

## Breaking Through the Hustle of Motherhood

God wants to meet you right where you are, to grow your faith and experience His presence.

### Truth and Lies

1. *Lie: My faith is on \_\_\_\_\_ in motherhood*
  - a. Truth: He gets us as moms
    - i. God as a mother who comforts her child (Isaiah 46:3-4, Deuteronomy 32:18, John 3:5)
    - ii. God as a mother feeding her children (Hosea 11:4)
    - iii. God's people as newborn infants (1 Peter 2:2)
    - iv. Jesus noting the challenges of pregnancy and nursing (Matthew 24:19-21)
  - b. Truth: He used mothers in the Bible
    - i. Hannah's Song
    - ii. Mary's Song
    - iii. Timothy's mother and grandmother
    - iv. Samson's mother
    - v. Naomi
    - vi. Proverbs 31 woman
2. *Lie: Faith in \_\_\_\_\_*
  - a. Truth: God wants to meet with us daily to depend on Him
    - i. Make a plan and keep it simple; find your balance
    - ii. The Holy Spirit will help us connect us with the Lord
      - a. John 14:26
      - b. Romans 8:26
3. *Lie: All I have to give are \_\_\_\_\_ and all I get in return are \_\_\_\_\_*
  - a. Truth: Don't give up! Fruit is promised, it just might not come how, when, or where we expect it
    - i. John 15:5
    - ii. Galatians 6:9

Lies

Truth

**Miriam's Song (Exodus 15: 20-21)**

1. *How can you \_\_\_\_\_?*
  - a. Find what works for you and play to your strengths
    - i. Identify what stirs your affection for the Lord and prioritize it
    - ii. Think: Daily, Weekly, Monthly, Yearly
  - b. Not a one stop shop time with God
    - i. Don't just hedge your bets on the morning
    - ii. Plan multiple times throughout the day to experience God: scripture, worship music, keeping scripture around your house or in the car, set alarms to pray, involve your kids
2. *What \_\_\_\_\_ around us can we use to experience God?*
  - a. Look for moments already happening around you
    - iii. Gratitude
    - iv. Wins/Answered prayers
    - v. Lament
4. *With \_\_\_\_\_ can we experience God?*
  - a. Our family
    - i. Keep it simple: share what you're learning from God with your kids
    - ii. Prayer: Set alarms, write them down, family time
    - iii. Scripture memory: Tape up printouts, carry it in your car
    - iv. Worship music: Listen throughout the day, sing it to your children
  - b. Friends/Community
    - i. Ask what they are learning from God or a church message
    - ii. Share the hard things
    - iii. Pray



# Start Simply

| Daily   | Weekly  | Monthly   | Yearly   |
|---|---|---|--|
| Ex. Time with God,<br>Share a verse with<br>kids, worship music | Ex. Bible study,<br>Sunday church,<br>family devo | Ex. Worship night,<br>service (food to a<br>neighbor, donating) | Ex. Extended time<br>with God, goal<br>planning, service day |
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