

Just for Moms

RESOURCES FOR EMBRACING
GOD'S DESIGN FOR MOTHERHOOD



Deborah Haddix

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Resources for Embracing God’s Design for Motherhood

Five Simple Prayer Tips	2
Scriptures to Pray for Your Children	3
12 Ideas for Raising Your Children God’s Way	7
Practical Ways to Share Your Faith with Your Child	8
62 Building Up Words for Your Children	10
Top 16 Things Children Said They Remember and Love Most	11
75 Great Questions to Ask Your Kids	12
Terrific Tips for Mom	15
10 Habits of Joyful Moms	17
I Choose Joy 30-Day Challenge for Moms	19
Resources	20

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Five *Simple* Prayer Tips

1. **Use a list when you pray.** Record the things you are praying for in a physical journal or on a computer app. During your prayer time, pull out your list and allow it to guide your prayers.

2. **Pray the Word of God.**

Praying Scripture is powerful, and it's personal. There are many ways to pray the Word of God. One great way is to locate prayers in the Bible and simply pray them back to God. (Try inserting the name of your child into the passage as you pray.)

Here are a few Scripture prayers to get you started: Numbers 6:22-27; Ephesians 1:15-23; Ephesians 3:14-21; Philippians 1:9-11; Colossians 1:9b-12.

3. **Pray for the specific as well as the more obscure.** Both are important. A specific prayer might be: "Lord, help Phillip pass his math test this week. He has struggled so with his division facts." That is specific. You can see the answer immediately. A prayer for something more obscure would be: "Father, cause Susie to love you with all her heart, mind, soul, and strength. And help her come to treasure you above all." The answer to that prayer is much harder to detect, right? But it is so crucial that you pray these prayers.

4. **Be quiet over your child.** Wait to see if God brings things to mind that your child might need today. Then if anything has been brought to your mind, pray those things

5. **Watch for answers.** Take note of them when you see them. Again, use a physical journal or a computer app to keep record.





Scriptures to Pray for Your Children

Pray that your [grand]children will...

Know Christ as Savior - ...because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. (Romans 10:9)

Recognize Jesus as the Name Above All Names - Therefore God has highly exalted him and bestowed on him the name that is above every name, ¹⁰ so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. (Philippians 2:9-11)

Trust in God and Lean Not on Their Own Understanding - Trust in the LORD with all your heart, and do not lean on your own understanding. ⁶ In all your ways acknowledge him, and he will make straight your paths. (Proverbs 3:5-6)

Desire a Close Relationship with Christ - Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; ² but his delight is in the law of the LORD, and on his law he meditates day and night. ³ He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. (Psalm 1:1-3)

Mature in Christ - until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ... (Ephesians 4:13)

Be Surrounded by Godly Adults and Friends Who Will Pour into Them - Iron sharpens iron, and one man sharpens another. (Proverbs 27:17)

Hate Sin - O you who love the LORD, hate evil! He preserves the lives of his saints; he delivers them from the hand of the wicked. (Psalm 97:10)

Be Caught When Guilty - It is good for me that I was afflicted, that I might learn your statutes. (Psalm 119:71)

Be Protected from the Enemy in Every Area of Life - I do not ask that you take them out of the world, but that you keep them from the evil one. (John 17:15)

Know God Intimately - ... that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death... (Philippians 3:10)

Receive the Love of God - See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him. (1 John 3:1)

Live Unashamed - For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. (Romans 1:16)

Know Their Identity in Christ - For this reason I bow my knees before the Father...that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge. (Ephesians 3:14, 17-19)

Love God's Word - Therefore I love your commandments above gold, above fine gold. ¹²⁸Therefore I consider all your precepts to be right; I hate every false way. ¹²⁹Your testimonies are wonderful; therefore my soul keeps them. ¹³⁰The unfolding of your words gives light; it imparts understanding to the simple. (Psalm 119:127-130)

Develop the Discipline of Prayer - ...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

