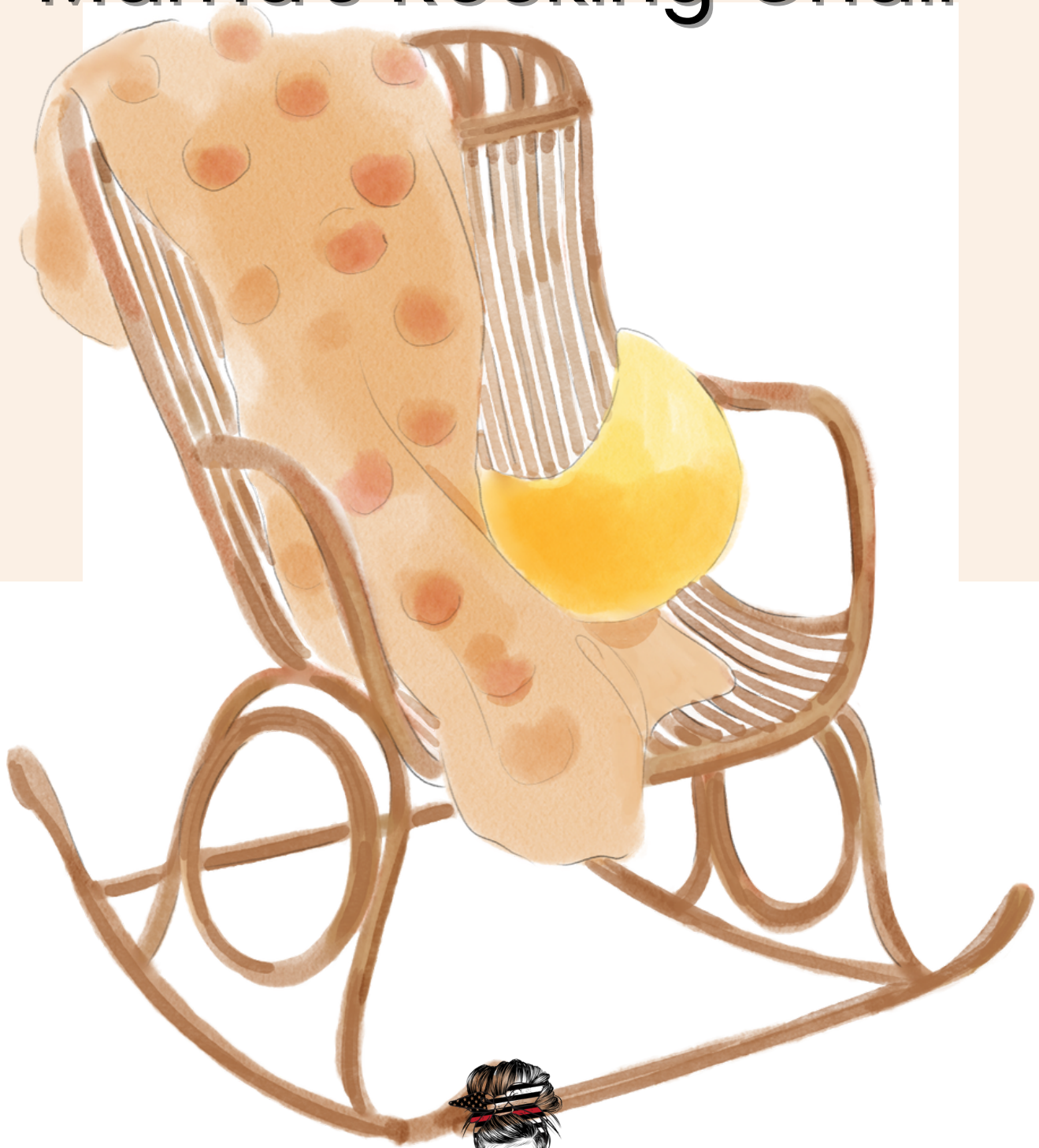


Prayers From a Tired Mama's Rocking Chair



Lizzy M. Christian

**A Five Day Devotion for Weary Mamas in the trenches ...
Raising Babies and learning to embrace 2:00 am chats with God**



Day 1:

2:00 AM Chats with God

Eight months ago, my third child was born. The first two months of his life were the hardest, most tiring days (and nights) of my life. My body has never felt such fatigue. There were moments at 2:00 AM and 4:00 AM when the river of tears would start flowing and I didn't think I could hold my eyes open or pace the hallways for another second. My body was begging for rest, averaging 2 hours of sleep per night. I remember several nights, I got about 45 minutes of sleep ... my legs felt limp and body ached like I was giving birth over and over and never had time to heal.

