

# STRENGTH

**A 30 Day Foster Care Devotional**

A Resource Provided By:



[www.fosterhopefamily.com](http://www.fosterhopefamily.com)

## **30-Day Devotional for Foster Parents: Finding Strength in Difficult Seasons**

Welcome to this 30-day devotional, thoughtfully crafted for foster parents who are navigating the beautiful yet often challenging path of caring for children in need. This journey is filled with moments of profound joy, but it can also bring seasons of doubt, exhaustion, and uncertainty. Within these pages, you'll find daily reflections, carefully chosen scriptures, and heartfelt prayers designed to offer strength, hope, and encouragement. Each entry is intentionally concise, giving you the space to pause and reflect deeply on the insights shared, allowing them to resonate in your heart and guide your steps.

As a foster parent, your role is a unique calling that requires immense love, patience, and resilience. This devotional is here to walk alongside you, providing a moment of spiritual renewal each day to help you find peace and purpose, no matter the challenges you face. By setting aside just a few minutes daily, you can engage with these brief yet meaningful reflections, connecting with God's wisdom and grace as you pour out care for the children entrusted to you. Let's embark on this transformative journey together, one day at a time, discovering strength and hope in every season.

At the end of each day, take some time to write about what you are thinking about.

Enjoy the journey!

Foster Hope

## **Day 1: Embracing the Call**

**Reflection:** Foster parenting is a sacred calling, but it's not without its storms. In difficult seasons, when behaviors challenge your patience or systems feel broken, it's easy to question why you said yes. Yet, God chose you for this moment, not because you're perfect, but because He trusts you to show His love to these children. He equips you with His strength, even when you feel stretched thin. Reflect on the moment you felt called to foster—let that memory anchor you in purpose today.

**Scripture:** Isaiah 41:10 – “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.”

**Prayer:** Lord, thank You for calling me to foster. In moments of doubt or struggle, remind me of Your presence and give me the courage to continue. Amen.

**Thoughts:**

## **Day 2: Trusting God's Timing**

**Reflection:** Foster care often feels like a waiting game—waiting for court dates, behavioral changes, or reunification. In tough seasons, the delays can feel maddening, tempting you to lose hope. But God's timing is not yours; His plans unfold in ways that shape hearts and lives beyond what you can see. Trust that He is working in the children's stories and yours, weaving redemption even when the threads seem tangled. Surrender your timeline and rest in His sovereignty.

**Scripture:** Ecclesiastes 3:1 – “There is a time for everything, and a season for every activity under the heavens.”

**Prayer:** Father, help me trust Your timing when I feel impatient. Guide me to rest in Your plan for our foster family. Amen.

**Thoughts:**

### **Day 3: Finding Rest in Chaos**

**Reflection:** The demands of foster parenting—appointments, tantrums, paperwork—can leave you physically and emotionally drained. In the chaos, it's tempting to push through on your own strength, but God invites you to rest in Him. Take a moment to breathe, to sit in His presence, and to let His peace wash over you. Even a brief pause to pray or reflect can recharge you for the journey. You don't have to carry this alone—God is your refuge.

**Scripture:** Matthew 11:28 – “Come to me, all you who are weary and burdened, and I will give you rest.”

**Prayer:** Jesus, I'm tired. Grant me Your peace and rest. Renew my energy to love and serve the children in my care. Amen.

**Thoughts:**

#### **Day 4: Loving Through Pain**

**Reflection:** Loving a child who has experienced trauma can be heart-wrenching. Their walls, anger, or withdrawal might make you feel rejected, but your love is a lifeline. It's not about fixing their pain but showing up consistently, even when it hurts. God's love flows through you, offering stability to a child who may have known little. In this season, let His unconditional love guide your words and actions, trusting that love plants seeds for healing.

**Scripture:** 1 Corinthians 13:7 – “Love always protects, always trusts, always hopes, always perseveres.”

**Prayer:** Lord, fill me with Your unending love so I can love through the pain. Help me show Your heart to these children. Amen.

**Thoughts:**

## **Day 5: Strength in Weakness**

**Reflection:** There are days when foster parenting feels like too much—when you doubt your ability to handle the challenges. In those moments, God’s power shines brightest. Your weaknesses aren’t failures; they’re opportunities for His strength to work through you. When you feel inadequate, lean into His grace. He doesn’t expect perfection, only your willingness to be a vessel for His love and care.

**Scripture:** 2 Corinthians 12:9 – “My grace is sufficient for you, for my power is made perfect in weakness.”

**Prayer:** God, I feel weak. Let Your strength flow through me to meet the challenges of foster parenting. Amen.

**Thoughts:**

## **Day 6: Patience in the Process**

**Reflection:** Foster care is a marathon, not a sprint. Progress can be slow—whether it's a child's healing, navigating the system, or your own growth as a parent. Frustration may tempt you to give up, but God calls you to persevere. Each small step forward is a victory. Ask for patience to trust the process, knowing that God is working in ways you may not yet see.

