

What Every Mom Needs

May 9 & 10, 2009

Moms Need Love

- **There are three things that will endure - faith, hope & love - and the greatest of these is love.** 1 Corinthians chapter 13 verse 13 (878)
- **God, I am always aware of your unfailing love...** Psalm 26 verse 3 (424)
- **We know how much God loves us....** 1 John chapter 4 verse 16 (943)
- **Let's stop just saying we love each other; let's really show it by our actions.**
1 John chapter 3 verse 18 (942)

The 5 Love Languages...

- Affirming Words - love means most when expressed through written or spoken words
- Quality Time - love means most when expressed in giving your undivided attention
- Receiving Gifts - loves means most when expressed through tangible gifts
- Acts of Service - love means most when expressed through something you do
- Physical Touch - love means most when expressed through hugs, holding hands, sitting close to, etc.

Moms Need Appreciation / Validation

- **Her children stand and bless her. Her husband praises her....**
Proverbs chapter 31 verse 28 (504)
- **Every time I think of you, I give thanks to my God.** Philippians chapter 1 verse 3 (899)
- **We always thank God for all of you and pray for you constantly.**
1 Thessalonians chapter 1 verse 2 (905)
- If your Mom has already passed away, do this by honoring her in how you speak of her
- If you don't know your mom or have a very challenging relationship with her, do this by appreciating your mom for laboring to bring you into this world
- For the rest, find the good & let your mom know you appreciate her for it, thank God for her
- No matter your mom's age, validate her for building into you, shaping you
- Choose to see & celebrate the positive in your mom

Moms Need Wisdom & Faith

- **If you need wisdom, ask our generous God, and He will give it to you.**
James chapter 1 verse 5 (930)
- Raising kids is so difficult & challenging
- It seems like the "mark" is always changing, moving
- In the midst of the crazy-&-hectic-pace-of-life-in-raising-kids, how do you stay focused on the important stuff & let the other stuff go?
- **Cling to your faith in Christ....** 1 Timothy chapter 1 verse 19 (910)
- **Jesus said, "Don't let your hearts be troubled. Trust in God, and trust also in Me."**
John chapter 14 verse 1 (823)
- **Moms, God tells you to "...trust in Him at all times. Pour out your heart to Him, for God is our refuge."** Psalm 62 verse 8 (440)

Moms Need Intelligent Communication

- ***Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.***
Ephesians chapter 4 verse 29 (897)
- Just because something is true doesn't mean I have to say it
- I need to learn to "build others up" through my words
- ***For even the Son of Man came not to be served but to serve others....***
Mark chapter 10 verse 45 (771)
- Choose to use complete sentences & not just one syllable words or grunts
- When you choose to give your mom intelligent communication, you actively choose to love her & honor her & serve her
- ***Honor your father and mother. One of the Ten Commandments found in Exodus chapter 20 (59)***

Moms Need Rest / Space / Time Alone

- Many moms struggle with the twin emotions of exhaustion & guilt: Exhaustion because they're doing too much & guilt because they feel like they're not doing enough
- ***Jesus said, "Come to Me, all of you who are weary & carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For My yoke is easy to bear, and the burden I give you is light."*** *Matthew chapter 11 verses 28 - 30 (742)*
- Dads...get involved with your kids, be intentional about creating time for mom to be alone at home & out of the home
- Moms, be intentional about finding some time to be alone with God regularly
- Moms, take advantage of the awesome kids' classes at Bethel!

Next Week: Special services as "The Wrecking" leads worship