



A
Moment
for Mom

EVERYDAY DEVOTIONS
& PRAYERS

**FREE
PREVIEW**

EDITORS *of* GUIDEPOSTS

Finding Stillness

Be still before the LORD and wait patiently for him.

Psalm 37:7 (NIV)

We know that being still is an important part of our spiritual growth, but it's difficult to find the time for stillness and harder yet to wait patiently for God's answers. In those small moments when you can be still, open your heart and allow yourself to experience God's grace, letting His presence fill you. The quality of this time is far more important than the quantity.



DEAR LORD, THANK YOU for the gift of quiet. It's not easy to find tranquility as a mom, but I know it's important. I want to hear Your voice, and I can only do that when I'm still and listening. Just as I want to teach my kids to wait for the things they want to have or do, I need to learn this lesson too.

You are a good Father. You are always on time with Your provision. Thank You for guiding me on how to parent. Thank You for the moments of quiet You set apart for me. Help me to take hold of them. In Jesus's name I pray, amen.

Blessed Rest

And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.

Genesis 2:2 (NKJV)

Do you find that sometimes you are too busy to even think? You know that rest is necessary and important, but as a mother, you often sacrifice your rest for the sake of others' needs. When you can, give yourself permission to take time off, to say no to things you don't want to do, and to find time—even little bits of it—to relax and restore your soul.



DEAR GOD, I'M TIRED. There's always more to do. Something's got to give, and I don't want it to be my family's mental health. Teach me more of what soul rest really looks like. I know I need to rest my body, but if my soul is in turmoil, even physical rest doesn't help.

Teach me to guard my days and remind me I don't have to schedule every minute. Help me place a high value on family time. Eliminate my people-pleasing ways; You're the only one I need to please. Give me the wisdom to find tools to help me organize my days, and the strength to say no when I need to. Thank You for loving me without my doing anything to earn it. Amen.

God's Got This

by Elsa Kok Colopy

My girl was 17 years old and ready to conquer the world as a junior in high school. Unfortunately, she wasn't making the best decisions once she ventured out of my sight. She pushed boundaries on curfew, she fought our rules, she reached for her independence with a sense of entitlement. We had to put our foot down and have some hard conversations. Yes, she still had to be home on time, complete all her homework, honor us in her tone of voice.

I worried about other things too. Since she was part of the popular crowd, I worried she might be exposed to drinking or drugs. Would she have what it took to say no? I petitioned God. I wrung my hands. I counseled and lectured my daughter about all the dangers "out there."

Then in the quiet of one worrisome evening, God brought to my mind the way He captured my heart as a young, wayward woman. He had been in the mess. He had been in the hard. And He had faithfully drawn me to Himself. God reminded me that while my girl may not always be in my sight, she is always in His. His hand is on her as He constantly works on her behalf. It might get messy. It might get hard. But He is faithful to her, and He will never let her go. I held fast to that truth and let my eyes close in peace.

She is His.

Your Life Is His Masterpiece

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.

Ephesians 2:10 (NLT)

God, the divine Artist, has a beautiful life planned for you. When you offer yourself to God and dedicate yourself to be part of His vision, you will accomplish greater things than you can imagine. You are His masterpiece, His beloved child.



CREATOR GOD, HELP ME TO SEE myself through Your eyes. You created every part of me, and You have amazing works for me to do. I can be so critical of myself, but I dishonor You when I do that. Yes, I live in a fallen world where age and time take their toll on my body. But I am still Your beloved child. Remind me of that each and every day. Help me live out the plan You have for me. I give You praise in Jesus's name, amen.

Mothers of the Bible

by Lisa Guernsey

For you created my inmost being; you knit me
together in my mother's womb.

Psalm 139:13 (NIV)

What can the mothers of the Bible tell us? They may be thousands of years removed from us, but their lives still resonate. In fact, the Bible is rich with the stories of women who anchored their families—spiritually as well as physically—often against long odds.

When we think of those moms, our mind instantly leaps to the New Testament and to the life of Mary, the mother of Jesus. The Gospel of Luke tells us of Mary's encounter with the angel Gabriel. When the angel foretells Jesus's conception through the Holy Spirit, Mary replies, "I am the Lord's servant. . . . May your word to me be fulfilled" (Luke 1:38, NIV). Her answer, full of faith and humility, begins her journey as a mother, one that would be marked by extremes of joy and grief.

The same chapter of Luke references another recipient of divine aid: Mary's much older cousin Elizabeth. "The Lord has done this for me," she says of her pregnancy in old age (Luke 1:25, NIV). Elizabeth's son, John the Baptist, would later prove pivotal in the life of Jesus. The Old Testament references similar miracle conceptions, including those of Sarah, mother of Isaac (Genesis 17, 21), and Hannah, mother of the prophet Samuel (1 Samuel 1), who hands over her son to the priest Eli, dedicating her son to the Lord's service.