't let your heart be troubled. Trust in the promise that in his perfect timing, when everything is ready, he will come back for you.

Thank you, God, that you have not left me hopeless. I am known; I can trust in you. When I am overwhelmed, remind me that the hope of what's to come is greater than today's afflictions. Help me to teach my children that you are faithful. May my actions reflect the steadiness that comes from a faith rooted and established in you.

# Forgive Your Children

*"If you forgive those who sin against you,  
your heavenly Father will forgive you.  
But if you refuse to forgive others,  
your Father will not forgive your sins."*

MATTHEW 6:14-15 NLT

Sometimes we forget the humanity of our children. It's so easy to see them as an extension of ourselves that we forget that they are fully individual. They will make the wrong choices and will likely hurt you at some point. You are the safest place for their developing minds, social skills, and behaviors. As they sin in their youth, you are a soft place to land. As mothers, we are often on the receiving end of raging emotions and loud tantrums as they muddle through development.

In this place, forgiveness will abound. Forgive your children quickly as Christ has forgiven you. Remember that you are the model they have for who Jesus is. When we think of forgiveness, we often think of those who have deliberately wronged us, or of our enemies. Today, remember that your children are just as in need of soft-hearted forgiveness as anyone else. Walk with them in compassion just as the Father walks with you.

Father, soften my heart toward my children. Teach me how to forgive quickly and to model compassion to them. When their emotions feel out of control, teach me to be steady. Forgive me for the times I have acted in frustration and have held onto hurts from my family. If there are places in my heart that unforgiveness has hardened, show them to me so I can confess them to you and seek forgiveness. As a leader of my family, show me ways to model Christlike forgiveness in my home.

# In Every Season

*The day is yours, and yours also the night;  
you established the sun and moon.  
It was you who set all the boundaries of the earth;  
you made both summer and winter.*

PSALM 74:16-17 NIV

Nothing earthly lasts forever. God has designed it this way. He has made the boundaries of the earth; he has made both summer and winter. The seasons are his personal design. In motherhood, you will encounter summers and winters. You will walk through countless different seasons with your children. Learn to recognize where you are and then you can plan and react accordingly. Just as you plan for the weather, equip yourself in motherhood.

Maybe you are in a season of little sleep; give yourself margin and recognize that it won't last forever. Maybe you're in a season of busy schedules and endless appointments; prepare by asking God for increased patience and endurance when you want to quit. If you're in a season of increased conflict, equip yourself by safeguarding your time with God and refueling when your emotions feel fried. Relish in the summers of motherhood and shelter in the winters. Soak up the sun and take shelter from the rain and storm. God, the designer of seasons, will see you through both.

Thank you, God, that you know which season I am in. You see me clearly and you know exactly what I need to get through the summers and the winters. Help me to turn my eyes to you. I praise you, the Creator of the sun and the moon. Nothing is beyond you. As I walk through my current season, equip me with endurance and remind me of the hope that comes from knowing that it won't last forever. No matter which season I am in, you are worthy of praise.

# Work Unto God

*Whatever you do, do your work heartily,  
as for the Lord rather than for men.*

COLOSSIANS 3:23 NASB

Each day, you pour yourself out for your family. You are constantly serving whether your days are filled with daycare pick-ups, work schedules, homeschooling, or diaper changes. Your work as a mother ranges from the miniscule to the monumental. Remember that each task you complete as a mother is not simply for the wellbeing of your family. It is also work that is done unto the Lord.

When you repeat a direction for the millionth time, do it unto the Lord. When you wake up for the second and third time to settle the fussy baby, do it unto the Lord. When you drive back to school to pick up the forgotten backpack, do it unto the Lord. Working for people, even those you love most, will in the end be a fruitless work. Working unto the Lord brings lasting rewards in age the come. He promises us that he sees each of our actions. No matter how big or small, your work counts.

