

*Your Yesterday Doesn't
Have To Be Your Today*



SPIRITUALLY EQUIPPED MOMMA

DEVOTIONAL

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ABOUT THE AUTHOR



My name is Denize Verduzco, I am a lover of Jesus, a wife, a mother, and a friend. To others, I am known as a pro-life advocate, a columnist writer, paralegal, business owner, business partner, campaign strategist, and travel agent.

Ever since I was young, I have always been an advocate for justice and have held a desire to empower and restore the broken, whether it be people groups or systems. As I discovered my love for writing, I realized how strong the written and spoken word is when you allow God to use them as He pleases.

My hope and prayer as you go through this devotional is that you realize the redemption and restoration power found in Him, Jesus. Know you that you are seen, heard, and that in me, you have a Mommy Friend.

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INTRODUCTION

WELCOME, MOMMAS.

THIS SIX-WEEK DEVOTIONAL SERVES TO HELP MOMS BECOME SPIRITUALLY EQUIPPED TO FIGHT OFF THE ENEMY'S TACTICS. THE ENEMY IS SATAN AND EVERYTHING THAT COMES AGAINST GOD'S WILL FOR YOUR LIFE. AS MOMS, YOU HELP GUIDE, PROTECT, TRAIN, DISCIPLINE, AND NURTURE THE CHILDREN THE LORD HAS ENTRUSTED YOU WITH. HOWEVER, TO BE INSTRUMENTAL IN THE LIVES OF YOUR CHILDREN AND FAMILIES, YOU MUST FIRST LEARN HOW TO APPLY THESE SPIRITUAL PRINCIPLES TO YOURSELF.

If you feel like you have made mistakes or are not fully equipped to fulfill the role of a mother, know that you are not alone. Your past mistakes don't have to dictate your future. Therefore, your yesterday doesn't have to be your today, but the choice is yours. Alongside Jesus Christ, who is God, you have the ability and power to transform your life and be a powerful influence in the lives of your children.

In the next six weeks, you will tackle some common emotions and feelings that afflict struggling mothers. At the end of each week, you will find a sheet to write down your thoughts and emotions pertaining to the devotion. This step is important and imperative because to be victorious and free, you must first recognize the struggle. Praying is one of the most spiritual things that you can do. For this reason, I recommend that you pray before reading your daily devotion to get your heart and mind aligned with God. The Holy Spirit, who is the Spirit of Jesus, is a great teacher who will help comfort, guide, and bring things to remembrance. Now, get ready to become spiritually equipped.

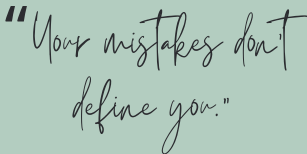
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"THE HEART COUNSEL OF A FRIEND IS AS SWEET AS PERFUME AND INCENSE."
- PROVERBS 27:9

CHAPTER I

OVERCOMING SHAME

Shame is a feeling that most women and mothers have felt at some point in their life. Whether it stems from personal insecurities, mistakes, secrets, or situations out of their control, it can be painful and humiliating. If you allow it, it can cripple you. When shame is not addressed properly, it can lead to a downward spiral of condemnation and feelings of unworthiness.



"Your mistakes don't define you."

Mommas, Jesus Christ has paid the ultimate price by dying on the cross to take away all shame, guilt, and condemnation. Did you know the Bible says that Jesus died for us while we were still sinners? This means that even when we were in the most sinful times in our lives and rejected him, He saw us and thought we were worth saving. When you give your life to Christ, you are a new creation in Him. You don't have to carry around shame. You have the absolute right to feel proud of who you are and of the progress you are making, right this moment.

However, you must make a conscious decision to give it all to Him and allow Him to work in your life. Vulnerability and transparency with Jesus and the right, healthy people, will lead to healing that has the power and potential to transform your life and the life of those around you. Often mommas don't realize that when they are broken and carry shame, it affects their parenting. The last thing you want is to impart shame onto your children because the goal is to train up confident children in the Lord.

Your mistakes don't define you. Your failures don't define you. Yes, while they have shaped some current situations or circumstances, know that you have the capability to turn those into lessons that set you on the path to success. If you are wondering where to start, first acknowledge the shame and determine where it is coming from. Secondly, repent for carrying that shame. Repenting means turning away from whatever decisions or choices caused that shame in the first place. If shame stemmed from situations completely out of your control, I need you to understand that God didn't cause that. The enemy did. Therefore, you need to release that hurt to God to begin healing. Lastly, ask someone you trust to hold you accountable in your walk to freedom. This person should be solid in their relationship with Jesus and know how to have healthy boundaries.

CHAPTER II

OVERCOMING FEAR & ANXIETY

Whether a first-time mother or a mother of multiple children, fear will find a way to occupy space in your life if you allow it. When you are dealing with the many factors of life and the unknowns, it becomes easy to get consumed with the what-ifs. What if the pregnancy or birth doesn't go as planned? What if I don't meet my own expectations as a mother? What if adding another child to the mix is more than I can bare? These are just some of the questions that run through our minds and they are extremely valid. But, whatever you focus on and give time and energy to is where you will find your faith and answers. What matters more than these questions is how you decide to approach them. Will you approach them through fear and anxiety? Or through the victory that Jesus has given you? One will give you an answer of hopelessness and the other will give you hope!



