

The background of the entire image is a repeating pattern of various floral and leaf motifs. These include yellow daisies, pink five-petaled flowers, small white flowers on thin stems, and various green leaves and sprigs. The pattern is scattered across the white background, framing the central text area.

BUSY MOM'S BIBLE PLAN:

**5 MINUTES A
DAY FOR 30
DAYS**

How to Use This Plan

DEAR MOM WITH A HEART FOR JESUS,

FIRST, LET ME SAY THIS: YOU ARE SEEN. THE MILK-STAINED SHIRT, THE TO-DO LIST THAT NEVER ENDS, THE WAY YOU COLLAPSED INTO BED LAST NIGHT WITHOUT EVEN BRUSHING YOUR TEETH—ALL OF IT. YOU'RE DOING HOLY WORK, EVEN WHEN IT DOESN'T FEEL HOLY. ESPECIALLY THEN.

THIS PLAN WAS CREATED WITH YOUR REAL LIFE IN MIND. NOT THE INSTAGRAM VERSION, BUT THE BEAUTIFUL MESS OF EVERYDAY MOTHERHOOD. HERE'S WHAT YOU NEED TO KNOW:

WHAT THIS PLAN IS:

- QUICK: EACH DAY TAKES JUST 5 MINUTES (BECAUSE WE KNOW THAT'S SOMETIMES ALL YOU HAVE)
- HONEST: NO SPIRITUAL PLATITUDES OR GUILT TRIPS—JUST REAL TALK ABOUT GOD AND MOTHERHOOD
- PRACTICAL: CONNECTING SCRIPTURE TO YOUR ACTUAL LIFE, NOT SOME THEORETICAL PERFECT DAY
- GRACE-FILLED: DESIGNED TO BRING LIFE, NOT ANOTHER TASK TO FEEL BEHIND ON

WHAT THIS PLAN ISN'T:

- A COMPREHENSIVE BIBLE STUDY REQUIRING CROSS-REFERENCES AND COMMENTARIES
- ANOTHER STANDARD TO MEASURE YOURSELF AGAINST
- SOMETHING YOU NEED TO CATCH UP ON IF YOU MISS A DAY
- A SOLUTION TO ALL YOUR MOTHERHOOD CHALLENGES

HOW TO MAKE IT WORK FOR YOU:

FIND YOUR TIME: MAYBE IT'S WITH YOUR MORNING COFFEE BEFORE THE HOUSE WAKES UP. OR DURING NAP TIME. OR WHILE SITTING IN THE PICKUP LINE. OR RIGHT BEFORE BED. THERE'S NO PERFECT TIME—JUST YOUR TIME.

MAKE IT VISIBLE: KEEP THIS PLAN SOMEWHERE YOU'LL SEE IT. MAYBE SCREENSHOT THE DAY'S READING TO YOUR PHONE LOCK SCREEN OR KEEP IT BY YOUR BEDSIDE.

BE FLEXIBLE: IF YOU MISS A DAY (OR THREE), SIMPLY PICK UP WHERE YOU LEFT OFF. GRACE ABOUNDS HERE.

KEEP IT SIMPLE: YOU DON'T NEED A LEATHER JOURNAL, COLOR-CODED PENS, OR AN HOUR OF SILENCE. JUST YOUR HEART, THESE WORDS, AND A WILLINGNESS TO MEET GOD IN THE MIDDLE OF YOUR MOTHERHOOD.

REMEMBER THE PURPOSE: THE GOAL ISN'T TO CHECK OFF 30 DAYS OF DEVOTIONS. IT'S TO REMIND YOUR WEARY MAMA HEART THAT GOD IS WITH YOU—IN THE TANTRUMS AND THE TENDER MOMENTS, IN THE CHAOS AND THE CUDDLES.

LET'S BEGIN THIS JOURNEY TOGETHER, ONE BUSY DAY AT A TIME.



WITH LOVE AND SOLIDARITY,

A FELLOW MAMA IN THE TRENCHES

Day 1: God's Presence in Chaos

SCRIPTURE:

"BE STILL, AND KNOW THAT I AM GOD." — PSALM 46:10

DEVOTIONAL:

IN THE MIDDLE OF SPILLED CEREAL, UNFOLDED LAUNDRY, AND ENDLESS TO-DOS, IT FEELS IMPOSSIBLE TO "BE STILL." BUT WHAT IF BEING STILL ISN'T ABOUT PHYSICAL STILLNESS? WHAT IF IT'S A HEART POSTURE THAT SAYS, "EVEN IN THIS CHAOS, I RECOGNIZE YOU, GOD"? TODAY, IN YOUR BEAUTIFUL MESS, REMEMBER THAT GOD DOESN'T REQUIRE PERFECT QUIET TO MEET WITH YOU.

PRAYER PROMPT:

LORD, HELP ME FIND YOU IN MY EVERYDAY CHAOS. OPEN MY EYES TO SEE YOUR PRESENCE IN THE ORDINARY MOMENTS OF MOTHERHOOD. AMEN.

REFLECTION:

Day 2: Enough for Today

SCRIPTURE:

"GIVE US THIS DAY OUR DAILY BREAD." — MATTHEW 6:11

DEVOTIONAL:

THE DISHES AREN'T DONE. THE PERMISSION SLIP ISN'T SIGNED. THE CHICKEN ISN'T THAWED. AND SOMEHOW, YOU'RE SUPPOSED TO BE ENOUGH FOR EVERYONE. BUT JESUS TAUGHT US TO PRAY FOR TODAY'S BREAD—JUST ENOUGH FOR TODAY. NOT TOMORROW'S CHALLENGES OR YESTERDAY'S REGRETS. YOU DON'T NEED TO BE SUPERHUMAN; YOU JUST NEED ENOUGH GRACE FOR THIS DAY.

