



*Concealer*  
AND A  
PRAYER LIFE

10 PRAYERS FOR THE  
OVERWHELMED MOM

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*Hey there Mama!*

*First lets breathe, I know you may feel completely out of control right now, lets take some time to create space for how you feel, its okay, please remember bad moments do not make you a bad mom, I hope that these prayers can be added to your own, motherhood is hard, but you're doing a great job,*

*Take a few moments to acknoweledge those feelings and extend your self grace and compassion.*

*Find a quiet spot, play music or light a candle, don't forget to grab your favorite journal.*

*Lets carve out some time to get all that we need from his presence. These prayers can be done daily or as often as you need them, the objective is to connect you to your source. Lay your cares upon him mama, he truly cares.*

*Breathe mama, its okay.*

*T'era*

# A PRAYER FOR STRENGTH

Hey mama Are you feeling depleted, are the stresses of motherhood beginning to wear you down? Take a moment to breathe, clear your mind of your to do list, its okay to ask for help, lets acknowledge how you feel.

## 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

## JOURNAL PROMPT

After your prayer time, in your journal write 5 affirmations declaring the areas that will be renewed!



# A PRAYER FOR 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? Let's look at how you responded to your last chaotic moment, going back over past events can help us pinpoint where we need his peace the most. Its okay mama, those moments are oppurtunities for growth.

## 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

## JOURNAL PROMPT

After your prayer time, in your journal make a list of activities that you will commit to doing at least once or twice a week that will bring you peace of mind and make you happy!





# A PRAYER FOR 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!  
Are you struggling to practice being patient? Easily frustrated? Short fuse?  
Patience is what increases our endurance,  
take a moment to think of the areas where you need to grow a little  
more in patience.

## SCRIPTURE

Proverbs 14:29

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

## PRAYER

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

## JOURNAL PROMPT

After your prayer time, in your journal begin to write out new ways to respond to things that frustrate you.



# A PRAYER FOR CONTENTMENT

In the age of social media, it's so easy to fall into the trap of comparison. Are you struggling with being happy with what you already have? Are you comparing your parenting style? Or wishing you were someone else? Mama, you were hand picked to mother your children, comparison can rob of us of our joy, peace, strength and so much more. It's one of the ways the enemy traps us and gets us to take our eyes off God's goodness in our lives!

Is this a sensitive area for you? confess it to God, allow him in your heart, comparison is a thief, allow God to restore your peace of mind.

## SCRIPTURE

1 Timothy 6:6 (NLV)

A God-like life gives us much when we are happy for what we have.

## PRAYER

Prayer: Father, I repent for comparing myself to others. Help me to be content and happy with what you have already given me! I am beautifully and wonderfully made, you have given me everything that I need inside and will supply my life with all that I need. I am the mother you have called me to be for my children, I do not have to compare myself to other moms, my children and beautifully made they were handpicked just for me, I will not compare them to other children. Thank you for my home, and that I can partner with you to make it a place of love, safety, creativity. Help me to be content in every situation. I thank you father for all that I have! You alone supply all of my needs, I am good enough, thank you father! In Jesus Name, Amen

## JOURNAL PROMPT

After your prayer time, make a list of all you are thankful for! Reference this list if you ever feel the need to compare.

# A PRAYER FOR GRACE

Mama, give yourself permission to be, lets remove the cape and the need to appear that we have it all together. We extend it to our children, our mates, our friends, but it's one of those things that we can sometimes struggle to extend to ourselves. Mama, you need God's grace. We can be so hard on ourselves with all that we have to do, we can get so caught up in the chaos we forget to that we ourselves need it. Grace to make mistakes, grace to try again, grace to dream again, it gives you permission to be human! Take a moment to pause and think of areas you need to extend yourself more grace, and others.

## SCRIPTURE

Scripture: 2 Corinthians 12:9-10

But He said to me, "My grace is sufficient for you, for My power is perfected in weakness." Therefore I will boast all the more gladly in my weaknesses, so that the power of Christ may rest on me. That is why, for the sake of Christ, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong....

## PRAYER

Prayer: Lord thank you that in my weakness you are made strong, help me father to extend myself grace, help me to be kind to myself. I will choose your grace over perfection. Father thank you that your grace is all I need. In the moments of feeling like I need to do everything help me not to feel down over the things I'm not able to attend to in those moments. I am who I am because of your grace and your love toward me. Help me to see the goodness in myself. It is your grace that sustains me. Although I feel weak in this moment I know that by your grace I will be strong, strong enough to endure. Thank you, my hard times are building my endurance, and my short comings do not define who I am! I AM Yours and your grace is all I need! In Jesus Name, Amen

## JOURNAL PROMPT

After your prayer time in your journal write an "I AM" list let these affirmations penetrate your heart. Make another list and Ask God to give you more opportunities to extend grace to yourself and others. Come up with 3 positive things to say to yourself when you need those grace moments.