Praise God - ...and they said to him, "Do you hear what these are saying?" And Jesus said to them, "Yes; have you never read, "“Out of the mouth of infants and nursing babies you have prepared praise’?” (Matthew 21:16)

Be Filled with the Knowledge of God's Will - And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding... (Colossians 1:9)

Walk with the Lord, please Him, bear fruit, and grow in knowledge of God - ...so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God... (Colossians 1:10)

Be Strengthened with All Power and Endure - ...being strengthened with all power, according to his glorious might, for all endurance and patience with joy... (Colossians 1:11)

Give Thanks to God (*with Joy – see Colossians 1:11*) - ...giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. (Colossians 1:12)

Wisdom in Discerning Good from Evil - For your obedience is known to all, so that I rejoice over you, but I want you to be wise as to what is good and innocent as to what is evil. (Romans 16:19)

Be Protected from Stranger Danger -Wisdom will save you from the ways of wicked men, from men whose words are perverse. (Proverbs 2:12)

Pursue righteousness, faith, love, and peace - So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart. (2 Timothy 2:22)

Guard Their Life with God's Word - How can a young man keep his way pure? By guarding it according to your word. ¹⁰With my whole heart I seek you; let me not wander from your commandments! ¹¹I have stored up your word in my heart, that I might not sin against you. (Psalm 119:9-11)

Not Be Conformed to Culture but Sold Out to God - I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ²Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (Romans 12:1-2)

Grow in Faith and Develop Christlike Values - I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. (Galatians 2:20)

Exhibit the Fruit of the Spirit - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. (Galatians 5:22-23)

Be Favored by God and Man - And Jesus increased in wisdom and in stature and in favor with God and man. (Luke 2:52)

Submit Completely to God and Resist Satan - Submit yourselves therefore to God. Resist the devil, and he will flee from you. (James 4:7)

Have a Responsible Attitude in All Their Relationships - Then this Daniel became distinguished above all the other high officials and satraps, because an excellent spirit was in him. And the king planned to set him over the whole kingdom. (Daniel 6:3)

Honor Their Parents - Honor your father and your mother, that your days may be long in the land that the LORD your God is giving you. (Exodus 20:12)

Respect Those in Authority over Them - Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God. (Romans 13:1)

Have a Strong, Healthy Relationship with Their Siblings - Concerning brotherly love you have no need for anyone to write to you, for you yourselves have been taught by God to love one another. (1 Thessalonians 4:9)

Choose Their Friends Wisely - My son, if sinners entice you, do not consent. ¹¹ If they say, "Come with us, let us lie in wait for blood; let us ambush the innocent without reason..." (Proverbs 1:10-11)

Be Guided by the Holy Spirit in Choosing Their Spouse - Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness? (2 Corinthians 6:14)

Remain Pure Before Marriage - Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. ¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own... (1 Corinthians 6:18-19)

Develop Discernment and Wisdom - And God said to him, "Because you have asked this, and have not asked for yourself long life or riches or the life of your enemies, but have asked for yourself understanding to discern what is right, ¹² behold, I now do according to your word. Behold, I give you a wise and discerning mind, so that none like you has been before you and none like you shall arise after you. (1 Kings 3:11-12)

Grow in Humility - So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, ² complete my joy by being of the same mind, having the same love, being in full accord and of one mind.³ Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ⁴ Let each of you look not only to his own interests, but also to the interests of others. (Philippians 2:1-4)

Love Others with the Love of God - Love one another with brotherly affection. Outdo one another in showing honor. (Romans 12:10)

Develop an Eternal Perspective - For to me to live is Christ, and to die is gain. (Philippians 1:21)

Sense Your Calling and Purpose for Their Life - ... who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began... (2 Timothy 1:9)

Be Alert and Attentive in School - The heart of him who has understanding seeks knowledge, but the mouths of fools feed on folly. (Proverbs 15:14)

Resist Negative Peer Pressure - Whoever walks with the wise becomes wise, but the companion of fools will suffer harm. (Proverbs 13:20)

Be an Example Even in Their Youth - Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity. (1 Timothy 4:12)

Be Thoughtful in Their Screen Time Selections - I will not set before my eyes anything that is worthless. (Psalm 101:3a)

Use Discretion in Their Choice of Music - It is better for a man to hear the rebuke of the wise than to hear the song of fools. (Ecclesiastes 7:5)

Learn to Watch and Pray against Life's Temptations - Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak. (Matthew 26:41)

And pray...