PRAYER PROMPT:

FATHER, THANK YOU FOR PROVIDING EXACTLY WHAT I NEED FOR TODAY. HELP ME TRUST YOU WITH TOMORROW WHILE FOCUSING ON THE GRACE YOU'VE GIVEN ME FOR NOW. AMEN.

REFLECTION:

Day 3: Permission to Rest

SCRIPTURE:

"COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST." — MATTHEW 11:28

DEVOTIONAL:

WHEN WAS THE LAST TIME YOU TRULY RESTED? NOT SCROLLING-THROUGH-YOUR-PHONE REST, BUT SOUL-DEEP REST? JESUS DOESN'T SUGGEST REST; HE COMMANDS IT. THE SAME GOD WHO WORKED SIX DAYS AND RESTED ON THE SEVENTH BUILT RHYTHM INTO CREATION. YOUR WORTH ISN'T IN YOUR PRODUCTIVITY. TODAY, RECEIVE HIS PERMISSION TO BREATHE, EVEN IF JUST FOR FIVE MINUTES.

PRAYER PROMPT:

JESUS, I BRING MY WEARINESS TO YOU. TEACH ME WHAT TRUE REST LOOKS LIKE IN THIS SEASON OF MOTHERHOOD. AMEN.

REFLECTION:

Day 4: The Power of Small Faith

SCRIPTURE:

"IF YOU HAVE FAITH AS SMALL AS A MUSTARD SEED...
NOTHING WILL BE IMPOSSIBLE FOR YOU." — MATTHEW
17:20

DEVOTIONAL:

SOME DAYS, YOUR FAITH FEELS MICROSCOPIC.
BETWEEN TANTRUMS AND CARPOOLS, DOUBT CREEPS
IN: "AM I DOING ANY OF THIS RIGHT?" REMEMBER THAT
JESUS CELEBRATED SMALL FAITH. THAT TINY PRAYER
WHILE LOADING THE DISHWASHER? THE WHISPERED
"HELP ME" DURING BEDTIME BATTLES? THAT'S
MUSTARD SEED FAITH, AND IT'S ENOUGH TO MOVE
MOUNTAINS IN YOUR HOME.

PRAYER PROMPT:

LORD, I BRING YOU MY SMALL FAITH TODAY.
PLEASE MULTIPLY IT AND SHOW ME HOW IT'S
ENOUGH IN YOUR HANDS. AMEN.

REFLECTION:

Day 5: Sacred Interruptions

SCRIPTURE:

"JESUS WAS MOVED WITH COMPASSION FOR THEM..." —
MATTHEW 9:36

DEVOTIONAL:

ANOTHER INTERRUPTED TASK. ANOTHER DETOUR FROM YOUR CAREFULLY PLANNED DAY. MOTHERHOOD IS A JOURNEY OF CONSTANT INTERRUPTIONS. BUT JESUS NEVER TREATED INTERRUPTIONS AS INCONVENIENCES—HE SAW THEM AS DIVINE APPOINTMENTS. WHAT IF THE STICKY HANDS PULLING YOU AWAY FROM YOUR TASK ARE ACTUALLY PULLING YOU TOWARD SOMETHING SACRED?

PRAYER PROMPT:

JESUS, HELP ME SEE INTERRUPTIONS THROUGH YOUR EYES TODAY. TRANSFORM MY FRUSTRATION INTO COMPASSION. AMEN.

REFLECTION:

Day 6: Gentleness with Yourself

SCRIPTURE:

"TAKE MY YOKE UPON YOU AND LEARN FROM ME, FOR I AM GENTLE AND HUMBLE IN HEART." — MATTHEW 11:29

DEVOTIONAL:

YOU SPEAK HARSHLY TO YOURSELF IN WAYS YOU'D NEVER SPEAK TO A FRIEND. "I SHOULD BE BETTER AT THIS BY NOW." "WHY CAN'T I GET IT TOGETHER?" BUT JESUS, THE PERFECT EXAMPLE, DESCRIBES HIMSELF AS GENTLE. IF THE GOD OF THE UNIVERSE APPROACHES YOU WITH GENTLENESS, CAN YOU OFFER THE SAME GRACE TO YOURSELF TODAY?

PRAYER PROMPT:

LORD, TEACH ME TO SPEAK TO MYSELF WITH THE SAME GENTLENESS YOU OFFER ME.
REPLACE MY INNER CRITIC WITH YOUR VOICE OF LOVE. AMEN.

REFLECTION:

Day 7: Finding Joy in the Ordinary

SCRIPTURE:

"THIS IS THE DAY THE LORD HAS MADE; WE WILL REJOICE AND BE GLAD IN IT." — PSALM 118:24

DEVOTIONAL:

BETWEEN THE MUNDANE TASKS AND ENDLESS ROUTINE, MOTHERHOOD CAN FEEL LIKE GROUNDHOG DAY. BUT HIDDEN WITHIN THE ORDINARY ARE SACRED MOMENTS—BELLY LAUGHS DURING BATH TIME, TINY HANDS REACHING FOR YOURS, SLEEPY WHISPERS AT BEDTIME. TODAY'S MOMENTS ARE FLEETING GIFTS. CAN YOU TREASURE THEM, EVEN WHEN THEY'RE WRAPPED IN EVERYDAY PAPER?

