



A Mother's Heart

**INSPIRATION AND
ENCOURAGEMENT**
FOR EVERY MOM



A Mother's Heart: Inspiration and Encouragement for Every Mom

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Encouragement



*“Do not be afraid;
do not be discouraged.*

*Go out to face them tomorrow,
and the LORD will be with you.”*

(2 Chronicles 20:17)

Even giants of the faith needed encouragement. Just read through the book of Psalms and you’ll see how King David—known as a man after God’s own heart—went through low times when he despaired God had abandoned him.

When you need an extra boost, try focusing on God’s goodness and power, not on your problems. Instead of looking at what you don’t have, count what you do have in Christ. Let these Scriptures, quotations, and readings lift your spirits.



“The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid?”

(Psalm 27:1)

“There is no way to be a perfect mother,
but a million ways to be a good one.”

—Jill Churchill

“Of all the special joys in life, the big ones and the small, a mother’s love and tenderness is the greatest of them all.”

—Unknown

“Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.”

(Proverbs 31:30)

“With man this is impossible,
but with God all things are possible.”

(Matthew 19:26)



Mama Bear

Mothers are notoriously protective. Mystery novelist Agatha Christie once wrote, “A mother’s love for her child is like nothing else in the world. It knows no law, no pity. It dares all things and crushes down remorselessly all that stands in its path.”

An example of such a mama bear is found in Mark 7:24–30. An evil spirit had possessed a Canaanite woman’s daughter. No doubt this was a terrifying experience and she feared for the girl’s life and sanity. But what’s interesting is that even though she was Greek, she didn’t turn to her own culture’s gods or beliefs. She placed her trust and faith in the One who was the Messiah.

At first Jesus didn’t respond to the mother’s cries for help, but she persisted and begged. You can imagine the disciples were annoyed and told her to go away, but she wouldn’t leave. Jesus recognized her faith and healed the child. This mother’s determination and faith brought deliverance for her daughter.

Just as a mom defends and cares for her children during infancy, so she plays an ongoing and important role in their lives, whether they are tweens, teens, young adults, or even grown-ups with kids of their own. While the duties of motherhood change over time, a mom’s love, devotion, and protectiveness don’t stop.



“And my God will meet all your needs according to the riches of his glory in Christ Jesus.”

(Philippians 4:19)

“Those who trust in the LORD are like Mount Zion, which cannot be shaken but endures forever.”

(Psalm 125:1)

Help me, Lord, to be slow to anger and abounding in love toward my children today.

“Surely God is my salvation;
I will trust and not be afraid.”

(Isaiah 12:2)

“She stood in the storm, and when the wind did not blow her away, she adjusted her sails.”

—Elizabeth Edwards

“Therefore encourage one another and build each other up, just as in fact you are doing.”

(1 Thessalonians 5:11)

“Be assured, if you walk with Him and look to Him, and expect help from Him, He will never fail you.”

—George Mueller



In God We Trust

Moses spoke with God through a burning bush, witnessed countless miracles, and saw his people delivered out of slavery just as God had promised. Why, then, did he not trust the Lord to provide water (see Numbers 20:2–13)? Because he was human.

Elijah bravely confronted King Ahab, Queen Jezebel, and their followers as worshippers of false gods. Why, then, did he run away and not trust God for protection when his life was threatened (see 1 Kings 19:1–3)? Because he was human.


Peter sat under Jesus's teaching and saw Him do the impossible. But when Jesus told Peter to leave the boat during a rough storm and join Him on the water, the disciple grew fearful.

“Immediately Jesus reached out his hand and caught him. ‘You of little faith,’ he said, ‘why did you doubt?’” (Matthew 14:31). Because he was human.

If these great men of faith faltered during moments of doubt, it shouldn’t come as a surprise when we do. No matter how many times God remains true to His Word, we still wonder if He’ll come through one more time. We have more in common with doubting Thomas than we care to believe.

Maybe we doubt because we think God is like us in temperament, but that’s not true. God isn’t moody. He won’t change His mind because He is having a bad day. He is the same today as He was at the beginning of time. The promises we read in the Bible are as true now as they were when they were written.

What is going on in your life that you don’t trust to God? Your children’s future? Finances? Health issues? Parenting concerns? These life circumstances aren’t bigger than God. Have faith to step out of the boat and walk into your Lord’s waiting arms.



“But blessed is the one who trusts in the LORD,
whose confidence is in him.”
(Jeremiah 17:7)

“Sometimes the strength of motherhood
is greater than natural laws.”
—Barbara Kingsolver

*I pray for the grace to be an encouragement
to my children.*

“If God is for us, who can be against us?”
(Romans 8:31)

“There is eternal influence
and power in motherhood.”
—Julie B. Beck

“When I am afraid, I will put my trust in you.”
(Psalm 56:3)



You Are Doing a Good Job

Dr. Monroe smiled at young Kylie. The girl's red curls bounced as she tried to slide off the exam table, but she was held firmly in place by her mother's swift hand. The fifteen-month-old was as cute as a button, from her freshly scrubbed face to her smocked jumper to her shiny patent leather shoes. And her brother, Caleb, was a blue-eyed angel sleeping peacefully in his carrier.

Their mom, Tamara, was a different story, however. The young woman's glassy eyes betrayed the fact she hadn't gotten enough sleep the night before. Her complexion was dull, her clothes wrinkled. Everything about her screamed exhaustion.

"Tamara," the pediatrician began, "are you taking care of yourself?"

"Sure."

His eyebrows rose slightly. "I see it all the time— young moms spending their time and energy on their kids, neglecting themselves."

"I suppose I do that. I just don't have the time to focus on me." Tamara shrugged.

"Imagine you're a pitcher of water and everyone is coming to you for a drink, but no one is filling you back up. Pretty soon you will run dry and everyone will suffer." The doctor paused. "Taking care of yourself is part of being a good mom. You praise your children and cheer them on to each new accomplishment, no matter their age. What if you didn't do that? They would become disheartened. To be the best parent you can be, treat yourself like you treat your kids—be good to yourself."

If you don't have time for a massage or a pedicure or whatever you imagine "taking time for yourself" looks like, write down some affirmations—"You're doing a good job," "You're a great mother," "You're making good decisions for your family"—and put them around the house.

You are "fearfully and wonderfully made" (Psalm 139:14), and God values you.



“This is the confidence we have in approaching God:
that if we ask anything according to his will,
he hears us.”
(1 John 5:14)

“As a mother comforts her child,
so will I comfort you.”
(Isaiah 66:13)

“Your greatest contribution to the kingdom of God
may not be something you do,
but someone you raise.”
—Andy Stanley

“My help comes from the LORD,
the Maker of heaven and earth.”
(Psalm 121:2)

“The LORD your God is with you, the Mighty Warrior
who saves. He will take great delight in you; in his
love he will no longer rebuke you, but will
rejoice over you with loud singing.”
(Zephaniah 3:17)

*Thank You, Lord, for the encouragement found
in the counsel of others and in Your Word.*