Thanks for Those Who Have Received the Gift of Salvation - For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. (John 3:16)¹



¹ Taken from *Praying with Purpose: Taking Your Prayer Life from Vague to Victorious* by Deborah Haddix, Anderson, IN: Warner Press, 2018, 88-94.

12 Ideas for Raising Your Children *God's Way*

1. Build your faith into your everyday moments. (Deuteronomy 6:7)
2. Establish an atmosphere of “faith talk” (both formal and informal) in your home. (Deuteronomy 6:7)
3. Bring every matter back to the condition of your child’s heart. (Proverbs 4:23)
4. Model a life of relationship with Christ. (Titus 2:7)
5. Pray out loud throughout your day. Let your children hear you pray.
6. Pray **with** your children. (Luke 10:1)
7. Read your Bible out loud.
8. Study Scripture with your child. (3 John 4)
9. Worship Jesus with all your heart. (Psalm 66:4)
10. Play worship music (and sing along at the top of your lungs *or* dance)!
11. Read children’s Christian books to your children.
12. Involve your children in serving others.



Practical Ways to Share Your Faith with Your Child

- Attend church TOGETHER.
- Read the Bible together. Here are a couple of resources to get you started:
 - *The Jesus Storybook Bible Every Story Whispers His Name* by Sally Lloyd Jones
 - *The Children's Bible in 365 Stories* by Mary Batchelor
- Converse: Turn off the technology and talk – after school, around the dinner table, in the car.
- Listen. REALLY LISTEN, when your child is talking to you. Hear what you child is saying (verbal/nonverbal) so that you can learn more about her and her faith.
- Teach your child good listening skills. Equip them to learn by listening to others.
- Talk about your own relationship with God.
- Share your testimony, regularly. Everyone has a God-story. Make sure your children know yours. Tell them how you came to know Christ, what He is currently teaching you, what He has done in your life in the past, and how He has worked in your family.
- Share your favorite Bible verses or passages and why they are special to you.
- Memorize Scripture together and set aside some time for reciting it together.
- Keep a thankful journal where you and your children record the things you are thankful for.
- Write thank you notes and mail them.
- Encourage your child with words of sincere praise, appreciation, and affirmation.
- Hide notes for your children. Express your feelings, encourage them, offer comfort, or simply make them smile.
- Help your children learn to be friends with each other.
- Prepare and deliver meals to others.
- Observe a Random Acts of Kindness Day. Discuss who you would like to serve and then look for ways to serve. Many idea lists can be found through a quick *Google* or *Pinterest* Search.



- Volunteer together at a local ministry or charity. Involve your children in sharing their faith while teaching them about service and creating beautiful memories.
- Sponsor a child. Together choose an organization and find a child in the same age range as your child.
- Save money. Use the jar or envelop system to encourage your child to think of others first as they collect coins for their sponsored child, missionary, or other service project.
- Pray together. Regularly pray for other family members, missionaries your church supports, and those on your church's prayer request list.
- Save your Christmas cards. Pull one each week and pray for the family.
- Teach your children to stop and pray whenever they hear an emergency vehicle's siren.
- Go for prayer walks in your neighborhood. Pray for the family in each house on your block or the families playing in the park.
- Learn to express your own thanks and praise out loud instead of in your mind. Your children will learn from hearing you.
- God for a hike, star-gaze, or cloud-gaze. Use the shared time together to talk about God's creation.
- Date your children. Give them some one-on-one time. During your time together talk, listen, and share – your life, your values, your faith.





62 *Building Up* Words for Your Children

“Choose life” by blessing your child with actions, attitudes, and *WORDS* that affirm, encourage, and build up.