God, when I am worn out, remind me that my work is unto you and that you count it as valuable. When I feel less than appreciated, show me how you see me. When I feel like giving up, or serving my family half-heartedly, remind me that what I do now has lasting impact in your kingdom. Thank you, God, that you have equipped me well. If I am lacking, I can turn to you and ask for help. As I commit my work to you, thank you for being an ever-present help in my time of need.

# Patiently Endure

*May the Lord lead your hearts into a full understanding and expression of the love of God and the patient endurance that comes from Christ.*

2 THESSALONIANS 3:5 NLT

From Christ we can learn patient endurance. Is there a quality that is more needed as a mother? Your job of caring, nurturing, and guiding your children is not a sprint but a marathon. From the moment you became a mother, you took on a job that never ends. You will always be a mother. Your job won't end when your child sleeps through the night, or starts kindergarten, or graduates college. It is continuous, and endurance is necessary.

As you move through your day today, may the Lord bless you with the patient endurance that comes from Christ. You don't need to muster it up. If you feel like quitting, you don't need to grit your teeth to get through your day. The love of God produces in you the endurance that you need. Keep your eyes on Christ, lean on him for understanding, and joyfully await his return.

God, thank you that you will see me through. Though my job is never-ending, you have equipped me with the patient endurance that comes from Christ. Teach me how to further lean on you for understanding. Thank you for your guidance and that you see each of the days laid out before me. Today, help me to grow in your love as I pour myself out for my children. May patience bear fruit as I abide in you.

# Wisdom from Christ

*The Spirit of the LORD will rest on him—  
the Spirit of wisdom and understanding.*

ISAIAH 11:2 NLT

Parenting is full of questions and not very many answers. There isn't a manual that perfectly explains each of your children. While we can seek resources and educate ourselves as much as possible, we will still find ourselves wanting in the vast task of caring for growing children.

Thankfully, there is a storehouse of wisdom that comes from the Lord. Isaiah 11 is a description of Jesus. He has been given the spirit of wisdom and understanding. As such, you can depend on him for those things. What has been given to Christ has also been given to you through the Holy Spirit. Today, as you might find yourself with problems you cannot solve, lean on Jesus, the one with true wisdom. When you have many questions and few answers, turn your eyes to Christ.

God, thank you that you promise wisdom and understanding. I am not alone as a mother and I can turn to you when I'm unsure of what to do. I praise you for making a way for me. Jesus' death means that I can come to you and receive what I need. When I lack wisdom and understanding, help me to turn to you first. Forgive me for the times that I have sought counsel apart from you. Teach me how to lean on you and receive from you.

# Fearing God

*In the fear of the LORD there is strong confidence,  
And his children will have refuge.*

PROVERBS 14:26 NASB

Where do you place your confidence? Do you feel secure because of a consistent paycheck or a particular set of skills that you have? Does your security come from your home or your relationships with loved ones? Instead of placing your confidence in what is fleeting, seek to glean confidence from your fear of the Lord. He is the one who sustains you. Your job, home, or bank account are never guaranteed.

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Instead of placing your trust in sinking sand, stand upon the solid rock of Christ. Fear the Lord your God and depend on him alone. As a mother, you have the unique opportunity to teach your children where true confidence comes from. As you seek refuge in God, they will learn to do the same. When storms come and your circumstances change, you can give your children the steady and great gift of leaning firmly upon the Lord.

Lord, you are great! You are a safe refuge and my truest source of confidence. Forgive me for placing my security in areas other than you. Help me to turn to you when life is rocky and to then teach my children to do the same. I am thankful that I can trust in you no matter my circumstances. As I look to you, I know that you will strengthen me from the inside out. Today, teach me how to fear you.

# Unfathomable Ways

*Oh, the depth of the riches both of the wisdom and knowledge of God!  
How unsearchable are His judgments and unfathomable His ways!*

ROMANS 11:33 NASB

Paul wrote this portion of Scripture after detailing the gospel. He explains thoroughly all that God has done through Jesus Christ. Then, he goes on to exclaim how marvelous God is. It's as if he's done all of the hard work of hiking up a mountain so that he can look back and watch the sunset from the best possible vantage point.