PRAYER PROMPT:

FATHER, OPEN MY EYES TO SEE THE JOY HIDDEN IN TODAY'S ORDINARY MOMENTS. HELP ME CELEBRATE THE DAY YOU'VE GIVEN, JUST AS IT IS. AMEN.

REFLECTION:

Day 8: Your Words Create Worlds

SCRIPTURE:

"THE TONGUE HAS THE POWER OF LIFE AND DEATH." —
PROVERBS 18:21

DEVOTIONAL:

THE WORDS THAT LEAVE YOUR LIPS SHAPE THE ATMOSPHERE OF YOUR HOME. IN EXHAUSTION AND FRUSTRATION, IT'S EASY TO LET SHARP WORDS FLY. BUT YOUR VOICE IS THE SOUNDTRACK OF YOUR CHILDREN'S CHILDHOOD. TODAY, CONSIDER: WHAT WORLD ARE YOUR WORDS CREATING IN YOUR HOME? REMEMBER, YOU HAVE THE POWER TO SPEAK LIFE.

PRAYER PROMPT:

HOLY SPIRIT, GUARD MY TONGUE TODAY.
WHEN I'M TEMPTED TO SPEAK DEATH, GIVE ME
WORDS THAT BRING LIFE INSTEAD. AMEN.

REFLECTION:

Day 9: The Ministry of Presence

SCRIPTURE:

"THE WORD BECAME FLESH AND MADE HIS DWELLING AMONG US." — JOHN 1:14

DEVOTIONAL:

GOD COULD HAVE SAVED US FROM A DISTANCE. INSTEAD, HE ENTERED OUR MESS, OUR PAIN, OUR ORDINARY HUMAN EXPERIENCE. WHEN YOU SIT WITH A CRYING CHILD, LISTEN TO ANOTHER KNOCK-KNOCK JOKE, OR SIMPLY SHOW UP DAY AFTER DAY—YOU'RE PRACTICING THE MINISTRY OF PRESENCE. BEING THERE MATTERS MORE THAN BEING PERFECT.

PRAYER PROMPT:

LORD JESUS, THANK YOU FOR BEING EMMANUEL, GOD WITH US. HELP ME REFLECT YOUR PRESENCE IN MY HOME TODAY. AMEN.

REFLECTION:

Day 10: Grace for Growth

SCRIPTURE:

"BUT GROW IN THE GRACE AND KNOWLEDGE OF OUR LORD AND SAVIOR JESUS CHRIST." — 2 PETER 3:18

DEVOTIONAL:

YOU WOULDN'T EXPECT YOUR CHILD TO SKIP FROM CRAWLING STRAIGHT TO RUNNING MARATHONS. YET YOU OFTEN EXPECT YOURSELF TO MASTER MOTHERHOOD OVERNIGHT. GROWTH—IN PATIENCE, WISDOM, AND LOVE—HAPPENS GRADUALLY. TODAY, CELEBRATE THE SMALL WAYS YOU'RE GROWING, AND EXTEND GRACE TO YOURSELF IN THE AREAS WHERE YOU'RE STILL LEARNING.

PRAYER PROMPT:

FATHER, THANK YOU FOR GROWING ME SLOWLY AND STEADILY. HELP ME RECOGNIZE AND CELEBRATE PROGRESS, NOT PERFECTION. AMEN.

REFLECTION:

Day 11: When You Feel Invisible

SCRIPTURE:

"FOR THE LORD SEES NOT AS MAN SEES: MAN LOOKS ON THE OUTWARD APPEARANCE, BUT THE LORD LOOKS AT THE HEART." — 1 SAMUEL 16:7

DEVOTIONAL:

THE HOURS YOU SPEND FOLDING TINY SOCKS, WIPING COUNTERS, AND KISSING SCRAPED KNEES OFTEN GO UNNOTICED. MOTHERHOOD CAN FEEL LIKE THE MOST INVISIBLE WORK. BUT GOD SEES EVERY MOMENT—NOT JUST YOUR ACTIONS BUT THE LOVE BEHIND THEM. IN A CULTURE THAT VALUES RECOGNITION, REMEMBER THAT THE MOST IMPORTANT EYES NEVER MISS A THING.

PRAYER PROMPT:

LORD, WHEN I FEEL UNSEEN, REMIND ME THAT YOU SEE ME. HELP ME FIND JOY IN SERVING, EVEN WHEN NO ONE NOTICES. AMEN.

REFLECTION:

Day 12: Surrendering Control

SCRIPTURE:

"TRUST IN THE LORD WITH ALL YOUR HEART AND LEAN NOT ON YOUR OWN UNDERSTANDING." — PROVERBS 3:5

DEVOTIONAL:

THE ILLUSION OF CONTROL IS MOTHERHOOD'S GREATEST MYTH. DESPITE YOUR BEST PLANNING, LIFE WITH CHILDREN REMAINS GLORIOUSLY UNPREDICTABLE. SURRENDERING DOESN'T MEAN CARELESSNESS—IT MEANS ACKNOWLEDGING THAT ULTIMATELY, YOUR CHILDREN'S LIVES ARE IN GOD'S HANDS. TODAY, IDENTIFY ONE AREA WHERE YOU'RE WHITE-KNUCKLING CONTROL, AND PRACTICE OPENING YOUR HANDS.

