The background is a solid blue color with several stylized yellow leaves scattered around the edges. Each leaf has a brown stem and vein structure. The leaves are of various sizes and orientations, creating a decorative border effect.

FOCUS ON THE FAMILY
PRESENTS:

Seven Days of Devotions

FOR MOMS

STACEY THUREEN

Strong Momma

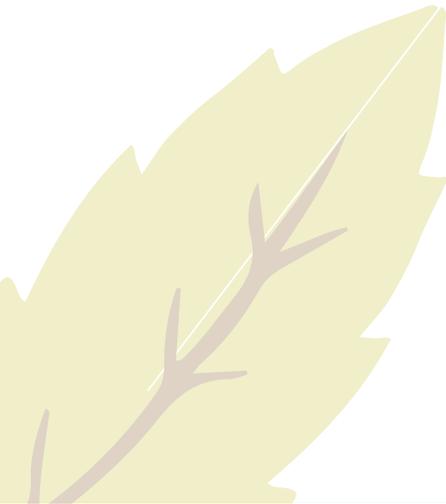


The Apostle Paul understood all too well what it was like to feel weak. Perhaps you, Mom, have days where you feel weak physically, emotionally, or spiritually. Maybe your little one woke you up last night. Or you've been trying to help your child with school assignments that are not your favorite subject (or theirs).

The Bible tells us about men and women who were used in mighty ways by God. However, these men and women also knew what it was like to deal with weakness, insults, hardships, persecution, calamities, chaos, etc. As a mom, may it give you great comfort to know that **you are not alone** and that **God can also use you** in mighty ways.

Paul has an excellent reminder for all the moms out there. When you are parenting and ministering to your family, **God's grace is all that you need**. Feeling physically or emotionally weak is considered a good thing in the eyes of your Heavenly Father. Only then can you rely on His strength to get you through each day.

***Prayer:** Jesus, thank You for the blessing that it is to be a mom. Use me in spite of my weaknesses. Please also use me in spite of my strengths. Help me to be the best mom that I can be. Show me how to extend grace to myself and my family. Amen.*

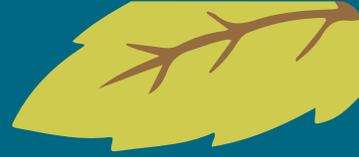


But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”

Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

2 CORINTHIANS 12:9-10

Pause to Pray



Being a mom is no small task. Newborns, toddlers, preschoolers, elementary age, preteen, teen, young adult, adulthood — each stage comes with its own set of joys and challenges. You may find yourself struggling to juggle all of them as you navigate the stages of motherhood. Despite the ups and downs, ins and outs, you never stop being their mother. You never stop loving your kids.

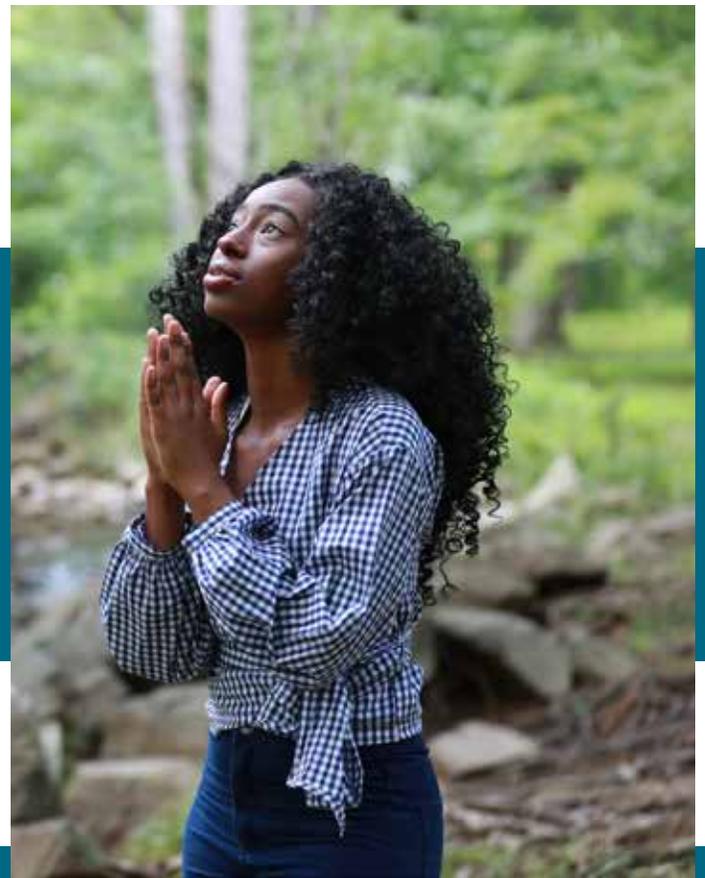
You have a powerful influence in your children's lives. So much so, that it affects their daily faith walk, everyday decisions, and interactions with others. You, as a mom, are more influential today than you might even realize or give yourself grace for!