God has done incredible things for you! He has carried you through your life with abundant grace and kindness. It can be easy to get lost in the hard work of mothering. The days stretch on, sleep may be fleeting, and your task list can be unending. Take a moment to look back and declare the goodness of God. His riches are deep, and his ways are unfathomable!

Thank you, God, for how far you have brought me! I praise you for all that you have done in my life. When I feel lost in tasks that feel mundane, help me to see all you have done and all you are doing. Thank you for leading me as a mother. You are great and your ways are unfathomable!

# Burden Passer

*Give your burdens to the LORD,  
and he will take care of you.*

PSALM 55:22 NLT

No matter the task you face today, you are not left helpless. You are invited to openly cast your burdens upon the Lord. You can confidently and continuously submit your problems to God. What a blessing you have been given to be able to fearlessly commune with a God who can handle your complaints, grievances, and cries.

Today, seek to be a burden passer. As a mother, it can feel like second nature to carry the burdens of your children. You don't need to shoulder their troubles. Instead, pass them on to the one who is able to effortlessly bear all of them. Let God's ability to bear burdens be lifegiving to you today. Where you have been holding onto heaviness, surrender it to the Lord. Let him carry what you cannot. He invites you to come to him in the same way that you invite your children to come to you.

Thank you, God, that I am not required to bear my children's burdens. You are a good father who cares for me. Forgive me for the times that I have attempted to do this on my own. Teach me how to cast my cares upon you when I am heavy laden. Help me to depend on you and to lead my children to do the same.

# In Your Midst

*God is in the midst of her;  
she shall not be moved;  
God will help her when morning dawns.*

PSALM 46:5 ESV

God is with you. He's not just beside you, all around you, or somewhere far off observing you. He is in the midst of you. He is enduring with you individually and also collectively with the body of Christ. You are not alone. Mothering can feel lonely. At times you might feel disconnected from friends and community as you devote yourself to mothering. Perhaps you're the only one with children, or maybe your busy schedule leaves you missing a time when you could more easily connect with those around you.

To whatever degree you might be feeling lonely, God is with you. He is your constant help and companion. He is your faithful deliverer in times of need. No matter how isolated you may feel as you pour yourself out for your children, you are never alone, and you are never left helpless.

Thank you, God, that you are an intimate God. You are not far off. You are the God who comes close. Remind me of your nearness when I feel alone or isolated. Thank you for your ever-present help. Today, as I take care of my children, teach me to see the ways you are present in my life.

# The Simple Gospel

*"I thank you, Father, Lord of heaven and earth,  
that you have hidden these things  
from the wise and understanding  
and revealed them to little children."*

MATTHEW 11:25 ESV

Take a deep breath. As you sit here and give what you have to God, you can take heart that the best way to know him is to embrace humility. Worldly wisdom is not a requirement for Godly knowledge; in fact, it can be a hindrance. Pride will only get in your way. Pride says that you have enough, that you are enough, that you can do enough. Humility quietly says that all you need is found in Christ. As a mother you can find true rest knowing that the simple gospel is your highest calling.

Today, seek to become childlike in the way that you view God. Don't let your age or responsibility as a mother keep you from remembering that you too are one of God's little children. Let go of the burdens that you carry as a mom and find joy in the simplicity of the gospel!

God, help me to let go of my pride. Teach me how to see you with simplicity. Renew within me a childlike spirit, that I might depend on you as my good and faithful Father. You have hidden your ways from the wise and have revealed them to little children. Teach me to embrace humility and to see you rightly.

# Deliberate Refuge

*This God—his way is perfect;  
the word of the LORD proves true;  
he is a shield for all those who take refuge in him.*

2 SAMUEL 22:31 ESV

To take refuge in God is a deliberate act. He is a shield for those who choose to take refuge in him. You need refuge. When life is smooth and your days feel easy to navigate, you need refuge. When life is difficult and heavy, you need refuge. As the world around you changes, you can rest in the fact that his way is perfect and never changing. When circumstances uproot your life, God's Word is still true. He is and always will be the safest place for you to run when troubles arise.

