Moments of Peace for Moms

365 Daily Devotions from Our Daily Bread

Discovery House
from Our Daily Bread Ministries
Influence of Godly Mothers

"Listen, my son, to your father’s instruction and do not forsake your mother’s teaching." —PROVERBS 1:8

Many godly men of the past were richly blessed by what they learned from their mothers. Consider biblical characters Moses, Samuel, and Timothy, who had strong maternal influence. Or men like Augustine, John Newton, and the zealous Wesley brothers. Their names would probably never have graced the pages of history if it hadn’t been for the godly women who raised them in Christ-honoring homes.

Susannah Wesley, the mother of preachers John and Charles, spent an hour each day praying for her seventeen children. She also took each child aside for an hour every week to discuss spiritual matters. Here are a few of her training rules: (1) Subdue self-will in a child and thus work together with God to save his soul. (2) Teach him to pray as soon as he can speak. (3) Give him nothing he cries for and only what is good for him if he asks politely. (4) To prevent lying, punish no fault that is freely confessed, but never allow a rebellious, sinful act to go unnoticed. (5) Commend and reward good behavior. (6) Strictly observe all promises you have made to your child.

Godly mothers can change the world! —HB
A young mother once said, “I wish I could wrap my children in bubble wrap to protect them from the big, bad world outside.”

Author Stormie Omartian understands how that mother feels. In her book The Power of a Praying Parent, she writes, “One day I cried out to God, saying, ‘Lord, this is too much for me. I can’t keep a twenty-four-hours-a-day, moment-by-moment watch on my son. How can I ever have peace?’”

God responded by leading Stormie and her husband to become praying parents. They began to intercede for their son daily, mentioning the details of his life in prayer.

The desire to wrap our children in bubble wrap to protect them is rooted in fear. Wrapping children in prayer, as Jesus did (Matthew 19:13–15), is a powerful alternative. God cares more about our children than we do, so we can release them into His hands by praying for them. As we pray, He will give us the peace we long for (Philippians 4:6–7).

This challenge is for all parents—even those whose children have grown up: Don’t ever stop wrapping your children in prayer!

—JY
Safe and Still

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. —PSALM 91:1

As a full-of-energy preschooler, my son Xavier avoided afternoon quiet time. Being still often resulted in an unwanted, though much-needed, nap. He did everything possible to evade the quiet. “Mom, I’m hungry . . . I’m thirsty . . . I have to go to the bathroom . . . I want a hug.”

Understanding the benefits of stillness, I’d help Xavier settle down by inviting him to snuggle. Leaning into my side, he’d give in to sleep.

Early in my spiritual life, I mirrored my son’s desire to remain active. Busyness made me feel accepted, important, and in control. Surrendering to rest only affirmed my frail humanity. So I avoided stillness and silence, doubting the Lord could handle things without my help.

But God is our refuge, no matter what lies ahead. The path may seem long, scary, or overwhelming, but His love envelops us. He hears us, answers us, and stays with us . . . now and forever, into eternity (Psalm 91:1–16).

We can embrace the quiet and lean into God’s un-failing love and constant presence. We can be still, because we’re safe under the shelter of His unchanging faithfulness (v. 4). —XD
A mother was trying to calm her fretful little daughter. Soon her loving embrace and tender caresses quieted the four-year-old’s uneasiness. But the mother herself was grieving because of the recent death of her own mother.

Looking up, the little girl saw her moist eyes and asked sweetly, “Mama, do you want to be holded too?” The mother’s tears began to flow freely, and the child hugged her and whispered, “Mama, God will hold you, won’t He?” Those words consoled her.

How reassuring to know that our Lord is the “God of all comfort” (2 Corinthians 1:3). Although we may sorrow greatly, God is good, and heaven will one day reveal that His purpose was never to hurt us but to bless us. So we cast all our care upon the Lord, believing that He is holding us even when we do not feel it. There is solid comfort in that reality.

As we turn our problems over to the loving Savior, we will be able to say with the psalmist, “When anxiety was great within me, your consolation brought me joy” (Psalm 94:19).
He Carries Us

“As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem.” —ISAIAH 66:13

My friend entrusted me with the privilege of holding her precious, four-day-old daughter. Not long after I took the baby into my arms, she started to fuss. Despite my best attempts and my decade and a half of parenting experience, I couldn’t pacify her. She became increasingly upset until I placed her back into the crook of her mother’s eager arm. Peace washed over her almost instantaneously. My friend knew precisely how to hold and pat her daughter to alleviate her distress.

God extends comfort to His children like a mother: tender, trustworthy, and diligent in her efforts to calm her child. When we are weary or upset, He carries us affectionately in His arms. As our Father and Creator, He knows us intimately. He “will keep in perfect peace all who trust in [him], all whose thoughts are fixed on [him]” (Isaiah 26:3 NLT).

When the troubles of this world weigh heavy on our hearts, we can find comfort in the knowledge that He protects and fights for us, His children, as a loving parent.

—KH
Don’t Forget Yourself!

“Father, glorify me in your presence with the glory I had with you before the world began.” —JOHN 17:5

Are you surprised that Christ’s high-priestly prayer in John 17 began with a petition for himself? He was at the most crucial moment of His earthly life; soon He would take up the cross and bear the punishment for the sins of the world. His concern for others was obvious. He would specifically mention His disciples. Then He would intercede for His church, which would endure great persecution through the centuries. But first He prayed for himself.

Some Christians think it’s wrong to pray for themselves. However, we shouldn’t feel guilty about bringing our own needs and concerns to the Lord. A girl listened carefully to her mother’s prayers and said, “Mom, you’re always praying for somebody else. You never pray for yourself, but I think you should.” She was right, for we do need to ask the Lord for His guidance, forgiveness, patience, and grace.

When you spend time in God’s presence, tell Him about your hopes, your worries, your desires, and your needs. He’ll help you see things more clearly and give you the needed direction. As you go to the Lord in prayer, pray for others. But don’t forget yourself.

—DE
Be Still, My Soul

But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. —PSALM 131:2

Picture a mother poised lovingly over her child, gently patting, softly speaking—“Hush now. Shhh.” The demeanor and simple words are meant to comfort and quiet anxious little ones in the midst of disappointment, discomfort, or pain. When I ponder Psalm 131:2, this is the picture that comes to mind.

The language and flow of this psalm suggest that the writer, David, had experienced something that provoked serious reflection. Have you experienced a disappointment, defeat, or failure that prompted thoughtful, reflective prayer? When you lose a friendship or lose your composure with your family? David poured out his heart to the Lord and in the process did a bit of honest soul-searching and inventory (Psalm 131:1). In making peace with his circumstances, he found contentment like that of a young child who was satisfied with simply being with his or her mother (v. 2).

Life’s circumstances change, and sometimes we are humbled. Yet we can be hopeful and content knowing that there is One who has promised to never leave or forsake us. We can trust Him fully. —AJ