

Biblical Encouragement for Moms  
August 11, 2013

*“Slow down, Mother”*

Do you remember how it feels to be hurried along as a child?  
It is unpleasant, and can cause many conflicts, because children get tired.

Rushing here, rushing there,  
No time to comb your hair.  
Grab some food, eat it quick;  
Swallow fast, don't get sick.  
Hurry now, jump out of bed,  
Wash your face, your eyes look red.  
Find your socks or we'll be late!  
They don't match, but I can't wait!  
Children tired, from “hurry, hurry”  
Emotions peak and then comes worry.  
Slow down, Mother. Be gentle now.  
Your children need you to teach them how  
To eat and clean and organize,  
They'll grow up and you'll realize  
that childhood days are the time to enjoy  
the hugs and love, and favorite toy.  
Slow down and pray, smile and laugh ,  
Tell a Bible story, give a bubble bath.  
Enjoy these days and share your love  
A gift, a treasure, a tiny bud.  
The days will pass, and they'll be grown,  
but you'll have those memories to call your own.



*You get tired too, but God has called you to seek Him in your weaknesses.*  
**“The Lord is my rock and my fortress and my deliverer, my God, my strength, in whom I will trust...” Psalm 18:2**

God is everything you need to succeed. You need to renew your strength throughout the day and be a woman of much prayer. You will be busy, but that is what God intended for you.

In Proverbs 31, the virtuous woman was a willing worker.

**See Proverbs 31:13-18**, just to get a taste of her productive days.

She was happily doing the work that was needed in her home. Do not listen when our society tells us that a mother needs something else to be truly fulfilled. Seeing our children have their needs met, and going on to serve God is very fulfilling! Never, never put your family in the background. They need your time and your loving, patient, relaxed ear.

Slow down, mother, and give your children and family the best. A sweet spirit goes a long way as you teach children. They do not always deserve it, but they will remember it, and appreciate it in days ahead.

**Let's read Colossians 1:11** and apply it to our children.

“ Strengthened with all might, according to His glorious power, unto all patience and longsuffering with joyfulness.”

Do you remember this passage? It is a guideline for our emotions.... and God provides this kind of strength when we trust in Him and talk to Him.

**strengthened,  
longsuffering,  
patient,  
joyful**



These are the qualities of a mom who is dedicated to serving God, and finding all her strength in Him.

Slow down and plan to succeed in your walk with God.

Slow down, and really listen to your children.

Slow down and help them eat and sleep right.

All that hurrying is only hurting your relationship with your children.

Maybe you need to rearrange your priorities.

Time is valuable, and we only get so much of it. How are you investing your time? Be sure to give your children uninterrupted time every day. Show them that they are important to you. They are an important priority.

**See Ephesians 5:15-17**

**“See then that ye walk circumspectly, (cautious, thinking carefully about something before you say or do it.) not as fools, but as wise.**

**Redeeming the time because the days are evil. Wherefore, be ye not unwise, but understanding what the will of the Lord is.”**

Jesus says we should be cautious, and be careful before we say or do anything, that includes our parenting. Be wise with your time. Invest it in the most important areas. Don't run around pulling your kids here and there. Make living at your house very special, so they will want to spend time with you.

Slow down Mother and plan to teach your children good character every single day. Talk slowly. Smile more, walk slowly, eat slowly and really get to know the children God has gifted you with.

God can accomplish great things in you, and your home.

**Read Ephesians 3:19-20**, and slow down mother. You have a holy job to do. Your children need your full attention.

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