

Strength

Are you feeling depleted, are the stresses of motherhood beginning to wear you down? We can sometimes give too much of our energy to things that we shouldn't, like stressing over bills, what needs to be taken care of the next day. Worry, doubt, hopelessness, natural fatigue all those things take every ounce of strength that we may have left!

Scripture: *Isaiah 41:10*

'Do not fear, for I am with you; Do not anxiously look about you, for I am your God I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.'

Prayer: Father, thank you that your word declares that you will renew my strength! I know that in my weakness you are made strong, I pray for reliance on your strength. Thank you that I can depend on you, I will wait patiently on you, your word declares that those that wait on you will mount up with wings as eagles, I am strong in you! In Jesus Name! amen

Peace

It's so easy to let the chaos overwhelm us and bring us into the businesses of our everyday lives, but we know that peace is not the absence of chaos. Peace is our inner response to what is going on around us.

When things start to get hectic how do you respond? Anger? Fear? Frustration?

Do you need more peace in your mind?

Scripture: *Philippians 4:7*

And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus

Prayer: Father, I ask that you cover my mind, I thank you for your peace, please high light any areas of my life where I have lacked trust in you. Thank you that your peace guards my mind and my heart. I surrender all anxiety and worry that may try to hinder this peace. I have a sound mind, I will not let the chaos distract me from your goodness. Help me to keep my eyes on you through it all. In Jesus Name! Amen

Patience

As moms is so easy to lose our cool, with kids running around, asking a million and 1 questions, dumping out the toys in the room that you just cleaned up, having a tantrum for 500th time today. I get it, sometimes patience is the first thing to go out of the window!

Scripture: *Proverbs 14:29*

Whoever is patient has great understanding,
but one who is quick-tempered displays folly.

Prayer: Father, I pray for patience, help me to be one who is self-controlled and not ruled by my emotions. Thank you that you give me the grace to endure, help me to walk in patience with my family, with my friends, coworkers, and most of all to be patient with myself. I ask that you present me with more opportunities to display patience to those around me. In Jesus Name. Amen

Hope

Are you feeling hopeless? The everyday stresses of motherhood and cause one to become hopeless. Maybe you're believing God to change your situation, yet things may still look the same, a sick child, bills, any one of those things can try to take away our hope.

Scripture: *Isaiah 43:2*

When you pass through the waters,
I will be with you; and when you pass through the rivers,
they will not sweep over you. When you walk through the fire,
you will not be burned the flames will not set you ablaze.

Prayer: Lord, help my heart to trust in you. I put my hope in you and not in my circumstance. Lord when things are going astray help me to keep my gaze upon you. Father, renew my hope! Heal my heart lord, your word declares that those who put their hope in you, will have their strength renewed. Father let my hope be in you alone. I will believe again, heal my hope father. In Jesus's name, amen!

Rest

This word, I know sometimes it feels like we never truly get to rest, with all that we have going on. It's so easy to get burnt out. A lot of times the most rest we need is in our mind!

Mama, how's your thought life? Is your mind racing? Do you find yourself getting easily overwhelmed thinking about all that needs to be done? Or maybe feeling anxious about things that have yet to happen?

Scripture: *Matthew 11:28*

Come to me, all you who are weary and burdened, and I will give you rest

Prayer: Father, I ask that give rest to my mind, I surrender all that to you. Thank you that you go before me and I do not have to worry. You calm the storms of my life, thank you that your love causes all my anxiety to fall away. I will find rest in knowing that you care for me. Thank you that in you I have a sound mind, worry, stress and anxiety do not have room in my life. I set my affections on you Father, help me holy spirit, give rest to my heart, I trust you Lord.