I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse. Therefore choose life, that you and your offspring may live, -Deuteronomy 30:19

1. I'm grateful for you.
2. I love being your parent.
3. I care what you think.
4. You are my favorite ___ year old!
5. I believe you.
6. I believe in you.
7. You were right.
8. We can try your way.
9. I can't wait to hear about it.
10. I'm excited to spend time with you.
11. That's a great question.
12. Your friends are blessed to have you.
13. I trust you.
14. That was a really good choice.
15. I understand you.
16. That was brave.
17. I forgive you.
18. I appreciate you.
19. We all make mistakes.
20. Yes, me too.
21. You are very good at that!
22. You can try again tomorrow.
23. I'm listening.
24. You are beautiful inside and out.
25. I love you.
26. I could never stop loving you.
27. You've outdone yourself!
28. Way to go!
29. Thank you for helping.
30. You made it happen!
31. It couldn't be better!
32. You're a real trooper!
33. The time you put in really shows!
34. You're a great example for others!
35. I knew you had it in you!
36. What an imagination!
37. You made the difference!
38. Good for you!
39. Take a bow!
40. You figured it out!
41. You're a joy!
42. How thoughtful of you!
43. You're amazing!
44. What a great idea!
45. You deserve a hug!
46. Thank you!
47. You're a big help!
48. You've got what it takes!
49. You can be trusted!
50. I'm proud of you!
51. Very impressive!
52. You've really grown up!
53. What a great listener!
54. You've earned my respect!
55. Thank you for caring!
56. You're a great kid!
57. How original!
58. You are a pleasure to know!
59. You're very talented!
60. That's it!
61. Congratulations!
62. Nothing can stop you now!



Top 16 Things Children Said They Remember and Love Most

1. Bedtime songs and stories... and being tucked in.
2. Hugs and kisses.
3. Talking with dad and mom, about anything and everything.
4. A listening ear.
5. Quality time alone with parents.
6. Dinner conversations especially about upcoming weekend plans.
7. Evening family time.
8. Playing outside – a lot.
9. Cuddles and snuggles under a blanket while watching TV.
10. Discipline. “It makes me feel like you care.”
11. Special messages left for them to find.
12. Hearing stories about when mom and dad were little.
13. A healthy dose of sincere praise.
14. Smiles.
15. Learning new things.
16. Special treats. (Look this list over. The special treats don’t need to cost money. Children remember and love most the time and attention of their parents. Plan special treats around this: picnics in the back yard, swinging at the park, walking around the block, popcorn and a movie, game night, etc.)





75 Great *Questions* to Ask Your Kids

1. What was the funniest thing you heard all day?
2. What was your favorite thing that happened today?
3. Did your teacher get upset today? What happened?
4. Was anyone absent from school today? Did that make the day different?
5. What was something new you read today?
6. What happened today that you wish had not happened?
7. What are you learning about in _____? (Math, Science, Reading, Art...)
8. Did anyone do something nice for you today?
9. Did you do something nice for someone else today?

10. How would you describe school?
11. How would you describe church?
12. What do you like to dream about?
13. What is your best memory so far this school year?
14. Who is your hero? Why?
15. How would you describe your home?
16. What are you most proud of yourself for?
17. What is one thing you would like to learn to do well?
18. What is the scariest thing that happened this year?
19. What is the worst thing that could happen to you?
20. Who do you think is really successful? Why?
21. What three words best describe you?
22. What's something that makes you angry?
23. What's the best compliment you ever received?
24. What do you want to be when you grow up?
25. What do you think your wife (husband) will be like?
26. What do you enjoy about your life?
27. Is there anything you want me to know that I didn't ask?



28. What is the nicest thing I ever did for you?
29. When is a time that I hurt your feelings?
30. What is the difference between being smart and being wise?
31. What is the hardest part about being (fill in your child's age)?
32. What has been your favorite childhood memory?
33. What person in history would you like to visit?
34. What is the most important decision you will ever make?
35. When do you feel misunderstood by grown-ups?