Not only was my son colicky and up crying most nights during those two first months, I knew that I'd be greeted by two fireball toddlers by 6:30 AM, roaring to go like an animal that spots its prey for the first time. No turning back.

I paced our dark hallway, sang lullabies in hushed tones out of fear of waking my other children, cried out to God, and begged for this season to end. Then, I felt horrible for feeling that way.

Now that my baby sleeps for multiple hour stretches during the night, I can't help but think of the mamas pacing the hallway right now, crying out in defeat, and wading through the dark thoughts of postpartum depression.

**Mama — this season will not last forever.
God handpicked you for this job.**

“

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Day 1:

2:00 AM Chats with God

Tonight, as you sit in your rocking chair or pace the dark hallway, remember this:

"When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you." Isaiah 43:2 NLT

This season will change you. This season will strengthen you. God will not abandon you. We are in the thick of it together.

Have those 2:00 AM prayer sessions with God. He's right there with you. In the rocking. In the swaying. Through the tears. In the moments of sheer bliss as you take in the aroma of a newborn baby or see your baby's body completely at peace.

Heavenly Father,
Tonight I lift up the mama whose body is begging for rest. Please give her physical and mental rest, Father. Please give her the strength she needs to take care of her family and her body. Please help her ward off thoughts of the enemy and seek the truth of God's Word. Please put people in her path to encourage her, Father. Please use this season to strengthen her relationship with You.

In Jesus' Name,
Amen

“

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Day 1:

2:00 AM Chats with God

You're amazing mama.

(Now repeat it like you just consumed a delicious cup of coffee after a long night).

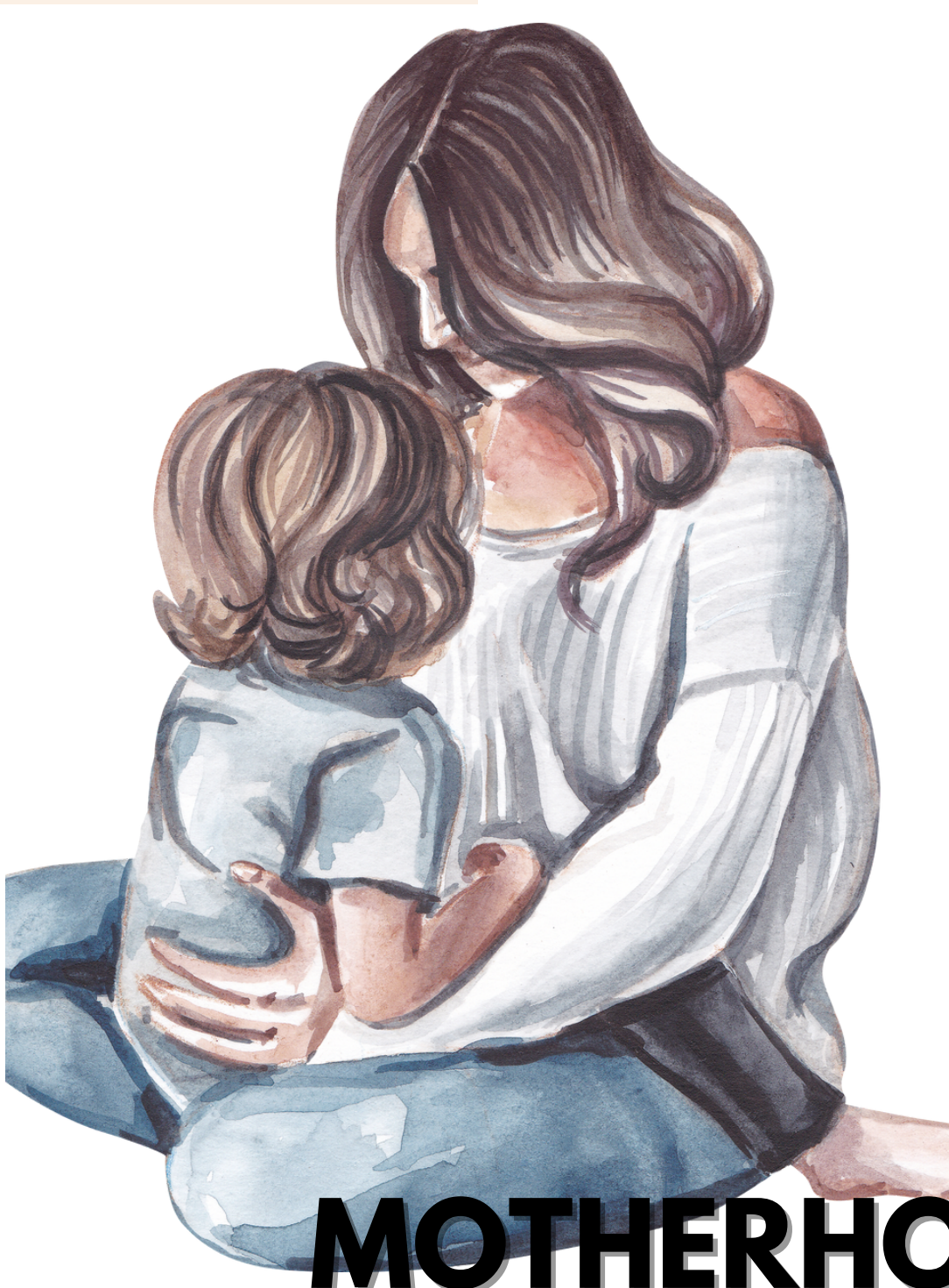
Scripture:

"He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us."
2 Corinthians 1:4 NLT

"For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever!"
2 Corinthians 4:17 NLT

"When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you."
Isaiah 43:2 NLT

“
**You're
amazing,
mama!**



**MOTHERHOOD
IS A MISSION
FIELD, MAMA.**



Day 2: Thoughts of the Enemy

With all three of my children, I have battled postpartum anxiety and some postpartum depression. My mind has combated so many degrading and untrue thoughts of the enemy.

These past few months, Satan has been at it again like a roaring Lion, ready to devour its prey:

"You can't do this."

"You were not cut out for this."

"You are failing."

"These children would be better off without you."

"You are all alone in this."

"So-and-so doesn't care about you."

Lean in, sister.

These are thoughts of the enemy and they are not who you are.

They are not where you are headed.

You are a daughter of the Most High.

You were hand-picked to Mother those beautiful blessings.

You might not feel like you have the strength to do it, but God is in the miracle business.

“

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Day 2: Thoughts of the Enemy

Soak in Scripture.

Cry out to God.

Blast your praise music (in headphones so you don't wake the baby, of course!).

Talk to your spouse.

Talk to a counselor.

Don't sit alone and stew in those nasty and degrading thoughts.

Do not let Satan win, mama. It is in the season of hardship where we learn to rely on a strength much greater than our own. Raising babies is no joke. I've never felt exhaustion like I have in this season — even when I was working 60+ hours a week at a physically demanding job and attending graduate school full-time. It can be a vicious cycle when focused on the wrong things.

Find the blessings. Ask for help. Be a blessing. **Take mental snapshots of the baby snuggles and toothless grins — you will need the encouragement when the nights are long and when it feels like the crying will never cease.**

Heavenly Father,
Tonight I lift up the mama who feels weak and fatigued. Lord, she feels like she doesn't have the strength to keep going. Please comfort her, Father. Please put people in her path to help her regain the physical and emotional strength she needs to keep going.

“

Do not let Satan win, mama. It is in the season of hardship where we learn to rely on a strength much greater than our own. Raising babies is no joke.



Day 2: Thoughts of the Enemy

Please remove the negative thoughts and replace them with promises and hope. Please give her the words to ask for help. Please comfort her.

In Jesus' Name,
Amen

You're doing great, mama.

Scripture:

"Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong."

2 Corinthians 12:9-10 NLT

"You light a lamp for me. The Lord, my God, lights up my darkness."

