

Mother's Day Questions - Women Encouraging Women - By Karen Sue Nyquist

1. How did you keep it together when you felt like falling apart because of all the stress, pressure, and exhaustion?

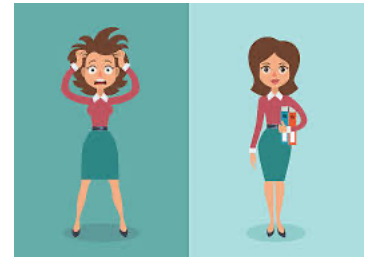
Stress - feeling afraid or worried. “What if something really bad happens!”

a) Resisting feelings of fear. -*“There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love” (1 John 4:18).*

b) Resisting thoughts of worry. -*“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things” (Philippians 4:8).*

c) Feeling inadequate. - We don't have to do it by ourselves, Jesus is by our side ready to help us. - *“Take My yoke upon you and learn from Me, ... and you will find rest for your souls” (Matthew 11:29).* Ask for His help.

d) Trusting in Jesus to help us. *“Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths”.* (Proverbs 3:5-6).



Pressure - fulfilling my responsibilities. “How can I get everything done?”

1) Prioritization - Putting things into this order: God, self, husband, children, etc. Putting God first and personal time with Him first. Early morning devotions with worship, thanksgiving, Bible reading/study, and prayer. Waiting until we are filled with His Spirit every morning before facing the rest of the day. **When we are full, we have**



enough to pour into others. “O God, You are my God; **Early** will I seek You; My soul thirsts for You; My flesh longs for You In a dry and thirsty land Where there is no water” (Psalm 63:1).

2) Organization - Notice how organized God was when He created Earth. He planned what He would do for each day. (Genesis 1 - 3)



- a) Making “To Do Lists” with the most important items at the top.
- b) Crossing off the least important ones. Teaching this to our children.
- c) Learning to say, “No.” We can’t do everything, God doesn't want us to.
- d) Giving ourselves permission to carry things over to the next day or to eliminate them.
- e) Giving our children chores and responsibilities.

3) Punctuality - Making schedules but be willing to be flexible. Posting schedules for our children also.

Exhaustion - feeling tired, weak. “I’m so tired, I can barely move or think!”

- 1) **Getting filled up with the Holy Ghost every morning and being refilled throughout the day.** How? Turning our heart and mind toward Him and connecting with Him. *“That they should seek the Lord, if haply they might **feel after him**, and find **him**, though he be not far from every one of us:”* (Acts 17:27).



- 2) **Doing things out of love , not out of duty.** *“For God so loved the world that He gave”* (John 3:16).



- 3) **Bring as much joy and fun as possible into tasks.** *“for the joy of the Lord is your strength”* (Nehemiah 8:10).



- 4) **Declaring God’s Word.** *“I can do all things through Christ who strengthens me”* (Philippians 4:13). (All those things that God wants us to do, not necessarily all that others want us to do.)



- 5) **Meeting our physical needs.** Eating healthy foods, getting enough sleep or taking naps, providing “me time.”

2. Is the father of your children a great dad? If so, how did you encourage that in him? Every father has different areas of strength and areas where he is not strong. If we wives are careful to give our husband the following six gifts, it will be easier for him to accept our suggestions in parenting.



Every husband needs these gifts from us:

- a) Companionship** - *“It is not good that the man should be alone;”* (Genesis 2:18)
- b) Help and Appreciation** - *“I will make him a helper fit for him”* (Genesis 2:18). *“in everything give thanks; for this is the will of God in Christ Jesus for you”* (1 Thessalonians 5:18).
- c) Obedience** - *“obedient to their own husbands”* (Titus 2:5) even Jesus said, *“If you love me keep My commandments”* (John 14:15).
- d) Love and *Respect** - *“to love their husbands,”* (Titus 2:4). *“let the wife see that she respects her husband”* (Ephesians 5:33). Don’t disobey, disagree, or argue with our husbands in front of our children.
- f) Devotion** - She should be loyal, trustworthy, and *look after the interests* of her husband (Philippians 2:4).

(6 Things a Christian Wife Should Give Her Husband)



Once our husband feels secure in our relationship with him, because we regularly give him these 6 gifts, then he is more likely to listen to our suggestions in parenting.

Our advice should be given in private, not in front of the children.

We should use the method that Jesus used in the letters to the 6 churches in Revelation 2-3:

1st Positive - We can compliment him on something that he is doing well with the children.

2nd Observation and Suggestion - We can mention what saw, what we think would work good in this situation, why, and what good outcome we think will come if he tries the suggestion.

3rd Positive - We can compliment him again on something else that he is doing well with the children.



3. What do you do when you have adults or grown children who live with you and have an unhealthy bad habit that you don't like. They are respectful and follow your rules at home and you have discussed about the habit which is unhealthy and bad for them, which might cause them health issues in the long run?



- a) **Negotiate** - Ask what area in your life that your adult child is concerned about. Then suggest that you both work on the areas of concern, showing love and respect to each other as we try to improve.
- b) **Prayer** - Identify what the base problem is, then we should pray that God will convict them using whatever method He thinks is best.
- c) **Good example** - We should be a good example of living a life-style without that bad habit.
- d) **No Nagging** - We should not nag, they will just put up a wall.