So today, no matter how young or old your children are, take a few deep breaths and take a step of faith. Instead of being bombarded by the overwhelming volume of demands of your family life, consider pressing the pause button to pray. Then, turn the noise up just a little bit by inviting your children to pray with you. Jesus said, "Where two or three gather together, He is there also."

Consider it a joy and a blessing that your family may partake in church together. But you don't have to go to a special place to make it happen. It can start right in the creative, crazy, curious, and chaotic confines of your home.

***Prayer:** Jesus, give me the ability to invite my children into a holy, set apart conversation with You. Show me how to be the best example that I can be to them. Lead me. Amen.*

For where two or three are
gathered in my name, there am I
among them.
MATTHEW 18:20



Heavenly Hugs



Isaiah was a prophet who communicated that the Savior was coming. God would use this long-awaited, promised Messiah to comfort His people like a mother comforts her children.

Throughout the day, you might find yourself giving out lots of hugs and kisses to your kids. Why do you do this? You want what's best for them. You want to comfort them when they need it. It helps them to know they are loved, cherished, and valued. **Your arms and embrace provide them with a safe attachment and a secure place to be themselves.**

Did you know that the same way you comfort your child(ren) is the same way God wants to comfort you? He may not choose to physically give you a hug, but He does so spiritually. **Consider all of the different ways you have felt like God has figuratively hugged and comforted you.** Take out a journal and write it down. Or save it somewhere on your computer, tablet, or phone. Go back and look at it every time you need a reminder that God is with you, and to recall the times He has been present in the past.

***Prayer:** Heavenly Father, thank You for always being by my side. Even when life feels crazy and I just need some comfort, thank You for giving me Your Heavenly hugs! Amen.*

As one whom his
mother comforts,
so I will comfort
you; you shall be
comforted in
Jerusalem.
ISAIAH 66:13



Cast the Line



Have you ever gone fishing? If so, perhaps one way you tried to get a bite was by casting the fishing line. Think about that for a moment. Casting requires you to do something. In essence, you are trying to throw or hurl the fishing line as far as it can go into the depths of the water. You don't intend for whatever is attached to the end of the line to come back when you reel it in. You don't want it back. You don't need it back. You want something even better to come back in its place — a fish!