As a mother, you are responsible for yourself but also for your children. Today, let them see you run to Jesus. Let them see you find refuge in him when everything around you feels unsteady. As they run to you, their safe place, lead them to the safest place—the arms of Jesus.

Thank you, God, that you are dependable. The world is ever changing, but you are a steady refuge; you never change. Your ways are perfect, and your Word proves true. Teach me how to find shelter in you. Teach me how to run to you when trouble arises.

# Learn from God

*Guide me in your truth and teach me,  
for you are God my Savior,  
and my hope is in you all day long.*

PSALM 25:5 NIV

Teacher is one of the many hats that you wear as a mom. From the moment you wake up, you are actively and passively teaching your children. You teach them to tie shoes, to add and subtract, to wash their hands, to navigate relationships. You use your words and your deliberate guidance to help them successfully walk through their days. Not only that, but you also teach them by example. They watch you. They watch how you interact with the world around you. They watch how you respond to joy, to trials, to stress, to pain. They see you in your rejoicing and they see you in your sorrows, all the while absorbing.

Turn this attitude toward your heavenly Father. Let him teach you actively through his Word and instruction, but also learn from him as you observe who he is. Learn from him today as you refuse to take your eyes off him. Learn from him and let an everlasting hope spring out of that deep well.

Father, thank you that you are a God who interacts with me. Thank you for being a patient and kind teacher. As I walk through my day, give me the grace to learn from you. Help me to become more like you. Help me to keep my eyes on you for consistent guidance.

# The Storm Calmer

*Soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.*

*Jesus was sleeping at the back of the boat with his head on a cushion.*

*The disciples woke him up, shouting,*

*"Teacher, don't you care that we're going to drown?"*

*When Jesus woke up, he rebuked the wind and said to the waves,*

*"Silence! Be still!" Suddenly the wind stopped, and there was a great calm.*

*Then he asked them, "Why are you afraid? Do you still have no faith?"*

MARK 4:37-40 NLT

**Property of BroadStreet Publishing. Do not duplicate.** You know the God who can calm the seas. If he can subdue the waves, then he can calm the storms in you. He can calm the storms within your child. Be encouraged today that as you cry out to him for peace, you can also cry out to him for your child's peace. Where your child is troubled, hurt, or doubting, trust in God. You are all little and learning.

Together, as you walk through the day, let God rebuke the winds. Let him handle the fierce storms. Even when your boat begins to fill with water, it's not too late to experience the great calm that Jesus can bring. This is true for you and for your children. In the midst of a tantrum or a great barrage of emotions, you can experience peaceful waters.

God, thank you for your ability to calm the storms! I praise you for your strength and your power. Let that power be on display in my life. Today, whatever troubles arise, teach me how to depend on you for peace. Remind that it's never too late to ask you for help. You care about the storms in my life and in the lives of my children. Strengthen our faith to let you be the one who handles those storms.

# Enduring Temptation

*No temptation has overtaken you except what is common to mankind.  
And God is faithful; he will not let you be tempted beyond what you can bear.  
But when you are tempted, he will also provide a way out so that you can endure it.*

1 CORINTHIANS 10:13 NIV

Temptation is not a one-size-fits-all situation. It also isn't limited to certain categories of sin. Temptation can creep into your life in big ways and in small ways. As a mom, you might be tempted to respond to your children in anger. You might be tempted toward laziness or frustration. We are promised a reprieve from temptation no matter how big or small.

Throughout your day, seek to remember that God is faithful to lighten our burdens and provide a means to endure temptation. His promises are true, and he does not promise help where it will not be given. Be aware of where temptation is in your daily walk and seek to cast that burden onto the Lord. What tempts you today does not define you. Choose instead to be defined by the love of Christ and place your confidence in his ability to help you endure whatever you face.

Thank you, God, that you sent your Son die for me. He is not a stranger to temptation, so I have an advocate who understands my own temptations. You provide help when I need it. As I'm tempted today or this week, remind me through your Holy Spirit that you will provide me a way out so I can endure it.