**Scripture:** Galatians 6:9 – “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

**Prayer:** Lord, grant me patience when I'm tempted to give up. Help me see glimpses of Your work in this season. Amen.

**Thoughts:**

## **Day 7: Anchored in Hope**

**Reflection:** In the midst of hard days, hope can feel elusive. Yet, hope in Christ is an anchor that holds firm through any storm. It's the assurance that God is writing a redemptive story in your home, even when the pages feel heavy. Hold fast to the promise that He is with you, working all things for good. Let hope guide your perspective today.

**Scripture:** Romans 15:13 – “May the God of hope fill you with all joy and peace as you trust in him.”

**Prayer:** Father, anchor me in Your hope. Fill my heart with joy and peace as I trust You with our future. Amen.

**Thoughts:**

## **Day 8: Courage to Persevere**

**Reflection:** Difficult seasons test your endurance. Whether it's a child's challenging behavior, a strained relationship with caseworkers, or your own emotional fatigue, you need courage to keep going. God promises to walk with you, giving you the strength to face each challenge. Draw on His courage today, knowing that your faithfulness matters, even when it's hard.

**Scripture:** Joshua 1:9 – “Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

**Prayer:** Lord, give me courage to face the challenges of today. Let me feel Your presence as I persevere. Amen.

**Thoughts:**

## **Day 9: Grace for the Moment**

**Reflection:** Foster parenting can feel overwhelming when you think about the future—court dates, transitions, or uncertainties. But God doesn't ask you to carry tomorrow's burdens today. His grace is sufficient for this moment, this hour, this day. Focus on the present, trusting that He'll provide what you need when tomorrow comes.

**Scripture:** Lamentations 3:22-23 – "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."

**Prayer:** God, thank You for Your fresh grace each day. Help me rely on You moment by moment. Amen.

**Thoughts:**

## **Day 10: Surrendering Control**

**Reflection:** The unpredictability of foster care—shifting plans, unexpected behaviors, or uncertain outcomes—can make you want to cling to control. But true peace comes from surrendering to God’s plan. Let go of the need to manage every detail and trust that He is orchestrating something beautiful, even in the mess. Your role is to love and serve, not to fix everything.

**Scripture:** Proverbs 3:5-6 – “Trust in the Lord with all your heart and lean not on your own understanding.”

**Prayer:** Father, I release my need to control outcomes. Guide me to trust Your perfect plan for our family. Amen.

**Thoughts:**

## **Day 11: Healing Through Love**

**Reflection:** Many foster children carry deep wounds from trauma, loss, or neglect. Your love—expressed through patience, kind words, and consistent care—can be a powerful tool for healing. It's not about erasing their past but offering a safe space where they can begin to trust again. Let God's love flow through you, knowing that even small acts of kindness make a difference.

**Scripture:** 1 John 4:12 – “No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.”

**Prayer:** Lord, use my love to bring healing to these children. Let them see You through my actions. Amen.

**Thoughts:**

## **Day 12: Finding Joy in Small Moments**

**Reflection:** Tough seasons can overshadow the beauty in foster parenting, but joy is still there in the small moments—a child’s laugh, a shared meal, a breakthrough in trust. These glimpses of light are gifts from God, reminding you that He is at work. Pause today to notice and celebrate these moments, letting them fuel your hope.

**Scripture:** Psalm 16:11 – “You make known to me the path of life; you will fill me with joy in your presence.”

**Prayer:** God, open my eyes to the small joys in each day. Fill my heart with gratitude for Your gifts. Amen.

**Thoughts:**

### **Day 13: Wisdom for Decisions**

**Reflection:** Foster parenting involves countless decisions, from managing behaviors to advocating for a child's needs. Some choices feel impossible, with no clear right answer. God promises to provide wisdom when you ask. Seek His guidance in prayer, trusting that He'll lead you to decisions that honor Him and serve the children in your care.

**Scripture:** James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."

**Prayer:** Lord, grant me wisdom for the decisions I face. Guide me to act in the best interest of these children. Amen.

**Thoughts:**

## **Day 14: Holding Space for Grief**

**Reflection:** Foster care often involves loss—children leaving, disrupted plans, or unhealed trauma. It's okay to grieve these losses, for yourself and the children. God is close to the brokenhearted, offering comfort in your sorrow. Create space to feel the pain, knowing that He is with you, mending hearts with His gentle presence.

**Scripture:** Psalm 34:18 – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

**Prayer:** Father, comfort me and the children in our grief. Be near to us in our pain. Amen.

**Thoughts:**

## **Day 15: Strengthened by Community**

**Reflection:** Foster parenting can feel isolating, especially in hard seasons. But God designed you to thrive in community. Reach out to friends, family, or a foster care support group for encouragement and prayer. Sharing your burdens with others doesn't make you weak—it strengthens you to keep going. Let others lift you up as you pour out love to the children.