36. How would you describe our family?
37. What do you like most about being in our family?
38. What do you like least about being in our family?
39. What would you change about our family?
40. What is something Mommy/Daddy always says to you?
41. What makes Mommy/Daddy happy?
42. What makes Mommy/Daddy sad?
43. What is Mommy/Daddy's favorite thing to do?
44. What does Mommy/Daddy do when you are not around?
45. What do you and Mommy/Daddy do together?
46. Where is Mommy/Daddy's favorite place to go?
47. What does Dad do at work?
48. What is Mommy/Daddy really good at?
49. What is Mommy/Daddy not very good at?
50. What is Mommy/Daddy's favorite food?
51. What makes you proud of Mommy/Daddy?
52. What was Mommy/Daddy like as a child?
53. How does your Mommy/Daddy show you love and make you feel special?
54. What do you wish Mommy/Daddy would do more of?
55. How would you describe your relationship with Mommy/Daddy?
56. How would you describe Mommy and Daddy's relationship?
57. How would you describe your relationship with (sibling name)?



58. Who is the kindest person you know? Why?
59. What do you like most about your best friend?
60. When is the last time someone hurt your feelings? How did you react?
61. Do you know someone who is going through a hard time? How can you help them?

62. What do you think heaven looks like?
63. Who is a person you know that seems the most Christ-like?
64. What sounds and smells do you think Joseph and Mary experienced in the stable on Christmas night?

65. How is love different for a Christian couple than it is in the movies?
66. When you pray, how do you picture God?
67. What is your favorite Bible verse? Why do you like it?

68. If you were going to spend one year on a desert island and could only take three things with you, what would they be?
69. If people followed the Golden Rule, think of all the things we wouldn't need. Can you make a list?
70. If you could be in a movie that you've already seen, which one would it be? Would you be a character that is already in the movie, or would you be one that you would add?

71. If you could have chosen your own name, what would it be?
72. If you could change anything about yourself, what would it be?
73. If Mommy/Daddy was a cartoon character, who would it be?
74. If you could keep only one thing out of everything you have, what would it be?
75. If Mommy/Daddy becomes famous, what will it be for?

