

# Biblical Encouragement for Moms

November 11, 2012

## Topic Ten: She knows how to lighten her burdens and work toward solutions.

A Christian mother never needs to feel that a situation is hopeless. With Christ as her guide, there is hope. As you confess your sins and stay in a close relationship with Christ, you will find that the Lord has **resources** that you are unaware of, **people** that He desires to put in your path, and **circumstances** that are beyond your imagination! Stay connected with Him, prayerfully.

Matthew 11:28-30 gives us incredible faith in our awesome God. Read it slowly. There is a promise for you.

“Come unto Me, all ye that labor, and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me, For I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and My burden is light.”



The key to this passage is found in those first 3 words. You must learn to go to Jesus with your daily needs and burdens. It may be financial, or with the health of one of your children, or some other important request. He says “**Come unto Me.**”

First things first. Do not panic. Do not become paralyzed with fear. First you must go to Jesus with the burden. Ask Him what He would like you to do. Then, He may guide you to scripture, a friend, your Pastor, a book, or He may just guide you to a season of prayer, kneeling in His presence.

“**All ye that labor and are heavy laden**” just means all that are struggling and heavy burdened.

Many women fall into this category. We are busy, working hard to balance all of our responsibilities. No complaints. I think this is the best life - a life of service to God and my family. But we sometimes struggle & our burdens are sometimes heavy. The life we live should be a labor of love, well worth the investment of time, and energy.

The end result of coming to Jesus with our burdens is a very real rest. He says “**I will give you rest.**” What a promise to the one who comes to Jesus with their

trials. When we call on Him for ideas to get more done in our 24 hour day, He assures us that there is a way. When we need peace about a situation, He is there to guide.

Here are a few **time saving ideas**. These ideas give me peace & rest.

1. Prepare your kitchen for the next day. It is worth the thought & time. Lay out a list.
2. Make bread dough and put it in the fridge to rise overnight. This saves time and worry. No mess the next day when all utensils are clean.
3. Organize toys and games. Rotate only a few each week. This gives me much peace and has taught my children to appreciate what they have, looking forward to the coming week, with different toys. Children were not overwhelmed with long periods of picking up and not spoiled with too much. (Play w/Legos on a bed sheet & put away in a tote)
4. One rug for shoes & one closet for storage of them. Shoes are always there if they are not on their feet!
5. Pray for God's guidance ever morning, first thing! Prayer to God translates into **p-e-a-c-e**.
6. Don't eat before you go to bed (1 hour or more before) and you will save time in the morning, trying to wake up. Let your body rest at night, rather than digesting food.
7. Try shopping just one day a week. This really frees up your days for other things. Make it a rule, with very few exceptions. You'll spend less too.
8. Freeze fruit in season, freeze main courses, grd beef & grd turkey in small portions, and baked turkey, chopped for two cups. This saves time with meal prep.
9. Have best recipes handy to make quickly. Cook joyfully, as ministry to your family. Clean as you go, saving lots of time & mess.
10. When you are working hard, have a Christian song in your heart. Ex: "**Have thine own way, Lord, Have thine own way. Thou art the Potter, I am the clay. Mold me and make me, after Thy will, while I am waiting,, yielded and still.**" Carry a yielded heart into everything you do.

Jesus can make your burden lighter by giving you more time saving ideas.

**His wisdom is a valuable treasure in your experience as a mother. Pray often.**

Rest and peace come from a satisfaction in our God. He will provide.

We have that settled in our heart. **Read Luke 12:27-31**

As the scriptures says : “Your Father knoweth that ye have need of these things.” Luke 12:30

The next few words from our passage are “**take my yoke upon you, and learn of Me.**” This yoke is a yoke of obedience to Jesus. We are to learn from Jesus’ example. “He must increase, but I must decrease.” John 3:30

**“for I am meek and lowly in heart, and ye shall find rest unto your souls.”**

Jesus is meek and lowly. This means Jesus has power under control. He is humble, though wise. Lowly means humble. Jesus is our example of submission and humility. He was not arrogant with His abilities. We need that same kind of humility as we raise children. Our children can detect arrogance.

Jesus wants to provide us with confidence coupled with a reliance on God. No selfish pride involved.

“Ye shall find rest unto your souls” is a wonderful promise Let’s review & find out how to receive this promise.

1. Come to Christ with your challenges in life.
2. Put yourself in the yoke of obedience to Christ.
3. Learn from Jesus meekness & humility (and His example in all things)
4. Then, you will find rest for your soul. This is a rest of conscience, a rest of hope, a rest of comfort & peace.

**“For my yoke is easy and my burden is light.”**

This does not mean smooth and painless, but an inner peace that the world knows nothing of. It is a delight to serve Christ, a privilege, much easier than the yoke of bondage we had when we were lost in sin!

This study is a good one to apply to motherhood. If we are in a right relationship with Christ, it will lighten all our burdens. In our challenges of this life, we will have the ability to turn to God for wisdom and guidance, helping us to find the best solutions.

Some areas to apply this lesson:

health issues  
strained relationships  
financial troubles  
a hot temper  
sleeplessness  
physical pain  
fear of the unknown

There is no safer place, and no more blessing on your life than when you have a very close walk with God. **Come to Him & receive His rest.**  
May Matthew 28-30 be very real to you, full of hope.

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