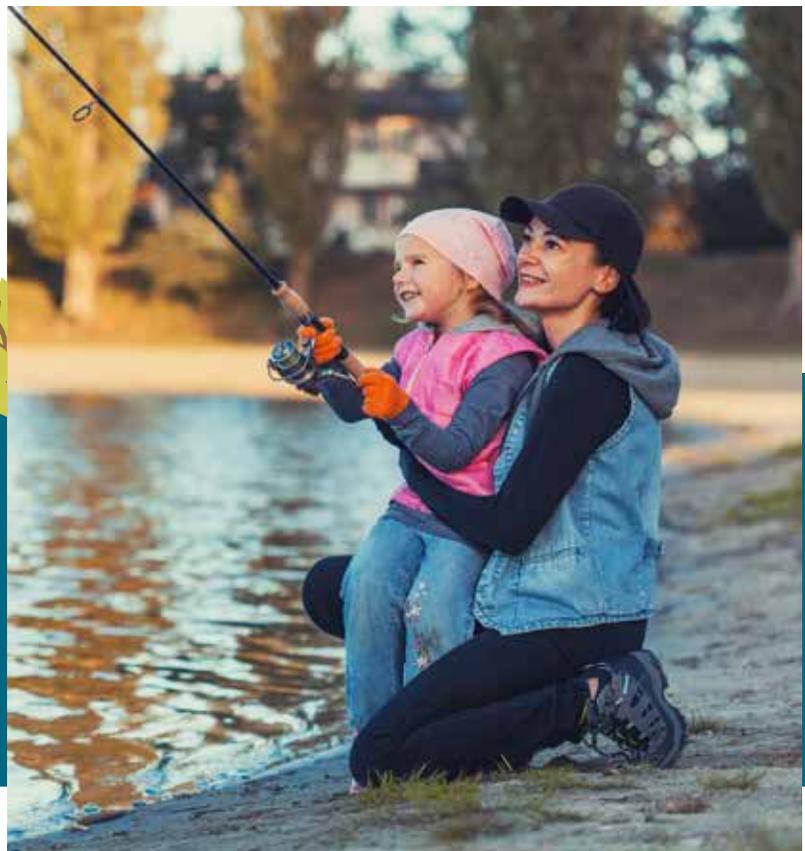
In the same way, **you can cast all of your anxieties on God**. He cares for you deeply, intimately. He doesn't want you to hold on to things that will weigh you down into the depths of the water. He wants you to let go of it.

Consider this exercise that you can do with or without your children. Get something that you can throw or cast. If you don't have a fishing pole, perhaps it's a ball. Create a target on your lawn or at the local park where you and your kids can throw the ball. Or stand on your back porch and practice casting a fishing pole. As you do this, tell God which things you are letting go of and are giving to Him. Then leave it there.

***Prayer:** God, at times I confess I feel weighed down by the complexities of everyday life. I want to be freed up so that I can be the best child of God You created me to be. As I throw and cast these things, I'm figuratively saying that I'm letting go! Amen.*

...Casting all your anxieties on him, because he cares for you.

1 PETER 5:7



Seek God



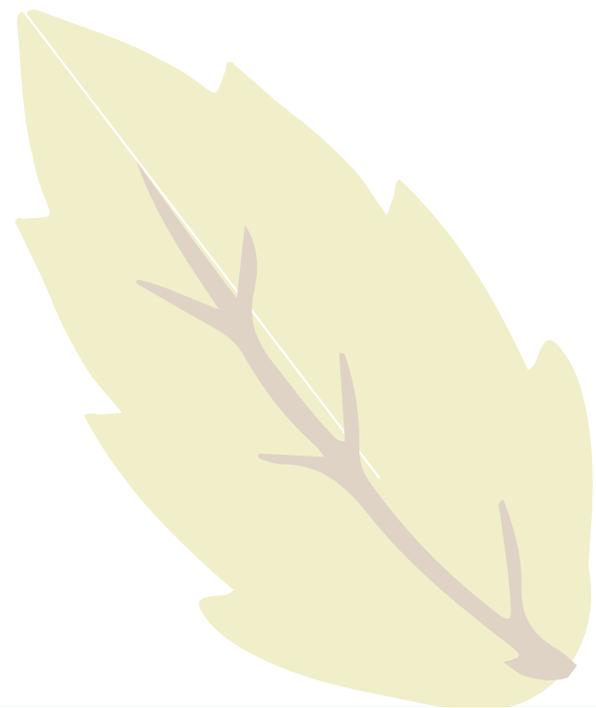
Jesus taught about money and possessions. Why? Because He knew that people can idolize it and make it a higher priority than the one true God. Jesus wanted to turn things around and provide freedom from such idols. This freedom comes when you choose not to focus on these things. Rather, **focus on God** who is in control. Focus on the things that He cares about and watch Him meet all of your needs.