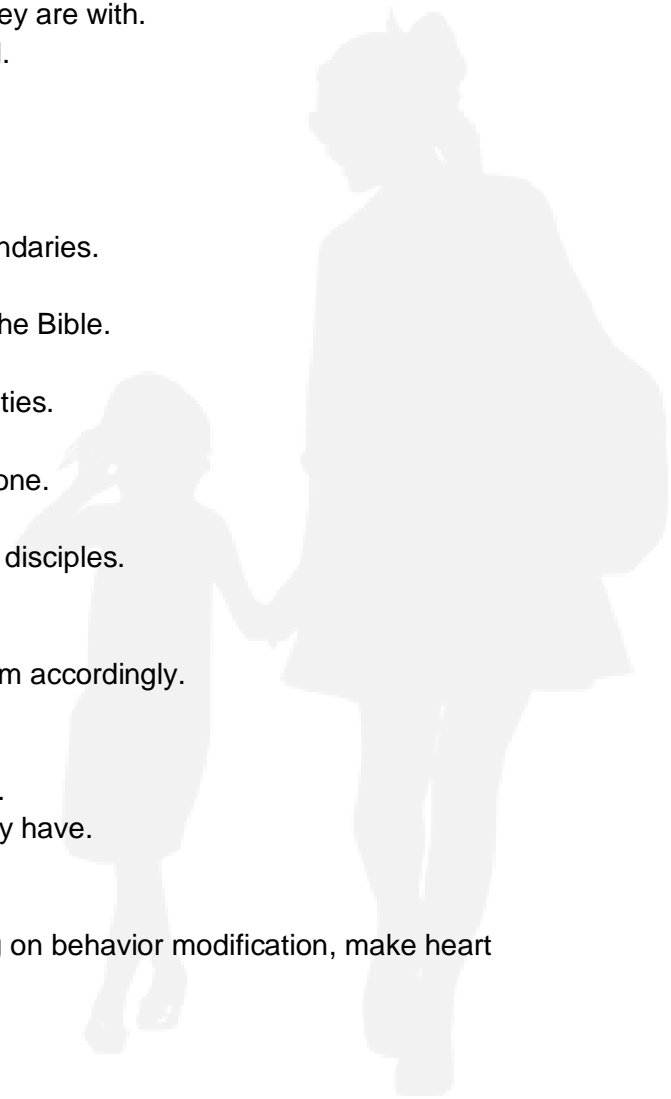


Terrific *Tips* for Mom



1. Smile more. Children need to see our smiles.
2. Make eye contact when communicating with your children.
3. Read aloud to your children. It's good for them.
4. Do devotions together. Age appropriate, of course.
5. Do projects together.
6. Help with homework.
7. Cook or bake with your children.
8. Create family traditions.
9. Listen more.
10. Ask more.
11. If you are married, honor your husband. This is vital for your children to see.
12. Pray for your children.
13. Pray with them, as well.
14. Get silly.
15. Laugh at yourself.
16. Have a girls' night. (Moms and daughters.)
17. Have a date night. (Moms and sons.)
18. Play.
19. Say, "I love you" often. Don't assume they know it. Say it.
20. Speak positive words over your children. Bless them with words of life.
21. Live by example.
22. Read the Bible to them and in front of them.
23. Take lots of pictures.
24. Attend their important events and activities.
25. Write them a love letter.
26. Make their favorite dinner - for no reason at all.
27. Cheer for your children. Be their biggest fan in life and make sure they know it!
28. Encourage them.
29. Hug them.
30. Kiss them.
31. Put little "thinking of you" notes in their lunch box.
32. Allow your children to mess up.
33. Forgive them.
34. Apply 32 and 33 to yourself as well. You will never be perfect.
35. Encourage open communication.
36. Let your children be individuals. Do not try to live your dreams through them.
37. Dream with them.
38. Encourage them to go after their dreams.
39. Be consistent in discipline.
40. Hold your children accountable.

41. Reward them for a job well done.
42. Compliment them often.
43. Take them to church. Get them involved in church.
44. Limit media influence.
45. Help your children develop a biblical worldview.
46. Teach them to appreciate learning and the importance of a good education.
47. Encourage creativity.
48. Tell the truth.
49. Expect honesty from your children.
50. Teach them the importance of Scripture memorization.
51. Apologize when you mess up.
52. Support them.
53. Accept them.
54. Know their friends and the parents of their friends.
55. Keep track of what they do and who they are with.
56. Nurture their relationship with their dad.
57. Be available when they need you.
58. Have family fun nights.
59. Make them feel special all year long.
60. Provide boundaries.
61. Encourage them to have personal boundaries.
62. Follow through.
63. Teach your children the big picture of the Bible.
64. Give them chores.
65. Give them age appropriate responsibilities.
66. Teach them how to resolve conflict.
67. Spend time with your children one-on-one.
68. Help them develop spiritually.
69. Disciple them and teach them to make disciples.
70. Volunteer as a family.
71. Encourage giving.
72. Learn their love language and love them accordingly.
73. Dance with your children.
74. Lighten up!
75. Do not give them everything they want.
76. Teach them to be thankful for what they have.
77. Teach them good work ethic.
78. Teach moral values.
79. Aim for the heart. Rather than focusing on behavior modification, make heart transformation your goal.
80. Start new traditions.



10 Habits of *Joyful* Moms



1. Keep God #1

Joyful moms establish priorities, keeping their eyes on God.

True joy—joy that can't be shaken when the days are gloomy and gray, the laundry piles up, or all of the children are sick at once—is only found in God.

Biblical Joy – a settled conviction in our soul, produced by the Holy Spirit as He causes us to see the beauty of Christ in the Word and in the world, even in the midst of our circumstances.

