

Moms Devotional

Sometimes it's hard to keep your head up, isn't it? When days seem to run together, the same old things happening day after day, it is difficult to stay positive.

I've noticed, though, encouragement can come from the smallest places.

A quick hug from your youngest, with a whispered, "I love you, momma."

A comment by your husband as he returns home from work about how nice the house looks.

A thank you from a friend, who called you crying because she needed to talk about bad news she received that morning.

Or, just looking out the window at the beautiful blue sky and warm sunshine, realizing God is TRULY great!

Some days we can wake up encouraged, and our days are rosy and wonderful. Other days, we have to look hard for encouragement. Those are the kinds of days David had when he wrote Psalm 42:5-11:

- 5 *Why are you in despair, O my soul?
And why have you become disturbed within me?
Hope in God, for I shall again praise Him
For the help of His presence.*
- 6 *O my God, my soul is in despair within me;
Therefore I remember You from the land of the Jordan
And the peaks of Hermon, from Mount Mizar.*
- 7 *Deep calls to deep at the sound of Your waterfalls;
All Your breakers and Your waves have rolled over me.*
- 8 *The LORD will command His lovingkindness in the daytime;
And His song will be with me in the night,
A prayer to the God of my life.*

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*9 I will say to God my rock, "Why have You forgotten me?
Why do I go mourning because of the oppression of the enemy?"*

*10 As a shattering of my bones, my adversaries revile me,
While they say to me all day long, "Where is your God?"*

*11 Why are you in despair, O my soul?
And why have you become disturbed within me?
Hope in God, for I shall yet praise Him,
The help of my countenance and my God.*

Have you had days where you were crying out to God? I have. And God answers – EVERY TIME. It may not be immediately. It may not be in the way you expect. BUT HE DOES ANSWER!

On those days when you feel discouraged, look outside yourself. Look around at all you have – your husband, your children, your home. Looking at what to be grateful for will lift your spirits and help you realize all that you DO HAVE, rather than focusing on what you DON'T.

Be sure to pick up a copy of my Gratitude Prompts Binder as well. It asks you a lot of deep and meaningful questions, specifically designed to get your heart happy and thankful!

When you pass through the waters, I will be with you; And through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, Nor will the flame burn you. Isaiah 43:2