PRAYER PROMPT:

FATHER, I RELEASE MY GRIP ON WHAT I CAN'T CONTROL. HELP ME TRUST YOUR PLANS EVEN WHEN THEY DIFFER FROM MINE. AMEN.

REFLECTION:

Day 13: The Power of "No"

SCRIPTURE:

"LET WHAT YOU SAY BE SIMPLY 'YES' OR 'NO'; ANYTHING MORE THAN THIS COMES FROM EVIL." — MATTHEW 5:37

DEVOTIONAL:

YOUR CALENDAR IS PACKED WITH GOOD THINGS—COMMITTEE MEETINGS, PLAYDATES, VOLUNTEER OPPORTUNITIES. BUT GOOD THINGS CAN BECOME HARMFUL WHEN THEY CROWD OUT THE BEST THINGS. SAYING "NO" CREATES SPACE FOR YOUR MOST IMPORTANT YESSES. REMEMBER: EVERY NO TO SOMETHING OUTSIDE PROTECTS YOUR YES TO WHAT MATTERS MOST AT HOME.

PRAYER PROMPT:

LORD, GIVE ME WISDOM TO DISCERN WHEN TO SAY NO. HELP ME CREATE MARGIN FOR WHAT TRULY MATTERS IN THIS SEASON. AMEN.

REFLECTION:

Day 14: Unseen Roots

SCRIPTURE:

"BLESSED IS THE ONE... WHOSE DELIGHT IS IN THE LAW OF THE LORD... THEY ARE LIKE A TREE PLANTED BY STREAMS OF WATER." — PSALM 1:1-3

DEVOTIONAL:

TREES SPEND YEARS DEVELOPING ROOT SYSTEMS BEFORE PRODUCING SIGNIFICANT FRUIT. THESE FIVE MINUTES YOU'RE SPENDING NOW? THEY'RE ROOT WORK. THE WORLD MAY VALUE VISIBLE PRODUCTIVITY, BUT GOD VALUES HIDDEN FAITHFULNESS. YOUR CONSISTENT, SMALL INVESTMENTS IN SPIRITUAL GROWTH MAY NOT SHOW IMMEDIATE RESULTS, BUT THEY'RE CREATING SOMETHING LASTING BENEATH THE SURFACE.

PRAYER PROMPT:

FATHER, HELP ME VALUE THE UNSEEN ROOT WORK IN MY SPIRITUAL LIFE. KEEP ME FAITHFUL IN SMALL MOMENTS OF GROWTH. AMEN.

REFLECTION:

Day 15: Finding Your People

SCRIPTURE:

"TWO ARE BETTER THAN ONE... IF EITHER OF THEM FALLS DOWN, ONE CAN HELP THE OTHER UP." — ECCLESIASTES 4:9-10

DEVOTIONAL:

MOTHERHOOD WASN'T DESIGNED TO BE A SOLO SPORT. YET MANY OF US TRY TO POWER THROUGH ALONE, AFRAID TO ADMIT WE'RE STRUGGLING. REMEMBER THE EARLY CHURCH—THEY SHARED MEALS, RESOURCES, AND LIVES. WHO ARE YOUR PEOPLE—THE ONES WHO BRING MEALS DURING CHAOS, SPEAK TRUTH IN LOVE, AND MAKE YOU FEEL LESS ALONE? IF YOU DON'T HAVE THEM YET, THIS IS YOUR NUDGE TO FIND THEM.

PRAYER PROMPT:

LORD, THANK YOU FOR COMMUNITY. LEAD ME TO AUTHENTIC RELATIONSHIPS WHERE I CAN BOTH GIVE AND RECEIVE SUPPORT. AMEN.

REFLECTION:

Day 16: The Gift of Imperfection

SCRIPTURE:

"BUT HE SAID TO ME, 'MY GRACE IS SUFFICIENT FOR YOU, FOR MY POWER IS MADE PERFECT IN WEAKNESS.'" — 2 CORINTHIANS 12:9

DEVOTIONAL:

YOUR IMPERFECTIONS AREN'T OBSTACLES TO GOD'S WORK—THEY'RE OPPORTUNITIES FOR HIS GRACE. THE PLACES WHERE YOU FEEL MOST INADEQUATE AS A MOTHER ARE PRECISELY WHERE GOD'S STRENGTH CAN SHINE BRIGHTEST. TODAY, INSTEAD OF HIDING YOUR STRUGGLES, CONSIDER: WHAT IF YOUR WEAKNESSES ARE ACTUALLY INVITATIONS FOR GOD'S POWER TO SHOW UP?

PRAYER PROMPT:

FATHER, I OFFER YOU MY WEAKNESSES AS A MOTHER. SHOW YOUR PERFECT STRENGTH THROUGH MY IMPERFECT EFFORTS TODAY. AMEN.

REFLECTION:

Day 17: Holy Boundaries

SCRIPTURE:

"ABOVE ALL ELSE, GUARD YOUR HEART, FOR EVERYTHING YOU DO FLOWS FROM IT." — PROVERBS 4:23

DEVOTIONAL:

BOUNDARIES AREN'T SELFISH—THEY'RE SACRED. JESUS FREQUENTLY WITHDREW TO QUIET PLACES DESPITE ENDLESS NEEDS AROUND HIM. YOUR EMOTIONAL, PHYSICAL, AND SPIRITUAL RESERVES DIRECTLY IMPACT YOUR FAMILY. WHAT'S DRAINING YOU UNNECESSARILY? WHAT BOUNDARIES WOULD HELP YOU SERVE FROM ABUNDANCE RATHER THAN EMPTINESS?