# A PRAYER FOR CONFIDENCE

Being a mom doesn't come with a hand book, and a lot of our struggles can take a big shot at our self-esteem and our confidence. We know that with God we can do anything, but there are times when it gets hard to believe that statement! We must learn that when our confidence is rooted in Christ and not in our own abilities it will make it easier for us to not be so hard on ourselves.

Take a moment to think of the areas in your life where you lack confidence.

## SCRIPTURE

Hebrews 4:16

1 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

## PRAYER

Prayer: Father, I repent for not believing in Who you have called me to be to my children. I know that through you I can do whatever I set my mind to. Please help me to be confident in knowing that you will help me! Thank you that your grace flows through me. Help me to confidently walk in my role as a mother, I move with your wisdom, so I will not fail, I may stumble but You will be there to pick me up! Thank you, Lord, that you strengthen me in area to move confidently with you! In Jesus Name Amen!

## JOURNAL PROMPT

After your prayer time, in your journal write a list of "I CAN" AND I WILL, followed by the things you listed before where you lacked confidence.

# A PRAYER FOR JOY

It's so easy to have it when everything is going right but can you keep that same joy when the toddler is coming out of the room for the 1,000x , or when the newborn refuses to sleep, when your house is a mess and it seems as if truly nothing is going right? Circumstances do not have the right to dictate how we chose to respond. They do not have the right to rob you of your peace or your joy, but we sometimes let it.

take a moment to think of a few things that you've given permission to take your joy.

## SCRIPTURE

James 1:2-8

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience.

## PRAYER

Prayer: Father, I repent for allowing my trials to rob me of my joy. Thank you that your joy is my strength. Help me to understand that these small troubles are working for my good, to help me grow. In times of frustration, let my first response be that of joy knowing that it is producing patience in me Lord. Help me to guard my joy! I will have joy in my journey of motherhood. It is a great joy to be a mother, even during all the chaos of my beautiful journey. Father I will count it all joy!  
In Jesus Name, amen!

## JOURNAL PROMPT

After your prayer time, find an empty jar or box and make it your Joy Jar/Box fill it with happy moments, pull them out anytime you feel frustrated!

In your journal on one of the blank pages make a joy section, to write out things that happened that made you happy!



# A PRAYER FOR WISDOM

As we stated before there is no real guide to motherhood, but what we are confident in is knowing that we can call on God to supply us with the wisdom we need to take care of our homes, our jobs, pursue our dreams and raise our children. The bible is clear with telling us to make our request know and to ask for wisdom, and with our wisdom understanding. Are you feeling a lack of confidence in your role, not sure how to do certain things, make a list of where you need God's wisdom the most.

## SCRIPTURE

James 1:5 (NLV)

If you do not have wisdom, ask God for it. He is always ready to give it to you and will never say you are wrong for asking.

## PRAYER

Prayer: Father, I ask for your wisdom. Thank you, Lord, that your word declares you will never turn me away. I need your wisdom when it comes to taking care of my home, my children, I need it in every area of my life.

Thank you that I am a wise woman, I ask for your insight, I pray for understanding, help to respond in wisdom. I am confident in knowing that you will guide me. You go before me. Holy Spirit help me to move with wisdom and with grace, in all things. In Jesus's Name, Amen

## JOURNAL PROMPT

After your prayer time, ask God for more opportunities for you to lean on him and use the wisdom he provides you with, Make a list of things you want to become better at, begin to study the areas you may feel you lack wisdom in, take notes, keep a list of new things you've learned or fresh revelation from God

# A PRAYER FOR HOPE

Are you feeling hopeless? The everyday stresses of motherhood can 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. Take a moment to think of whatever it is that you are having trouble believing God for, maybe its fully believing that you will be an amazing mother whatever the case lets surrender those things to God now.

## 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

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!

## JOURNAL PROMPT

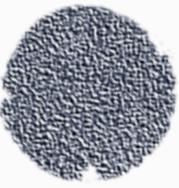
In your journal make a new list of things you are hoping and believing God for. As you make your list, believe with all your might that he hears you and will be there for you!



# A PRAYER FOR 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? Lets begin to pour those things out, what's causing you to lose sleep? Lack of rest in our minds can affect our physical bodies as well.



## SCRIPTURE

Matthew 11:28

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

## PRAYER

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.

## JOURNAL PROMPT

After your prayer time, make a list of things that you will do when your mind gets overwhelmed.





Concealer  
AND A  
PRAYER LIFE  
ALL THINGS MOM LIFE AND MENTAL HEALTH

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