Have you ever noticed how kids are usually fearless? For example, they'll jump on the couch without understanding the danger of falling and hurting themselves. This is because fear is learned. Fear can come from past generations or from bad experiences and it has a way to stop you in your tracks to deter you from prospering. The thoughts of failing or making mistakes can prevent you from pressing in toward grander things. Simple things like watching the news or even scrolling through social media can bring fear and anxiety from the bad reports being promoted. When your mind fixates on the bad reports versus the good report of the Lord, hope is deterred, and causes your heart to feel sick.

Besides faith, Mommas need a lot of wisdom to overcome fear. The Bible says that fear of the Lord is the beginning of wisdom. This doesn't mean being afraid of God, it means honoring Him. When you honor God, you get wisdom, which means you get good judgment. Wisdom will help you protect your children from imminent harm and provide warning signs that something is wrong.

CHAPTER III

OVERCOMING LOSS

Loss is never easy, and it hurts. If you have ever lost a baby, relative, friend, or even a relationship, you know that a grieving process is required to heal from such turmoil. While experiencing loss is inevitable and results in various emotions, you must know you are not alone. In the Bible, Mary, the mother of Jesus, had to endure the temporary loss of her son. Job had to endure the loss of his material things and children. Naomi endured the loss of her husband and sons. Ruth endured the loss of her husband. David had to endure the loss of Jonathan, his best friend. These few stories all had a common theme: God helped them through it. Since God did it for them, He will do it for you.

Overcoming loss looks different for everyone because everyone grieves differently. There is no perfect way to grieve, but there are behaviors the Bible strongly prohibits from engaging in. Why? Because they will cause destruction that leads to death. That is the opposite of who God is and His will for us. God is the author of life and gives us life and life more abundantly.



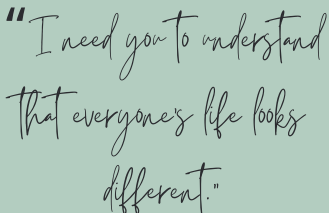
You must remember that God, being the good Father He is, only wants to protect you, your children, and your family. Dealing with loss by drowning your sorrows in drugs, alcohol, promiscuity, or other addictions is only a temporary band-aid that will never heal the core of the problems. Any unresolved hurt or trauma has a way of affecting everything and everyone around you. You will parent and build relationships with a broken foundation that, at some point, will collapse.

CHAPTER IV

OVERCOMING WORTHLESSNESS

Mommas, you are worthy! Perhaps an ex-boyfriend, family member, or friend has called you worthless. Perhaps you have even repeated those words over yourself. Without realizing it, we often carry words said to us by others that don't deserve to occupy space in our life. If words are not edifying you or pointing you toward a positive change, you need to release them. Jesus paid a high price for you because you are highly valuable. His payment has redeemed you from all sins and curses.

Identity is a constant battle you will face as a woman and mother. Maybe you feel like you can never become the woman, wife, or mother that you desire to be. Comparison with other mommas can bring feelings of unworthiness because you compare your brokenness to their success. I need you to understand that everyone's life looks different. Everyone's journey is different. One common thing, however, is that we are all fearfully and wonderfully made.



"I need you to understand that everyone's life looks different."

The God of the universe made you specifically for such a time as this. He made you a momma to your kids because He knew exactly what they needed. If the enemy can keep you in a state of worthlessness, he doesn't have to work hard because you're doing the work for him. The world does a good job of pointing out your flaws and mistakes. Jesus, however, sees the promise that He created within you from the beginning. God does call us to acknowledge our weaknesses, but He does it so we can turn to Him, not away from Him. Part of equipping you spiritually starts with seeing your weaknesses as opportunities to get closer to Him so that He can be the source of your strength. God says that His grace is sufficient as His power works best in our weaknesses.

Knowing who you are in Christ brings freedom. Christ has a purpose and a destiny for you, your children, and your family, far greater than you can imagine. You are not a coincidence or a mistake, but a carefully crafted masterpiece called to bring forth great change into this world. This is who you are in Him.

CHAPTER IV

Today is the day to break off all curse words, thoughts, or feelings of unworthiness. You are worthy not because I say so but because your Father in Heaven says so. God says you were created in His image, and in God's image, only worthiness abides.

Scriptures to meditate on:

Genesis 1:27 NLT

So God created human beings in his own image, In the image of God he created them; male and female he created them.

Psalms 139:13-16 NLT

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous – how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of life was recorded in your book. Every moment was laid out before a single day had passed.

2 Corinthians 12:9-11 NLT

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.

Ephesians 2:8-10 NLT

God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it. For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago

Reflect :

Psalms clearly describes the detail that went into creating you and me. Jesus knew all that you would do and still chose to love you enough to die for you. How do you see yourself after reading the scripture in Psalms?