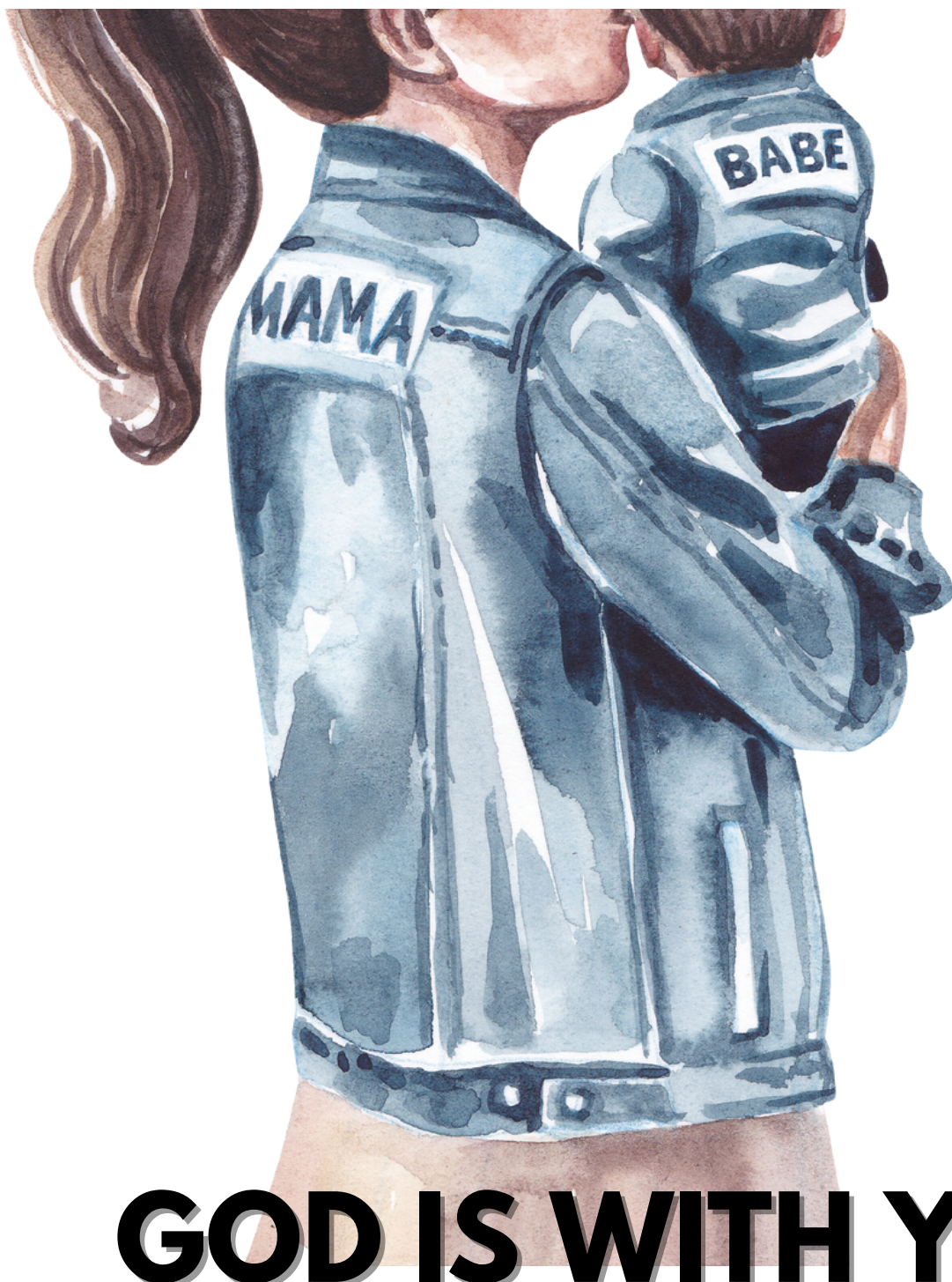
Psalms 18:28 NLT

"Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are."

1 Peter 5:8-9 NLT

“

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Talk to your
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Talk to a
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Don't sit alone
and stew in
those nasty and
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thoughts.**



**GOD IS WITH YOU
IN THE ROCKING
& THE SWAYING.**



Day 3: Finding Beauty in the Diaper Blowouts

How can we find beauty in the blowout diapers and messes of motherhood?

When there's a blowout diaper smeared all over over my shirt, I can't help but be thankful that my baby's GI system is doing its thing.

When there's another diaper to change or the baby is begging to be fed, I can't help but be thankful he's eating and healthy.

When there's another load of filthy laundry to wash, I can't help but be thankful my baby has clothes to wear.

When I have to get up for 100th time to put the baby's pacifier back in his mouth, I can't help but thank the Lord for a warm bed to climb back into.

When I'm the one waking up with the baby over and over, I can't help but thank the Lord for the opportunity to be the one whose face the baby sees and smiles at.

The every day "filth" of motherhood isn't glamorous, but it includes tasks and memories we will treasure forever.

We will miss the constant diaper changes because of the little smiles and conversations we have during that time.

“

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Day 3: Finding Beauty in the Diaper Blowouts

We will miss the constant feeds because of the snuggles that follow.

We will miss the constant wake ups because it means our babies are growing up and moving into the next phase where they don't need us every hour of the day.