PRAYER PROMPT:

LORD, SHOW ME WHERE I NEED HEALTHIER BOUNDARIES. GIVE ME COURAGE TO PROTECT WHAT YOU'VE ENTRUSTED TO ME. AMEN.

REFLECTION:

Day 18: When Plans Fail

SCRIPTURE:

"MANY ARE THE PLANS IN A PERSON'S HEART, BUT IT IS THE LORD'S PURPOSE THAT PREVAILS." — PROVERBS 19:21

DEVOTIONAL:

THE PERFECT SCHEDULE LASTED EXACTLY 37 MINUTES BEFORE THE DIAPER BLOWOUT AND THE SPILLED JUICE. MOTHERHOOD CONSTANTLY REMINDS US WE'RE NOT IN CONTROL. BUT WHAT LOOKS LIKE DERAILED PLANS TO YOU MIGHT BE DIVINE REDIRECTION. TODAY'S FRUSTRATIONS MIGHT BE PROTECTING YOU FROM SOMETHING, PREPARING YOU FOR SOMETHING, OR POINTING YOU TOWARD SOMETHING BETTER.

PRAYER PROMPT:

FATHER, WHEN MY PLANS CRUMBLE TODAY, HELP ME LOOK FOR YOUR PURPOSES. I TRUST YOUR DIRECTION EVEN WHEN IT DOESN'T MATCH MY EXPECTATIONS. AMEN.

REFLECTION:

Day 19: Sacred Ordinary

SCRIPTURE:

"AND WHATEVER YOU DO, WHETHER IN WORD OR DEED,
DO IT ALL IN THE NAME OF THE LORD JESUS." —
COLOSSIANS 3:17

DEVOTIONAL:

LOADING THE DISHWASHER. FOLDING LAUNDRY.
PREPARING LUNCHES. THE MUNDANE TASKS OF
MOTHERHOOD RARELY FEEL SPIRITUAL. BUT WHAT IF
THESE ORDINARY MOMENTS ARE ACTUALLY SACRED
OPPORTUNITIES? BROTHER LAWRENCE FOUND
COMMUNION WITH GOD WHILE WASHING DISHES.
MOTHER TERESA FOUND JESUS IN ORDINARY TASKS.
YOUR EVERYDAY WORK ISN'T SEPARATING YOU FROM
SPIRITUAL THINGS—IT CAN BECOME YOUR SPIRITUAL
PRACTICE.

PRAYER PROMPT:

LORD JESUS, HELP ME SEE YOU IN MY
ORDINARY TASKS TODAY. TRANSFORM MY
ROUTINE WORK INTO WORSHIP. AMEN.

REFLECTION:

Day 20: Parenting for the Long Game

SCRIPTURE:

"TRAIN UP A CHILD IN THE WAY HE SHOULD GO; EVEN WHEN HE IS OLD HE WILL NOT DEPART FROM IT." —
PROVERBS 22:6

DEVOTIONAL:

IN THE DAILY GRIND OF PARENTING, IT'S EASY TO FOCUS ON IMMEDIATE BEHAVIOR RATHER THAN HEART TRANSFORMATION. BUT GOD PARENTS US FOR THE LONG GAME—HE'S AFTER OUR HEARTS, NOT JUST OUR COMPLIANCE. TODAY, CONSIDER: ARE YOU FOCUSED ON RAISING WELL-BEHAVED CHILDREN OR DEVELOPING PEOPLE WHO LOVE GOD AND OTHERS? THE FRUIT MAY TAKE DECADES TO APPEAR, BUT THE SEEDS YOU PLANT MATTER.

PRAYER PROMPT:

FATHER, HELP ME PARENT WITH ETERNITY IN MIND. SHOW ME HOW TO NURTURE MY CHILDREN'S HEARTS, NOT JUST MANAGE THEIR BEHAVIOR. AMEN.

REFLECTION:

Day 21: Your Unique Motherhood

SCRIPTURE:

"FOR WE ARE GOD'S HANDIWORK, CREATED IN CHRIST JESUS TO DO GOOD WORKS, WHICH GOD PREPARED IN ADVANCE FOR US TO DO." — EPHESIANS 2:10

DEVOTIONAL:

NO ONE ELSE HAS YOUR SPECIFIC COMBINATION OF STRENGTHS, WEAKNESSES, EXPERIENCES, AND CHILDREN. GOD SPECIFICALLY CHOSE YOU FOR YOUR CHILDREN, WITH ALL YOUR QUIRKS AND GIFTS. THE MOM NEXT DOOR MIGHT BAKE FROM SCRATCH WHILE YOU BUY STORE COOKIES. SHE MIGHT DO ELABORATE CRAFTS WHILE YOU EXCEL AT BEDTIME STORIES. YOUR MOTHERHOOD DOESN'T NEED TO LOOK LIKE ANYONE ELSE'S TO BE EXACTLY RIGHT FOR YOUR FAMILY.

PRAYER PROMPT:

LORD, FREE ME FROM COMPARISON TODAY.
HELP ME EMBRACE THE UNIQUE
MOTHERHOOD YOU'VE DESIGNED FOR ME.
AMEN.