CHAPTER V

OVERCOMING BETRAYAL

According to Merriam-Webster Dictionary, betrayal is the act of betraying someone or something or the fact of being betrayed: violation of a person's trust or confidence, of a moral standard, etc. If you have ever experienced betrayal, you know firsthand how much it hurts and the residue it leaves behind. Once you have been betrayed, it becomes difficult to trust again. In some instances, when trust is broken between two people, it is never regained because there is no repentance on the violator's behalf, and those are the consequences that need to be paid.



Now, regardless of the type of betrayal, Jesus calls us to forgive. Yes, you read that correctly. We are called to forgive, not for the other person's sake but for our sake. Jesus says we are to forgive others so that He may forgive us. Forgiveness is about releasing the debt so you aren't left with bitterness or resentment and also trusting that Jesus will vindicate you.

Restoration and reconciliation are entirely different matters and are not synonymous with forgiveness. Therefore, let me make this very clear, just because you are called to forgive doesn't mean you are to accept those who violated you or your trust back into your life. If there is no repentance, there should be no reconciliation, and you should keep those violators at a distance.

Given the different types of betrayal, it is imperative that you use your better judgment to conclude if working towards reconciling those relationships is what Jesus is asking of you. For instance, if someone has betrayed your trust by violating your body, taking advantage of you, or someone you know, it's not wise to have those people around you. If someone has gossiped about you or undermined your parenting, you may forgive, and if you find it wise, work toward mending that relationship with healthy boundaries.

CHAPTER V

The power of forgiveness can change your life when done Jesus' way. Mommas, you are not exempt. Don't forget to extend that forgiveness to yourselves as well. If you haven't already, you will have days when you feel like you've failed or betrayed the trust of God, your spouse, your children, or your friends. Remember that forgiveness is extended when you ask God to forgive you, receive His forgiveness by faith, and do your best to make it right. If you can't extend forgiveness to others or yourself, not only are your prayers hindered, but you won't be demonstrating the power of forgiveness to your children. Forgiveness is a gift that came at a high cost; don't take it for granted.

Scriptures to meditate on:

Matthew 6:14-15 NLT

If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.

Colossians 3:13 NLT

If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.

Mark 11:25 NLT

But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.

Psalms 109:4 ESV

In return for my love they accuse me, but I give myself to prayer.

Reflect :

What hurts and betrayals are you choosing to let go of today? Invite Jesus into those areas and ask Him to help you forgive and release the debt.

CHAPTER VI

OVERCOMING COMPLACENCY

Mommas, you did it! You have made it to week six, and I am incredibly proud of you. You have put in the work. You have shown up. Now, you are better equipped to combat the tactics of the enemy. Although complacency might not be an issue right now, know that at some point, the enemy will attempt to deceive you into this. Why? If you stop pressing into the word of God, your promises, your growth, your family's growth, and all that Jesus has to offer, you are no longer a threat to the enemy. The whole point of this devotional is to spiritually equip you for the present and future; for you to have these tools in your arsenal and use them when necessary.

How will you know if you have fallen into complacency? According to the Cambridge Dictionary, complacency is a feeling of calm satisfaction with your own abilities or situation that prevents you from trying harder. As a mother, you know the hard work that is required for your children to succeed in the natural.

Things such as teaching children how to walk, brush their teeth, potty training, schoolwork, and good manners are all things that require consistency, training, and good role modeling. You know children do as they see and not always as they are told. Therefore, to pick up healthy habits, you as a parent need to model them first.

Your spiritual walk should be no different. In my opinion, it should be of greater importance because God will ask for an account of everything we do or say on this earth. Additionally, as Mommas, we can't be everywhere, but God can and is. What better teammate than Him to have in your corner? Plus, our prayers have a way to reach our children at any place and at any time. Teaching our children about Jesus and teaching them how to walk according to His word are things that you will never regret. Don't ever think that growing in your spiritual walk ends. Jesus himself, the Son of God, had to grow into spiritual maturity. When he was 12 years old, Mary and Joseph thought they lost Him. To their surprise, He was learning and asking questions about God and His word at the synagogue. Yet, He began to perform miracles an entire 18 years later, at the age of 30. He continued to grow and wasn't complacent; therefore, we should be like him.

FINAL THOUGHTS

MOMMAS, I HOPE BY NOW YOU HAVE REALIZED THAT YOU ARE NOT A VICTIM AND ARE VICTORIOUS IN HIM.

Jesus Christ redeemed you and paid the ultimate price for you over 2,000 years ago. The moment that you repented, accepted Him into your life, and decided to live for Him, your sins were washed away. Whatever patterns or mistakes you made in the past don't define you. Things said by others that didn't edify you or align with God's word, don't describe you. Remember the power and authority that reside in you because you are in Him. Whenever the enemy tries to whisper lies into your ear, combat him with God's truths. You are more than worthy! Lastly, don't forget that you have the ability and power to facilitate change; because of that, your yesterday doesn't have to be your today. You have the tools to equip you for the battles of this world.

Be Blessed,
Your Mommy Friend
Denize Verduzco

