

# THE FAMILY TABLE PODCAST

## Audio Retreat for Mom

"Welcome to this quiet moment... just for you.

A pause in the middle of your day to breathe, to reflect, and to receive peace—not from the world, but from the heart of God.

Let's take this time together to settle in and be still."

"You will keep in perfect peace those whose minds are steadfast, because they trust in you." —

Isaiah 26:3

"Peace isn't something we find when everything finally calms down.

Peace is something planted—nurtured—within.

It doesn't begin in the world around you. It begins in your heart.

And yet, how many times do we wait for peace to arrive from the outside?

We tell ourselves...

'I'll feel peaceful when the kids stop arguing...'

'When the laundry is folded...'

'When I finally get a minute alone...'

But God offers us a peace that doesn't depend on perfect circumstances.

It's a steady peace. A quiet stream flowing even through chaos.

And that peace? It begins with you.

When you choose to breathe deeply instead of rushing.

When you pray instead of panic.

When you speak gently, even when you're tired.

That's peace taking root.

And here's the truth: when a mother is anchored in peace, her home becomes a garden of calm for everyone in it.

You don't have to be perfect.

You don't have to have all the answers.

You just have to return—again and again—to the Prince of Peace.

And in doing so, you plant peace. For yourself... and for your family."

"Let's take a few slow breaths together.

Inhale ... and exhale.

Inhale peace ...

Exhale stress ...

Inhale calm ...

Exhale tension ...

Now, repeat this quiet breath prayer in your heart:

Inhale: 'Your peace is with me.'

Exhale: 'I receive it now.'

Inhale: 'Your peace is with me.'

Exhale: 'I receive it now.'

Inhale: 'Your peace is with me.'

Exhale: 'I receive it now.'

Let this rhythm calm your thoughts.

Inhale: 'You are near, God.'

Exhale: 'I am not alone.'

Inhale: 'You are near, God.'

Exhale: 'I am not alone.'

Inhale: 'You are near, God.'

Exhale: 'I am not alone.'

"Lord, thank You for meeting us in this stillness.

Bless this mother—Your beloved daughter.

Let Your peace cover her like a soft blanket.

Guide her thoughts, calm her heart, and let her home be filled with the fruit of Your Spirit.

May she rise from this moment feeling refreshed, grounded, and held in Your love.

Amen."

Extract the Audio from the zip file