REFLECTION:

Day 22: Showing Up Imperfectly

SCRIPTURE:

"LET US NOT BECOME WEARY IN DOING GOOD, FOR AT THE PROPER TIME WE WILL REAP A HARVEST IF WE DO NOT GIVE UP." — GALATIANS 6:9

DEVOTIONAL:

SOME DAYS, SHOWING UP FEELS IMPOSSIBLE. THE EMOTIONAL RESERVES ARE EMPTY, PATIENCE RAN OUT HOURS AGO, AND YOU'RE RUNNING ON FUMES. ON THESE DAYS, REMEMBER: HALF-HEARTED EFFORTS STILL COUNT. IMPERFECT PRESENCE MATTERS. THE SIMPLE ACT OF CONTINUING TO SHOW UP—EVEN WHEN IT'S MESSY—IS TEACHING YOUR CHILDREN ABOUT FAITHFULNESS, PERSEVERANCE, AND UNCONDITIONAL LOVE.

PRAYER PROMPT:

FATHER, WHEN I'M TEMPTED TO CHECK OUT EMOTIONALLY, HELP ME SHOW UP IMPERFECTLY RATHER THAN NOT AT ALL. RENEW MY STRENGTH FOR THE LONG JOURNEY. AMEN.

REFLECTION:

Day 23: The Power of Example

SCRIPTURE:

SCRIPTURE: "FOLLOW MY EXAMPLE, AS I FOLLOW THE EXAMPLE OF CHRIST." — 1 CORINTHIANS 11:1

DEVOTIONAL:

YOUR CHILDREN ARE WATCHING HOW YOU HANDLE STRESS, CONFLICT, JOY, AND DISAPPOINTMENT. THEY NOTICE WHETHER YOUR SUNDAY FAITH MATCHES YOUR MONDAY LIFE. THIS ISN'T ABOUT PRESSURE TO PERFORM PERFECTLY—IT'S ABOUT AUTHENTIC MODELING. WHEN YOU APOLOGIZE AFTER LOSING YOUR TEMPER, YOU'RE SHOWING THE BEAUTY OF REPENTANCE. WHEN YOU PRAY ABOUT CHALLENGES, YOU'RE DEMONSTRATING DEPENDENCE ON GOD. YOUR LIVED EXAMPLE SPEAKS VOLUMES.

PRAYER PROMPT:

LORD JESUS, HELP ME MODEL AUTHENTIC FAITH FOR MY CHILDREN. WHEN I FAIL, GIVE ME COURAGE TO SHOW THEM HOW TO BEGIN AGAIN. AMEN.

REFLECTION:

Day 24: Cultivating Gratitude

SCRIPTURE:

"GIVE THANKS IN ALL CIRCUMSTANCES; FOR THIS IS GOD'S WILL FOR YOU IN CHRIST JESUS." — 1 THESSALONIANS 5:18

DEVOTIONAL:

IT'S EASY TO FOCUS ON WHAT'S BROKEN, MISSING, OR CHALLENGING IN MOTHERHOOD. THE TODDLER MELTDOWNS, THE TEENAGE ATTITUDE, THE ENDLESS NEEDS. BUT GRATITUDE IS LIKE A MUSCLE—IT STRENGTHENS WITH USE. WHAT WOULD CHANGE IF YOU INTENTIONALLY NOTICED THREE BLESSINGS IN YOUR MOTHERHOOD JOURNEY TODAY? GRATITUDE DOESN'T DENY DIFFICULTIES; IT SIMPLY REFUSES TO LET THEM HAVE THE FINAL WORD.

PRAYER PROMPT:

FATHER, OPEN MY EYES TO YOUR GIFTS HIDDEN IN ORDINARY MOMENTS TODAY. TEACH ME TO CULTIVATE THANKFULNESS EVEN IN CHALLENGING SEASONS. AMEN.

REFLECTION:

Day 25: Leaving a Legacy

SCRIPTURE:

"ONLY BE CAREFUL, AND WATCH YOURSELVES CLOSELY SO THAT YOU DO NOT FORGET THE THINGS YOUR EYES HAVE SEEN OR LET THEM FADE FROM YOUR HEART AS LONG AS YOU LIVE. TEACH THEM TO YOUR CHILDREN AND TO THEIR CHILDREN AFTER THEM." —
DEUTERONOMY 4:9

DEVOTIONAL:

WHAT STORIES WILL YOUR CHILDREN TELL ABOUT THEIR CHILDHOOD? WHAT FAITH TRADITIONS WILL THEY CARRY FORWARD? WHAT VALUES WILL SHAPE THEIR ADULT DECISIONS? LEGACY ISN'T BUILT IN GRAND MOMENTS BUT DAILY CHOICES THAT, OVER TIME, COMMUNICATE WHAT MATTERS MOST. TODAY, CONSIDER ONE SMALL TRADITION OR PRACTICE YOU COULD ESTABLISH THAT MIGHT NURTURE FAITH FOR GENERATIONS.

PRAYER PROMPT:

LORD, HELP ME BE INTENTIONAL ABOUT THE LEGACY I'M CREATING. SHOW ME HOW TO PASS DOWN FAITH IN MEANINGFUL WAYS.
AMEN.

REFLECTION:

Day 26: Finding Your Rhythm

SCRIPTURE:

"THERE IS A TIME FOR EVERYTHING, AND A SEASON FOR EVERY ACTIVITY UNDER THE HEAVENS." — ECCLESIASTES 3:1

DEVOTIONAL:

LIFE WITH CHILDREN CHANGES CONSTANTLY. THE SCHEDULE THAT WORKED LAST MONTH MIGHT FAIL COMPLETELY TODAY. INSTEAD OF FIGHTING AGAINST YOUR CURRENT SEASON, WHAT IF YOU WORKED WITH IT? MAYBE DEVOTIONAL TIME HAPPENS DURING BATH SUPERVISION RATHER THAN EARLY MORNING QUIET. MAYBE PRAYER HAPPENS IN SHORT BURSTS RATHER THAN EXTENDED SESSIONS. GOD MEETS YOU IN YOUR REAL LIFE, NOT SOME IDEALIZED VERSION THAT DOESN'T EXIST.