-Kim Young, Joy Forevermore

2. Do ALL Things unto Christ

Moms filled with joy don't get caught up in what other people think – about the toys on the floor or any of the other “mom-stuff.” They work for an Audience of One and realize the honor of serving Him by serving their family. (Colossians 3:23)

3. Live with Eternity in View

Joyful moms are intentional with their time. They prayerfully examine their motives and evaluate their activity. (1 Corinthians 10:31)

“Why am I spending time on this?”

“Am I doing this for selfish reasons?”

“Are my reasons for engaging in this Christ-honoring?”

“Is this a frivolous use of time or does it bring glory to God?”

4. Practice Gratitude

Joyful mothers make a conscious effort to find things for which they are thankful. They train their minds to look for blessings, and they choose to focus their attention on these things.

5. Choose to be Joyful

Joyful moms choose joy.

We can't always control the things that happen to us, but we can control how we react. We can control whether we choose joy or bitterness, thanksgiving or anger, happiness or discontentment.

6. Refuse to Compare

Comparison is a thief of joy!

Joyful moms don't compare their lives to the lives of other moms. They realize there is no need for they are already seated at the table with Christ.

7. Take Care of Their Marriage

As much as we'd like to believe the quality of our marriage doesn't affect our mothering, for most of us at least, that's just not the case.

When my husband and I are at odds with one another, my attitude reflects the conflict—even if my husband isn't home. When my marriage is not strong, my joy suffers.

8. Take Care of Themselves

Joyful moms take care of their bodies by staying active, eating relatively healthy meals, resting, getting away occasionally to be refreshed, and investing in things that bring them joy. (Of course, there are times when we should make sacrifices for our family, but that doesn't mean we should always sacrifice, never taking care of ourselves.)

9. Say “No” So They Can Say “Yes”

Joyful moms keep their priorities straight. They learn (sometimes with very great effort) to say “no” to the good, so they can say “yes” to the best.

10. Ask for Help

This one is tough. Joyful moms make themselves vulnerable by asking for help.

They ask other moms in their same season to help with a sick child or make an emergency grocery run.

Joyful moms ask older women to invest some time in them by mentoring them in prayer one hour a week or teaching them to cook.

Asking is risky. What will they think? They might even say “no.” But if we never risk asking, we'll never reap the benefits or experience the joy of walking this journey with others.