**Scripture:** Ecclesiastes 4:9-10 – “Two are better than one... If either of them falls down, one can help the other up.”

**Prayer:** Lord, thank You for the gift of community. Connect me with others who can support and encourage me in this journey. Amen.

**Thoughts:**

## **Day 16: Faithful in the Unseen**

**Reflection:** Much of foster parenting happens in the quiet, unseen moments—late-night talks, calming fears, or advocating behind the scenes. These efforts may feel unnoticed, but God sees every sacrifice. Your faithfulness in the small things is building a legacy of love. Trust that He is multiplying your efforts for His glory.

**Scripture:** Colossians 3:23-24 – “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.”

**Prayer:** God, help me stay faithful in the unseen moments. Let my work be an offering to You. Amen.

**Thoughts:**

## **Day 17: Peace in Uncertainty**

**Reflection:** The unknowns in foster care—reunification, adoption, or behavioral challenges—can stir anxiety. But God offers peace that surpasses understanding. When your mind races with “what ifs,” anchor yourself in His promises. He is with you, guiding each step, even when the path feels unclear.

**Scripture:** Philippians 4:6-7 – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

**Prayer:** Lord, calm my anxious heart. Fill me with Your peace as I navigate the uncertainties of foster care. Amen.

**Thoughts:**

## **Day 18: Building Trust**

**Reflection:** Many foster children struggle to trust due to past betrayals. Building trust takes time, consistency, and patience. Your steady presence, even when met with resistance, shows them they are safe. Lean on God's faithfulness to guide you as you model reliability and love.

**Scripture:** Psalm 33:4 – “For the word of the Lord is right and true; he is faithful in all he does.”

**Prayer:** Father, help me build trust with the children in my care. Let my actions reflect Your faithfulness. Amen.

**Thoughts:**

## **Day 19: Restoring Dignity**

**Reflection:** Children in foster care often feel devalued or unseen. Your role is to restore their sense of worth through love and respect. Speak words of affirmation, celebrate their uniqueness, and show them they are precious in God's sight. Your care can help them rediscover their dignity.

**Scripture:** Psalm 139:14 – "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

**Prayer:** Lord, help me show each child their worth. Use me to restore their dignity through Your love. Amen.

**Thoughts:**

## **Day 20: Persevering Through Rejection**

**Reflection:** Rejection from a child can sting deeply, whether it's defiance, anger, or emotional distance. Remember that their rejection often stems from pain, not from you. Persevere in love, mirroring God's relentless pursuit of us. Your steadfast care can slowly break down walls.

**Scripture:** Romans 5:8 – "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

**Prayer:** God, help me love through rejection. Give me strength to show unwavering care, just as You do for me. Amen.

**Thoughts:**

## **Day 21: A Heart of Compassion**

**Reflection:** Compassion is the heartbeat of foster parenting. It's seeing past behaviors to the hurting child beneath. In tough seasons, ask God to soften your heart and open your eyes to their needs. Let His compassion flow through you, offering grace even when it's hard.

**Scripture:** Colossians 3:12 – “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”

**Prayer:** Lord, fill me with Your compassion. Help me see the children through Your eyes and respond with grace. Amen.

**Thoughts:**

## **Day 22: Holding Fast to Truth**

**Reflection:** Difficult seasons can bring lies—doubts about your worth, your impact, or God’s plan. Hold fast to the truth of God’s Word. You are called, equipped, and loved. The challenges don’t define your success; your obedience to God’s call does.

**Scripture:** John 8:32 – “Then you will know the truth, and the truth will set you free.”

**Prayer:** Father, anchor me in Your truth. Silence the lies that discourage me and renew my confidence in You. Amen.

**Thoughts:**

## **Day 23: Joy in Obedience**

**Reflection:** Obedience to God's call to foster isn't always easy, but it brings a deep, unshakable joy. Even in tough seasons, your "yes" to God is a beautiful act of worship. Find joy in knowing that your faithfulness aligns with His heart for the vulnerable.

**Scripture:** John 15:11 – "I have told you this so that my joy may be in you and that your joy may be complete."

**Prayer:** Lord, let Your joy fill me as I obey Your call. Help me find delight in serving You through foster care. Amen.

**Thoughts:**

## **Day 24: Grace for Yourself**

**Reflection:** You'll make mistakes as a foster parent—moments when you lose patience or miss a cue. Extend yourself the same grace you offer the children. God doesn't demand perfection; He asks for your heart. Rest in His forgiveness and keep moving forward.

**Scripture:** Ephesians 2:8-9 – “For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.”

**Prayer:** God, thank You for Your grace. Help me forgive myself for my shortcomings and keep growing as a foster parent. Amen.