All of this might be easier said than done. As a mom, you may sometimes find yourself wondering how God is going to come through and provide for a need. Or you wonder how you'll ever finish everything that needs to get done. But what if you changed your focus? Instead, focus on what is in front of you, such as serving your husband, kids, and the household. Pay attention to how God is at work. Talk to Him through prayer. Lean into the loving relationship you have with your Eternal Daddy. As you do, watch Him show up and provide for you in ways you couldn't have imagined.

***Prayer:** Jesus, I need You! When I'm consumed by other things, help me to focus on You! Help me to engage with those around me who matter the most in my life. Help me to see You at work in everything. Amen.*

But seek first the kingdom of
God and his righteousness, and
all these things will be added to
you.

MATTHEW 6:33



Momma - The Superhero!

Have you ever watched your child(ren) pretend to be a superhero? Did you ever pretend to be a superhero when you were little? Do you remember which character you were trying to impersonate? What were the strengths that the hero had that you wished you did, and that took you out of your comfort zone? Which ones take your kids out of their comfort zones?

David wrote Psalm 31 and this verse can speak directly to you, too. Like a child playing superhero, you too can become known as **Momma, the Superhero!** With God, you are strong. You can take courage to do the things you don't feel like doing, don't feel adequate enough to do, or didn't think you could do. And if you don't feel like you have what it takes to fly through the rooms of your house, or jump over piles of your children's toys or dirty clothes, then take heart! **Wait on the Lord** to show you what to do, or what to say next, as you mother your kiddos.

Prayer: *Jesus, give me Your strength to be strong and resilient. Give me Your abilities to be a courageous mom. And when I don't know what to do or what to say to my family, help me to wait on You for wisdom and direction. Amen.*

Be strong, and let
your heart take
courage, all you
who wait for the
Lord!

PSALM 31:24



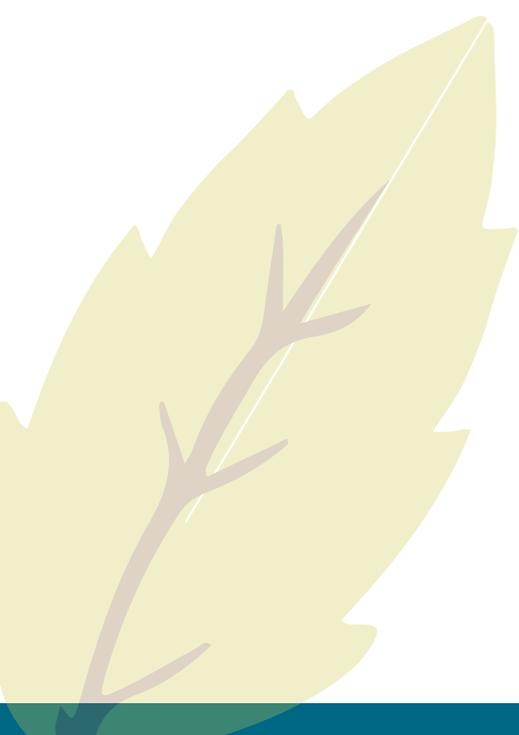
Our Hope



David brings about some reflection in Psalm 71. When did you accept Jesus into your life, dear momma? Was it when you were a little girl, a teenager, or a young adult? **Think back on your faith walk with Him.** Consider all of the ways He has been with you, sustaining you throughout your journey. Did you know that His grace and blessings were already being poured out over you before you began a relationship with Him? Did you know that even the hardest, most trying of circumstances were used to bring You to Him? They all were!

In these days of uncertainty and chaos, you can place your hope in Him. You can trust that God is working everything out for good (**Romans 8:28**). Everything may look and feel bad right now, but He's going to turn it around for good! It might take some time and it might not make a lot of sense, but you can trust that He will fulfill this promise to you, dear momma.

***Prayer:** Heavenly Father, please help me to have Your eyes to see the good in every situation. Even if it looks like things are the worst that they can possibly be, help me to trust You. Renew my hope in You once more. Show me just how much You love me! Amen.*



For you,
O Lord,
are my hope, my trust,
O Lord, from my
youth.
PSALM 71:5



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