# Winners Don't Quit

*Never become tired of doing good.*

2 THESSALONIANS 3:13 NCV

God knows that we are easily discouraged. He knows how fickle we can be even when we have the best of intentions. His Word reminds us not to grow weary of doing good simply because he knew that we would. Mothering can feel endless. Your to-do list never stops and you might be less than appreciated. God sees you. He sees the good that you do. It is not lost or hidden from him. He is aware of each sacrifice that you make, and he gently reminds you to keep going.

With kindness he urges you not to quit because he knows the great reward that awaits you. In your weariness remember that a day is coming when he will wipe away every tear and death will be no more. Today, no matter how much good you've done, press on, don't quit. He sees you; he knows you. The work you do counts.

Thank you, God, that you know me. My weariness doesn't surprise you. Even at my worst, Christ's blood covers me. When I am exhausted and ready to quit, you see me and uphold me. You sustain me when I can't keep going. Today, encourage me where I am weary and want to quit. Help me to depend on you instead of feeling discouraged by my tiredness.

# Choose Your Master

*"No one can serve two masters.  
Either you will hate the one and love the other,  
or you will be devoted to the one and despise the other."*

MATTHEW 6:24 NIV

You probably tell your kids all the time, "You can't have it both ways." You do your best to explain to them that you often need to choose one thing or the other but not both. This is applicable in your walk with God as well. You cannot serve two masters. As a follower of Christ, you are urged to follow him wholeheartedly.

Today, think about the things that might be edging away at that wholeheartedness. What is getting in the way of full devotion to God? As the Holy Spirit brings those things to mind, be confident that you can carry them to God. He knows that you are prone to wander, and it does not intimidate him. As you seek to serve him well, he will meet with gentleness and will guide you with compassion. If you've felt yourself straying, there's no need to walk back in fear. You can confidently approach the throne of grace and he will be faithful to give you the help you need.

Thank you, God, that know my weaknesses. You are aware of everything pulling at my attention and my heart. Help me to love you wholeheartedly and without distraction. Today, as I seek to serve you only, guide me in surrendering things that have pulled me away from you.

# Great Compassion

*As those who have been chosen of God, holy and beloved,  
put on a heart of compassion, kindness, humility, gentleness and patience;  
bearing with one another, and forgiving each other,  
whoever has a complaint against anyone;  
just as the Lord forgave you, so also should you.*

COLOSSIANS 3:12-13 NASB

God's love for you is great. It's endless, deliberate, all-encompassing, and vast. Out of this knowledge that you have been chosen and adopted as his child, you are reminded to treat others the same way. Let this Scripture be a mantle over your home. Let it be a reminder to deal with your children with patience and gentleness, bearing with each other, full of compassion. Meet your children in this way and they will learn to do the same with each other.

As your children look to you as an example of how to put on a heart of compassion, kindness, humility, gentleness, and patience, remember that you can look to Christ. As they follow your lead to bear with one another and forgive, remember that you can look to Christ. He is the epitome of all of these things, and he is eager for you to learn from him just as your children learn from you.

Thank you, God, that you've given me such beautiful instructions on how to live in peace with others. Help me to teach my children out of the security of knowing that I've been adopted as your child. Help me to look to Jesus when I am failing. You have equipped me with the Holy Spirit who advocates for me and bears fruit in my life as I walk with my eyes on you.

# Unto the Lord

*Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.*

COLOSSIANS 3:23-24 NIV

Motherhood can feel like a thankless job. You are consistently pouring yourself out and might not be receiving the appreciation you want. If you are working unto man, then this disappointment can be crushing. It can become a heavy burden that turns your acts of service into bitter obligations. Instead, remember that your work is unto the Lord. Each Band-Aid placed on a scraped knee, each baking dish scrubbed clean, each refereeing of never-ending bickering, each school drop off, each math problem worked through are all done unto the Lord. The big and the small. It all counts, and it is all seen by God. He is consistently aware of you even when you feel unseen.