PRAYER PROMPT:

FATHER, HELP ME DISCOVER SUSTAINABLE SPIRITUAL RHYTHMS FOR THIS SPECIFIC SEASON OF MOTHERHOOD. SHOW ME HOW TO CONNECT WITH YOU IN WAYS THAT ACTUALLY WORK FOR MY LIFE. AMEN.

REFLECTION:

Day 27: The Ministry of Listening

SCRIPTURE:

"MY DEAR BROTHERS AND SISTERS, TAKE NOTE OF THIS: EVERYONE SHOULD BE QUICK TO LISTEN, SLOW TO SPEAK AND SLOW TO BECOME ANGRY." — JAMES 1:19

DEVOTIONAL:

IN THE NOISE OF MOTHERHOOD—THE CONSTANT QUESTIONS, NEEDS, AND CHATTER—LISTENING BECOMES A RADICAL ACT OF LOVE. WHEN YOU PUT DOWN YOUR PHONE TO HEAR ABOUT MINECRAFT OR TEENAGE FRIEND DRAMA, YOU'RE SAYING, "YOU MATTER MORE THAN MY AGENDA." JESUS LISTENED TO THE OVERLOOKED AND INTERRUPTED. TODAY, CAN YOU MAKE LISTENING YOUR MINISTRY?

PRAYER PROMPT:

LORD JESUS, HELP ME LISTEN WELL TO MY CHILDREN TODAY. GIVE ME PATIENCE TO HEAR NOT JUST THEIR WORDS BUT THEIR HEARTS. AMEN.

REFLECTION:

Day 28: When You Feel Inadequate

SCRIPTURE:

"NOW TO HIM WHO IS ABLE TO DO IMMEASURABLY MORE THAN ALL WE ASK OR IMAGINE, ACCORDING TO HIS POWER THAT IS AT WORK WITHIN US." — EPHESIANS 3:20

DEVOTIONAL:

THE GAP BETWEEN THE MOTHER YOU WANT TO BE AND THE MOTHER YOU ACTUALLY ARE CAN FEEL ENORMOUS. BUT GOD SPECIALIZES IN WORKING THROUGH INADEQUATE PEOPLE. MOSES STUTTERED. DAVID WAS THE OVERLOOKED YOUNGEST. THE DISCIPLES WERE ORDINARY FISHERMEN. YOUR INADEQUACY ISN'T DISQUALIFYING—IT'S PRECISELY WHERE GOD'S POWER WORKS BEST. HE DOESN'T CALL THE EQUIPPED; HE EQUIPS THE CALLED.

PRAYER PROMPT:

FATHER, I OFFER YOU MY INADEQUACY TODAY. WORK THROUGH ME NOT BECAUSE OF MY STRENGTH BUT BECAUSE OF YOURS. AMEN.

REFLECTION:

Day 29: Embracing the Season

SCRIPTURE:

"THERE IS A TIME FOR EVERYTHING, AND A SEASON FOR EVERY ACTIVITY UNDER THE HEAVENS." — ECCLESIASTES 3:1

DEVOTIONAL:

EACH MOTHERHOOD SEASON BRINGS UNIQUE JOYS AND CHALLENGES. NEWBORN DAYS OFFER SNUGGLES AMID SLEEP DEPRIVATION. TODDLER YEARS BRING WONDER ALONGSIDE CONSTANT SUPERVISION. TEEN YEARS OFFER DEEP CONVERSATIONS MIXED WITH LETTING GO. INSTEAD OF WISHING AWAY HARD SEASONS OR CLINGING TO PASSING ONES, CAN YOU EMBRACE TODAY'S PARTICULAR GIFTS? THIS SEASON—WITH ALL ITS BEAUTY AND DIFFICULTY—IS TEMPORARY.

PRAYER PROMPT:

LORD, HELP ME APPRECIATE THIS SPECIFIC SEASON OF MOTHERHOOD, WITH ALL ITS UNIQUE GIFTS AND CHALLENGES. OPEN MY EYES TO ITS PARTICULAR BEAUTY. AMEN.

REFLECTION:

Day 30: Grace Upon Grace

SCRIPTURE:

"FROM HIS FULLNESS WE HAVE ALL RECEIVED, GRACE UPON GRACE." — JOHN 1:16

DEVOTIONAL:

THIRTY DAYS OF FIVE-MINUTE DEVOTIONS DOESN'T MAKE YOU A PERFECT MOTHER. THE GOAL WAS NEVER PERFECTION—IT WAS CONNECTION. CONNECTION WITH GOD THAT OVERFLOWS INTO CONNECTION WITH YOUR CHILDREN. AS THIS PLAN CONCLUDES, REMEMBER THAT GOD'S GRACE KEEPS COMING, DAY AFTER DAY, COVERING YOUR MISTAKES AND MULTIPLYING YOUR SMALL OFFERINGS OF FAITH. YESTERDAY'S FAILURES DON'T DEFINE TODAY'S POSSIBILITIES. HIS MERCIES ARE NEW EVERY MORNING —INCLUDING TOMORROW.

