

10+ Real Helps for Really Busy Mom

1. Life is not an emergency. Life's a gift. *Just Slow.*

2. Now is not a forever grace but amazing grace.
Do whatever it takes to wake to wonder right here.

3. Sometimes the slowest way is the fastest way to joy.
Make time today, even a moment, to read Scripture and
memorize it. Without the lens of His Word, the world warps.
{Slowest=fastest to joy}

4. Laughter is the cheapest, holiest medicine. Preschoolers laugh 300 times a day. Aim for
double that. Tickle someone, (yourself!), if necessary. This is good!

5. Motherhood is a hallowed place because children aren't commonplace. Co-laboring
over the sculpting of souls is a sacred vocation, a humbling privilege. Never forget.

6. Homemaking is about making a home, not about making perfection. A perfect home
is an authentic, creative, animated space where Peace and Christ and Beauty are embraced.
{Perfect does not equate to immaculate.}

7. Believe it: I have all I need for today. The needs of our day are great, but God is greater
and we call Him Providence because we believe: He always provides. {And when God provides,
He should be praised, and if God always provides, shouldn't praise always be on the lips?}

8. Slow. Children at play. Hurry hurts kids. Time's this priceless currency and only the slow
spend it wise enough to be rich. If we actually bought our time, would we spend it more wisely —
spend it more *slowly*? {God's Word never says Hurry Up. God words only whisper: Wake Up.}

9. Love is patient. Parenting's this gentle way of bending over in humility to help the scraped
child up because we intimately know it takes a lifetime to learn how to walk with Him. Patience.
Love always begins with patience.

10. The art of really celebrating life isn't about getting it *right* — *but about receiving Grace.*
The sinners and the sick, the broken, the discouraged, the wounded and burdened — we are the
ones who get to celebrate grace! Regardless of the mess of your life, if Christ is Lord of your life,
than we are the celebrants out dancing in a wild rain of grace — because when it's all done and
finished, all is well and *Christ already said it was finished.*



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Grace Prayers for Joyful Parenting

1. Just for today, I will ask for His grace to make our home a house of prayer. I will pray at set times. And I will invite our children to come move into an interior space that lives with God.



2. Just for today, I will ask for His grace to transfigure all things into beauty. He's working to redeem all things, in His time, into the image of His Son.

3. Just for today, I will ask for His grace to see that life is not an emergency. *Emergencies are sudden, unexpected events— and is anything under the sun unexpected to God? I can slow and I can trust.*

4. Just for today, I will ask for His grace, that when stress mounts, I'll dismount it with gratitude. My stress coping mechanism will be verbal intervention with verbal thanks. It's impossible to simultaneously feel stress and gratitude at the same time and I choose to give thanks at all times. Fight feeling with feeling!

5. Just for today, I will ask for His grace to speak words that are only **strong** words, words that make these children feel strong. Grace words. Grace is the only non-toxic air.

6. Just for today, I will ask for His grace to be consistently consistent. I will create safe rhythms that our children can find security in. I will create daily ceremonies because everyday we are CELEBRATING the gift of now!

7. Just for today, I will ask for His grace, the moment when I am most repelled by a child's behavior, that is my sign to *draw the very closest to that child.*

8. Just for today, I will ask for His grace to hug each of my children as many times as I serve them meals — because children's hearts feed on touch. I'll look for as many opportunities to touch my children today as possible — the taller they are, the more so.

9. Just for today, I will ask for His grace to make my priorities all Things Unseen.

10. Just for today, I will ask for His grace to laugh! And I will let the little children laugh! I will create a culture of JOY!