As you move about your day, find inner satisfaction in the fact that all you do is worth it no matter the recognition you get because God won't forget. The day will come when you reap rewards for your service. Your inheritance is not here on earth but in the age to come.

Thank you, God, that you see me. You are a kind and good God. Help me to remember that I'm working unto you and not unto man. When disappointment or bitterness creeps in, help me to turn to you and have my spirit renewed. Grant me the perseverance to keep serving my family in a way that is honoring to you.

# Bless the Lord

*Bless the LORD, O my soul,  
and all that is within me,  
bless his holy name!  
Bless the LORD, O my soul,  
and forget not all his benefits*

PSALM 103:1-2 ESV

One of the quickest ways to change your course is to practice thanksgiving. It's easy to become so lost in your daily tasks of mothering that when you finally have time to sit and seek the Lord you might feel lost or frazzled. If you are unsure of how to approach God, start with praise. He is never changing. He is always good even if we doubt his goodness. He is always faithful even if we doubt his faithfulness.

Walking in deliberate thanksgiving can move you from a place of frustration, sorrow, or bitterness to a place where humility can remind you of the greatness of God. When we see him rightly, we can see ourselves rightly. Thanksgiving moves your eyes off your own struggles and toward Christ, the great redeemer, whose work on the cross is all encompassing and whose grace is more than sufficient.

Thank you for your goodness, God! Remind me of all you've done. You are great, and you are kind. When I feel unsure of how to seek you, remind me of how wonderful you are. Teach me to praise you and to walk in thanksgiving in the midst of the busyness of mothering.

# As Real As Bedrock

*You're as real to me as bedrock beneath my feet,  
like a castle on a cliff, my forever firm fortress,  
my mountain of hiding, my pathway of escape,  
my tower of rescue where none can reach me.*

*My secret strength and shield around me,  
you are salvation's ray of brightness shining on the hillside,  
always the champion of my cause.*

PSALM 18:2 TPT

Delight in the reality of a good God today. Feel the ground beneath your feet. Feel the breath in your lungs. He is your creator and sustainer. Let him fill your heart with a song. No matter your circumstances, he surrounds you and is your shield. He is as steady as the sun. In this moment, even if just for few seconds, draw closer to him through worship.

The demands of motherhood are a consistent pull on your attention and your energy. You might feel like you don't have very much to give but even the smallest fractions of time count when you turn your eyes and focus on who God is and what he's done. When you feel stretched thin in the middle of your day remember that he constant, he is faithful to rescue you, and he is for you. Praise him that he is a personal God who is as real as anything you can touch.

Thank you, God, that you are close to me! You are real and personal. Help me to remember that you are steady and always available when I need you. Even if just for a moment, help me to turn my heart toward you in praise.

# Peace Brings Health

*A peaceful heart leads to a healthy body;  
jealousy is like cancer in the bones.*

PROVERBS 14:30 NLT

Do you compare yourself to others around you? We live in an unprecedented time with a deluge of information available to us all the time. We have unlimited access to windows into the lives of other people. We see precisely what they want us to see but that doesn't stop us from making assumptions about what we think their full life looks like. You are responsible for your family. You have been given to them. You can stand in confidence that what you have to offer is what they need. They don't need a mom who has it all together; they need a mom with a gentle heart.

Jealously will quickly steal your ability to be present. Someone will always have what you don't; someone will always have strengths where you have weaknesses. Today, remember that God has chosen you specifically to be the mother of your children. He equips you and you need not covet what anyone else has. Turn to Christ for your confidence today; he will be faithful to strengthen you.

Thank you, God, that you have made me uniquely for the job of mothering my children. When I am tempted to compare my life to others, remind me of all that you have done for me. Help me to have a right perspective and to see clearly. Turn my eyes to you in praise instead of looking to others in jealousy.