A new season will come, mama. For today, let's relish in the beauty of these trenches.

Heavenly Father,
Tonight we thank you for the blessings amidst the chaos of motherhood. Thank you for the messes that make us stronger. Thank you for the precious life that you have blessed me with. Please give me the strength to endure another long night and send sweet encouragement when I need it the most.

In Jesus' Name,
Amen

You're rocking those diaper blowouts, mama.

Scripture:

"Work willingly at whatever you do, as though you were working for the Lord rather than for people."
Colossians 3:23 NLT

"Three things will last forever—faith, hope, and love—and the greatest of these is love."
1 Corinthians 13:13 NLT

“

**“Jesus looked at them intently and said, 'Humanly speaking, it is impossible. But with God everything is possible.'”
Matthew 19:26
NLT**



**MOTHERHOOD IS FULL
OF GLIMMERS OF HOPE.**



Day 4: Find the Glimmers of Hope

The first two months caught me off guard this time. My other two babies were easily pacified with breastfeeding throughout the night. Not this one. For the first two months, he fussed for several hours in a row in the middle of the night. Every single night.

I tried pacing, singing, praying, light dancing, back rubs, tickles — you name it! I was so desperate for a little peace and calm. I was so desperate for rest. I felt hopeless and alone most nights. So tired and overwhelmed and filled to the brim with negative thoughts.

The truth is — God never abandoned me. Even when I felt alone, He was there. Instead of letting my emotions continue to overtake me, God showed me that I could use this time to find the glimmers of hope.

I started soaking in the baby cuddles.
I started reciting scripture and praying.
I started writing while I was breastfeeding him to keep me awake and feel like I was filling my mind and time with something other than negative emotions and frustrations.

While we still have the occasional “I’m gonna be up for several hours in a row” in the middle-of-the-night, I know God will give us the strength we need.

“

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Day 4: Find the Glimmers of Hope

This season of sleeplessness is strengthening you.
This season of adjustment is changing you.
This season of growing is pruning you and preparing you for something great.

Instead of living in a constant state of complaining, let's celebrate where we are. Pour a cup of coffee, mama.

My mom texted me the other night and asked, "Do you ever sleep?" and my response was "I'll sleep when they are grown." While I was half-joking, I will always say yes to cuddling my two-year old. I will always say yes to middle-of-the-night smiles and conversations with my baby.

Find the glimmers of hope in this season of life.

Fill your mind with the right things when anxiety, weariness, and loneliness tries to creep its way to the forefront of your mind.

Heavenly Father,
Tonight we pray for glimmers of hope in this weary season. Please send the sweet baby smiles when I need them the most. Please help that encouraging song to come on the radio at just the right time. Please help me to read the encouraging verse at a time when Satan is prowling on my anxious thoughts.

“

This season of sleeplessness is strengthening you.

**This season of adjustment is changing you.
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Day 4:

Find the Glimmers of Hope

Please send the encouraging text or check-in when my heart is weary and burdened. I am yours, Father and I am open to the work that You want to do in this season.

In Jesus' Name,
Amen

Find the glimmers of hope, mama.

Scripture:

"Dear friends, don't be surprised at the fiery trials you are going through, as if something strange were happening to you. Instead, be very glad—for these trials make you partners with Christ in his suffering, so that you will have the wonderful joy of seeing his glory when it is revealed to all the world."

1 Peter 4:12-13 NLT

"She is clothed with strength and dignity, and she laughs without fear of the future."

Proverbs 31:25 NLT

"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

Philippians 4:8 NLT

“

**Find the
glimmers of
hope, mama.**



**THE PRAYERS AND
PROCLAMATIONS OVER THAT
PRECIOUS LITTLE LIFE MATTER.**



Day 5:

Go Forth, Mama!

This is your mission field right now, mama.
The rocking matters.
The lullaby-singing matters. It doesn't matter if it's off-key or the words are half made up.
The prayers and proclamations over that precious little life matters.
The constant feeds matter.
Washing their soiled laundry matters.
Reading them stories matters.
Snuggling that little life matters more than you know.

This season might be overwhelming and feel thankless, but you are setting the foundation for their future. God is using this mission field to grow you and nurture them.

This season is setting a firm foundation and creating an atmosphere of love and stability that is instrumental for a child's growth.

Heavenly Father,
Thank you for tasking me with this beautiful mission.
Please give me the strength to press on. Please give me the courage and know when to ask for help. Please steer me in the direction You would have me go.
Please help me to nurture and love my child like You love and nurture me.