**Thoughts:**

## **Day 25: A Safe Haven**

**Reflection:** Your home is a sanctuary for children who've known instability. In tough seasons, focus on creating a space of safety and love, even if it's imperfect. Your consistency—through routines, kind words, and presence—offers them a glimpse of God's steadfast love.

**Scripture:** Psalm 46:1 – “God is our refuge and strength, an ever-present help in trouble.”

**Prayer:** Lord, make my home a safe haven. Let the children feel Your love and security through our care. Amen.

**Thoughts:**

## **Day 26: Trusting God with Outcomes**

**Reflection:** You can't control the future of the children in your care—reunification, adoption, or their choices. This lack of control can feel heavy, but God asks you to trust Him with the outcomes. Your role is to love faithfully today; He holds tomorrow.

**Scripture:** Jeremiah 29:11 – “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

**Prayer:** Father, I entrust the children's futures to You. Help me love them well today and leave tomorrow in Your hands. Amen.

**Thoughts:**

## **Day 27: Renewed Strength**

**Reflection:** Burnout is real in foster parenting, especially in hard seasons. When you're running on empty, turn to God for renewal. He promises to lift you up, giving you strength to soar above the challenges. Take time to rest, pray, and recharge in His presence.

**Scripture:** Isaiah 40:31 – “But those who hope in the Lord will renew their strength. They will soar on wings like eagles.”

**Prayer:** Lord, I'm weary. Renew my strength and lift me up to continue this work with energy and hope. Amen.

**Thoughts:**

## **Day 28: Celebrating Progress**

**Reflection:** In tough seasons, it's easy to focus on setbacks, but every step forward counts. A child's smile, a moment of trust, or a small behavioral change is worth celebrating. Thank God for these signs of progress, knowing He's at work in their hearts.

**Scripture:** Philippians 1:6 – "Being confident of this, that he who began a good work in you will carry it on to completion."

**Prayer:** God, thank You for the progress I see, no matter how small. Keep working in our home and hearts. Amen.

**Thoughts:**

## **Day 29: A Legacy of Love**

**Reflection:** Your work as a foster parent leaves a lasting impact, even if you don't see the full fruit now. Every act of kindness, every prayer, every moment of care plants seeds for a child's future. Trust that God is using you to build a legacy of love.

**Scripture:** Matthew 25:40 – "Whatever you did for one of the least of these brothers and sisters of mine, you did for me."

**Prayer:** Lord, let my actions leave a legacy of Your love. Use me to make a lasting difference in these children's lives. Amen.

**Thoughts:**

### **Day 30: Resting in God's Faithfulness**

**Reflection:** As you walk through difficult seasons, remember that God is faithful. He has carried you this far, and He will not abandon you. Reflect on His provision throughout your foster care journey—His strength, grace, and love have sustained you. Rest in the assurance that He will continue to guide and uphold you, no matter what lies ahead.

**Scripture:** Deuteronomy 7:9 – “Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations.”

**Prayer:** Faithful God, thank You for carrying me through this season. Help me rest in Your unchanging love and continue this journey with hope. Amen.

**Thoughts:**

## Conclusion: Finding Strength in Difficult Seasons

As you reach the end of this 30-day devotional, reflect on the sacred calling of foster parenting and the resilience you've cultivated through life's challenging seasons. Over these past 30 days, you've explored how the hard moments—times of emotional exhaustion, uncertainty, or unexpected obstacles—become sacred spaces where God's strength sustains you. This journey has shown that foster parenting is not about avoiding difficulties but about finding divine strength to persevere through them.

Isaiah 40:31 states: "Those who hope in the Lord will renew their strength." This promise has anchored you, reminding you that in the unpredictable and often heart-wrenching world of foster care, God's power lifts you up when seasons feel overwhelming. Your steadfast presence in these moments reflects His unending faithfulness.

As you continue this calling, carry these truths forward:

- **God's strength is your foundation.** In every tough season, He renews your energy and resolve.
- **Community is your lifeline.** Surround yourself with others who offer prayer, encouragement, and support.
- **Your faithfulness transforms lives.** Even in the hardest times, your love and commitment leave a lasting impact on the children in your care.

May you walk into future seasons with unwavering hope, trusting that God's strength will guide you through every challenge. Thank you for answering this holy call to foster. Keep showing up, keep loving, and keep leaning on the One who renews you daily.

### Prayer:

Lord, thank You for walking with me through these 30 days. In difficult seasons, You have been my rock and my strength. Continue to empower me as a foster parent with Your grace, patience, and love. Help me to rely on You in every trial and to shine Your light for the children I serve. Amen.

### Reflection Question:

How has God's strength carried you through a difficult season during these 30 days? Write down one specific moment and thank Him for His faithful provision.