## In the Valley

*How long must I wrestle with my thoughts  
and day after day have sorrow in my heart?  
How long will my enemy triumph over me?*

*But I trust in your unfailing love;  
my heart rejoices in your salvation.*

*I will sing the LORD's praise,  
for he has been good to me.*

PSALM 13:2, 5-6 NIV

Do you have something in your life that has felt like a consistent battle? Have you felt the heaviness of sorrow settle in like a fog? If you are feeling consistently defeated, know that even then you can trust the Lord. His love is unfailing. Remember that you can praise him for what he has already done. Bolster your faith by remembering his good works.

Motherhood can be equally joyous and painful. Perhaps your journey to becoming a mom wasn't smooth. Maybe you've experienced a loss that has left you broken. Maybe you've found yourself disappointed or unprepared by the immense sacrifices you're making for your children. Whether you are muddling through a valley of motherhood or rejoicing on a mountain top, you can sing the Lord's praise. There is truth to cling to that transcends the details of your life. Bring your heart, whole or broken, to the Lord and remember that his unfailing love is what sustains you.

Thank you, God, that I can trust in your unfailing love. I can praise you when I am broken and when I am full of joy. Your goodness never changes. Help me to rejoice in my salvation even when I am weary and heavy laden. You are the God who will triumph over my enemies.

# Encouraging Words

*Don't use foul or abusive language.  
Let everything you say be good and helpful,  
so that your words will be an encouragement to those who hear them.*

EPHESIANS 4:29 NLT

As a mom, you know how influential your words are. Your children listen closely and the things you say deeply affect them. If you struggle to control your tone and your language, then this might also be an area that is a source of shame in your life.

Run to God who is merciful and faithful to forgive you when you come to him and confess. Christ's work on the cross is all sufficient for you. Let your words encourage your children; let them be life giving and kind. When you are tempted to speak rashly or out of anger, trust that God is faithful to provide you with a way out of temptation. Let your words be a balm to your children, and when they aren't, be quick to ask for forgiveness.

Thank you, God, that you help me where I am weak. Forgive me for the times that my words have been hurtful toward my children. When I am frustrated, grant me self-control. Give me words to speak that are life giving and uplifting. Thank you for your kindness and gentleness where I am lacking!

# More of Him

*"He must increase,  
but I must decrease."*

JOHN 3:30 ESV

As far as jobs go, motherhood tops the list when it comes to ways to decrease. You will constantly be giving of your time, your energy, your physical body, and your emotions. Motherhood is, by definition, a lifelong sacrifice. As you pour yourself out for your children today, remember that Christ has poured himself out for you. When mothering strips you bare, remember that Christ was stripped bare for you. As you decrease, may he increase.

No matter how much you give of yourself, let it remind you that your decreasing is not in vain. It has meaning and purpose. May you reflect Christ as you draw your children in close and give what you can. May Christ be glorified as you move throughout your day, meeting needs and guiding your children.

Thank you, God, that as I pour myself out, you will be glorified! May I honor you with how I serve my family. As I decrease and you increase, may my life be a reflection of Jesus. You are worthy of my sacrifice. Remind me of what Christ has done for me, that I might joyfully decrease.

# An Everlasting Inheritance

*We will not hide these truths from our children;  
we will tell the next generation  
about the glorious deeds of the LORD,  
about his power and his mighty wonders.*

PSALM 78:4 NLT

As a mother, you have an instant legacy. No matter your financial situation, you have a storehouse of riches to pass on to your children. Maybe you feel like you don't have a lot to offer your kids. You have the unique privilege of gathering your children, as a hen gathers her chicks, and declaring the goodness of the Lord. There will be moments that feel sweet and tender and moments that feel like hard work. In both situations, seeds are sewn, and fruit will be harvested when the time is right.

Where you are lacking, God is strong and more than sufficient. Lean on his strength. Declare his ability to your children. Talk to them about what he has done in your life and what he has done in theirs. This an everlasting inheritance that you are fully equipped to give your children. Rejoice together!

Thank you, God, that I can pass truth to my children. I can tell them of your goodness and of your glorious deeds. Give me the words to say when I feel lost in this area. Help me to communicate your mighty wonders to them in ways they will understand.