I Choose Joy 30-Day Challenge for Moms

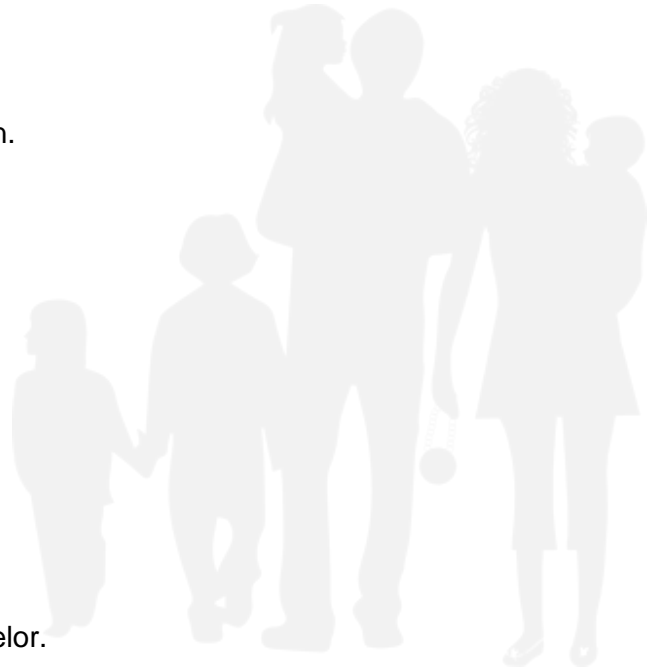


1 Spend today in an attitude of prayer. Ask God to do a “joy” work in your heart.	2 Choose a “Joy” song from your playlist and turn it up loud.	3 Meditate on Psalm 16:11.	4 Put down your phone. Be present with your child today.	5 What speaks love to your husband? Think of one thing and do it.
6 Make this quote your mantra for today: “Live beyond, ‘What if.’ Find Joy in, ‘What is.’”	7 Hug your child/children three times today.	8 Carve out at least 15 minutes and do something you enjoy.	9 Intentionally perform one “mommy” or “household” chore today as if unto Christ.	10 <i>Practice gratitude.</i> Be on the lookout for gifts from God. Thank Him out loud each time one comes to mind.
11 With elaborate amounts of joy, serve your child his/her favorite food today.	12 Forgive yourself when you mess up. And if you don’t mess up today, Celebrate!	13 Spend today in an attitude of prayer. Ask God to do a “joy” work in your heart.	14 Choose a “Joy” song from your playlist and turn it up loud.	15 Meditate on John 15:11.
16 Remember that being a mom is a gift. What do you love about being a mom?	17 Spend at least 5 minutes alone with God today.	18 <i>Demonstrate love</i> to your husband today. Hold his hand, give him a kiss, say, “I love you,” and do it in front of your child.	19 <i>Do one thing</i> to care for yourself today: go for a walk, make a healthy mealtime choice, take a nap, go to bed early, etc.	20 Make this quote your mantra for today: “Find joy in the ordinary.”
21 Laugh out loud with your child today.	22 Intentionally perform one “mommy” or “household” chore today as if unto Christ.	23 How do you want your child to remember you? Be that mom today.	24 <i>Practice gratitude.</i> Be on the lookout for gifts from God. Thank Him out loud each time one comes to mind.	25 Think of a mom you admire. Choose one of her qualities and live it out today.
26 Meditate on Philippians 4:4.	27 Choose a “Joy” song from your playlist and turn it up loud.	28 Picture your child as an adult. Today, mother with that in mind.	29 Make this quote your mantra for today: “Joy does not simply happen to us. We have to choose joy and keep choosing it every day.” -Henri Nouwen	30 Spend today in an attitude of prayer. Thank God for joy and the “joy” work He has already performed in your heart. Ask Him to help you continue to choose joy.

Resources

Books

Answering Your Kids' Toughest Questions by Elyse Fitzpatrick & Jessica Thompson.
Don't Make Me Count to Three by Ginger Hubbard.
Faithful Parent by Martha Peace & Stuart Scott.
Family Worship by Donald Whitney.
Give Them Grace by Elyse Fitzpatrick.
Gospel Centered Discipleship by Jonathan Dodson.
How to Study the Bible for Kids by Kay Arthur.
Instructing a Child's Heart by Tedd & Margy Tripp.
Long Story Short by Marty Machowski.
Ministry of Motherhood by Sally Clarkson.
Mission of Motherhood by Sally Clarkson.
Missional Motherhood by Gloria Furman.
Old Story New by Marty Machowski.
Parenting in the Pew by Robbie Castleman.
Practicing Affirmation by Sam Crabtree.
Preparing Children for Marriage by Josh Mulvihill.
Shepherding a Child's Heart by Tedd Tripp.
Teach them Diligently by Lou Priolo.
The Children's Bible in 365 Stories by Mary Batchelor.
The Jesus Storybook Bible by Sally Lloyd-Jones.
The New City Catechism for Kids by Gospel Coalition.
Treasuring Christ When Your Hands are Full by Gloria Furman.
Visionary Parenting by Rob Rienow.
What Does the Bible Say About That? by Kevin Swanson.
Wise Words for Moms by Ginger Hubbard.



Websites

<i>Crosswalk.com</i> – Parenting Tab	https://www.crosswalk.com/family/parenting/
<i>Desiring God</i> – Parenting Page	https://www.desiringgod.org/topics/parenting
<i>Family Life</i> – Parenting Tab	https://www.familylife.com/
<i>Focus on the Family</i> – Parenting Page	https://www.focusonthefamily.com/parenting