



## *Biblical Encouragement For Moms*

September 22, 2013

Peace & Thankfulness  
Are Twins

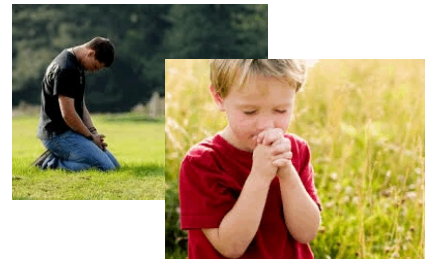
Discontented moms cause many problems for their families. Without a certain **peace**, we are not able to function properly, and certainly not productively. When a mother is upset, she will only do the bare minimum in any given area. The household will get out of control, and usually anger erupts because too many things are left undone.

How can you maintain **peace** ? Is it in new things or in friendships? No. Is it in music or media? No. These things can temporarily bring **peace**, but not long term. Long term **peace** comes from your walk with God.

Long term **peace** brings with it a thankful heart. Thankfulness and peace seem to go together.

### **Read Colossians 3:15**

“ And let the **peace** of God rule in your hearts, to the which also ye are called in one body, and be ye **thankful**.”



The Lord knows you will not be thankful if you are not at **peace**.

Because so many women are unhappy, we are lacking thankfulness in the average home. Children are seeing lots of discontented moms. This is affecting them. Mom is unthankful, and children are picking that up. They are unthankful too.

Prayer and dependence on God will help cure you of that unthankful heart. **When you are a woman of prayer, you will naturally have peace** and thankfulness in your heart. You will see differently, through the eyes of a committed Christian mother.

Anxiety is common among women. A **lack of peace** is common among women. Unthankfulness is common among women.

### Read Philippians 4:6-7

**“Be careful (anxious) for nothing, but in *everything by prayer and supplication with thanksgiving* let your requests be made known unto God. And the peace of God which passeth all understanding shall keep (guard) your hearts and minds through Christ Jesus.”**

Notice the progression of this verse.

Rather than being anxious and nervous, we can pray.

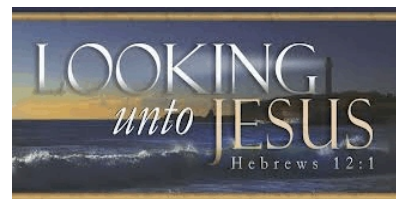
Supplication just means praying *specifically for yourself*, a petition of your own. Prayer may mean for circumstances, etc. but supplication means praying something specific for yourself.

So, we pray with *thanksgiving*. God doesn't want us to pray in anger or resentment. Let's be thankful mothers, always finding the good in a situation.

**The result: the peace of God that is above our own understanding!**

And what does the peace of God do? It will guard your heart and your mind. All mothers need this. It will keep your emotions under control. It will help you work through problems in a quiet way.

Mothers, let's get back to prayers of thanksgiving.



The last few words of this verse tell us that the **peace of God** comes through Christ Jesus. Anything good in you is going to come through Jesus Christ. The closer you walk with Him, the more you will accomplish in your home. The more you pray, the more you will get done efficiently.

Who are you trusting to bear the burdens in your home? If you are not praying as you should, they will fall on you. You will become frustrated,

and this will affect the atmosphere of your home.

Peace and thankfulness are twins. Whether your challenge is a health problem, a marriage problem, problems with your children and other relationships, or all of the above, learn to be thankful with what you have, and learn to pray even when it seems there is no solution.

God is God. He can turn a situation around in a moment.

**“Thou wilt keep him in perfect peace whose mind is stayed on Thee, because he trusteth in Thee.” Isaiah 26:3**

Fill your cup with peace and thankfulness. Your family will thank you.