PRAYER PROMPT:

FATHER, THANK YOU FOR GRACE UPON GRACE. HELP ME RECEIVE IT FULLY AND EXTEND IT FREELY TO MYSELF AND MY FAMILY. AMEN.

REFLECTION:

A Letter to the Mama Who Made It Through

DEAR FAITHFUL MOTHER,

FIRST, TAKE A MOMENT TO CELEBRATE. YOU FOUND FIVE MINUTES FOR THIRTY DAYS TO NURTURE YOUR RELATIONSHIP WITH JESUS. SOME DAYS IT MAY HAVE BEEN AT 5 AM BEFORE LITTLE FEET HIT THE FLOOR. OTHER DAYS IT MIGHT HAVE BEEN DURING NAPTIME, OR EVEN AT MIDNIGHT WHEN THE HOUSE FINALLY FELL QUIET. REGARDLESS OF WHEN OR HOW, YOU SHOWED UP. THAT MATTERS.

REMEMBER THAT SPIRITUAL GROWTH ISN'T MEASURED BY PERFECT ATTENDANCE OR EMOTIONAL HIGHS. IT'S MEASURED IN THE SMALL DAILY CHOICES TO TURN YOUR HEART TOWARD JESUS, EVEN WHEN—ESPECIALLY WHEN—LIFE IS CHAOTIC. EVERY TIME YOU CHOSE THESE FIVE MINUTES, YOU WERE SAYING SOMETHING PROFOUND TO YOURSELF AND YOUR FAMILY: "JESUS MATTERS MOST."

SO WHAT NOW?

KEEP IT SIMPLE. YOU'VE PROVEN THAT FIVE MINUTES CAN BE TRANSFORMATIVE. DON'T FEEL PRESSURE TO SUDDENLY COMMIT TO HOUR-LONG BIBLE STUDIES. SPIRITUAL GROWTH IS ABOUT CONSISTENCY, NOT DURATION.

CREATE SUSTAINABLE RHYTHMS. CONSIDER WHICH TIME OF DAY WORKED BEST FOR YOU DURING THESE 30 DAYS. WAS IT EARLY MORNING? DURING A CHILD'S ACTIVITY? BEFORE BED? WHATEVER WORKED, LEAN INTO THAT NATURAL RHYTHM.

FIND COMMUNITY. SHARE WHAT YOU'VE LEARNED WITH A FRIEND. CONSIDER FINDING A SMALL GROUP OF OTHER MOTHERS WHO UNDERSTAND THIS SEASON. WE WEREN'T MEANT TO WALK THIS ROAD ALONE.

GIVE YOURSELF GRACE. THERE WILL BE DAYS YOU MISS. SEASONS WHEN SURVIVAL MODE TAKES OVER. GOD'S LOVE DOESN'T FLUCTUATE BASED ON YOUR DEVOTIONAL CONSISTENCY. WHEN YOU STUMBLE, SIMPLY BEGIN AGAIN.

REMEMBER, MOTHERHOOD ITSELF IS SACRED WORK. THE WAY YOU LOVE YOUR CHILDREN DAILY IS A HOLY REFLECTION OF GOD'S LOVE FOR US. YOUR PATIENCE, FORGIVENESS, BOUNDARIES, JOY, AND PRESENCE ALL TEACH ETERNAL TRUTHS.

MAY YOU CONTINUE TO FIND GOD IN THE BEAUTIFUL, EXHAUSTING, ORDINARY DAYS OF MOTHERHOOD. MAY YOU RECOGNIZE HIS PRESENCE IN STICKY HANDS, TEENAGE EYE ROLLS, AND QUIET MOMENTS. AND MAY YOU FOREVER KNOW THAT THE GOD WHO CALLED YOU TO MOTHERHOOD WALKS WITH YOU EVERY STEP OF THE WAY.



WITH LOVE AND SOLIDARITY,

A FELLOW MAMA IN THE TRENCHES

Ways to Continue Your Journey

MORNING MOMENTS: PLACE YOUR BIBLE BY THE COFFEE MAKER AS A VISUAL REMINDER TO START YOUR DAY WITH JESUS.

SCRIPTURE CARDS: WRITE FAVORITE VERSES FROM THIS PLAN ON INDEX CARDS AND PLACE THEM WHERE YOU'LL SEE THEM (BATHROOM MIRROR, CAR DASHBOARD, KITCHEN SINK).

PHONE REMINDERS: SET A DAILY ALERT WITH A SCRIPTURE REFERENCE OR PRAYER PROMPT.

AUDIO BIBLE: LISTEN TO SCRIPTURE DURING COMMUTES, WORKOUTS, OR HOUSEHOLD CHORES

PRAYER PARTNER: FIND ANOTHER MOM TO TEXT DAILY WITH A SIMPLE PRAYER REQUEST OR PRAISE.

JOURNAL: KEEP A SMALL NOTEBOOK TO JOT DOWN ONE THING YOU'RE GRATEFUL FOR EACH DAY.

FAMILY PRACTICE: CHOOSE ONE WEEKLY FAMILY FAITH PRACTICE (SUNDAY DINNER PRAYER, BEDTIME BLESSING, OR GRATITUDE SHARING).

REMEMBER: YOUR SPIRITUAL JOURNEY DOESN'T NEED TO LOOK INSTAGRAM-PERFECT. JESUS MEETS US IN MESSY LIVING ROOMS, DURING CARPOOL LINES, AND AMIDST UNFOLDED LAUNDRY. HE DOESN'T REQUIRE PERFECT CIRCUMSTANCES—JUST AN OPEN HEART.