In Jesus' Name,
Amen

“

This is your mission field right now, mama.
The rocking matters.
The lullaby-singing matters.
It doesn't matter if it's off-key or the words are half made up.



Day 5: Go Forth, Mama!

Know that your mission matters, mama. And you're doing a great job!

The prayers from your rocking chair might feel discombobulated, but your heart is in it, mama.

They matter.

The work you are doing matters to infinity and beyond.

Scripture:

"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."

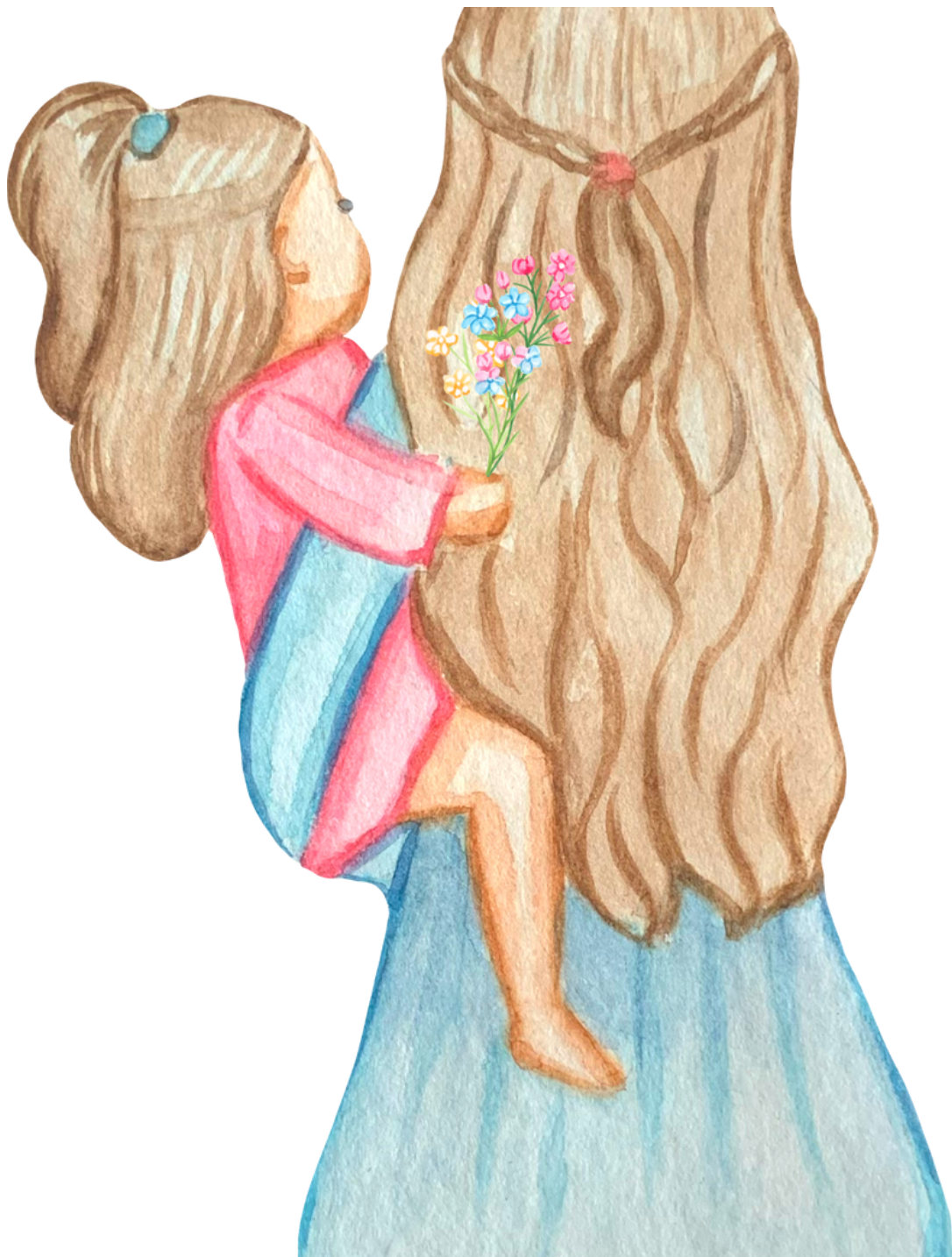
Galatians 6:9 NLT

"Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for he who calls you is faithful."

1 Thessalonians 5:23-24 NLT

“

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