

// Parent Ministry

*10 Secrets to Becoming a Worry-Free Mom*

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#### REVIEW:

Moms are known to worry. Raising children can be stressful and full of anxious moments. *10 Secrets to Becoming a Worry-Free Mom* is a hopeful guide to some simple secrets to truly letting go of the worry, stress, and anxiety of being a mom, in order to let God, the perfect parent, take over. A great read for new moms or veteran moms. This is a perfect book to be used in a mom's book club or a church group study.

#### SNAPSHOT

##### *The Choice is Yours*

The ABC's of surrendering a mom's worry is a 3 step simple. "Admitt you do not have control over your children's life. Believe God wants only the best for you and your children. Commit yourself to a deeper knowledge of God. "

##### **Secret #1: Partnering with the Perfect Parent**

The roots of our insecurities are based on how we ourselves were raised, our perceived need of our children, how we see our children behave and often what other people are saying. Our security should be found in our relationship with the perfect parent, God the Father. The process of connecting with Him comes through how we P-R-A-Y. "P: Pray to commune with God, not to get what we want. R: Reach out for help. A: Ask God for wisdom, not necessarily the answer. Y: Yearn for a closer walk with God."

##### **Secret #2: Realizing God Can Control What You Can't**

We are not in control, God is. Realizing this will change everything about our worry and stress, taking the weight off of our shoulders. Philippians 4:6-7 spells out the steps for us. Step 1: Don't worry about anything. Step 2: Pray about everything. Step 3: Fix your thoughts. Step 4: Experience God's peace.

##### **Secret #3: Trusting God's Unseen Work in Their Lives**

Trusting God's purpose and plan is not easy but it is what is best for both of us, as moms, and for our children. God has the best in store for both of us. The strategy of trusting God is: 1. Prioritizing God's word. 2. Pray continually. 3. Praising God for the good and the bad. 4. Pursuing a community of support.

##### **Secret #4: Relying on the Unchanging Immovable God**

Our children will go through stages and changes as they grow. It is natural, and it is Biblical. We must learn to survive these "winds of change". The steps we must learn in order to find stability and trust in God during these stages of life are: 1. Learning to respond rather than react. 2. Learn to laugh. 3. Learn to count it out. 4. Learn from moms who have been there. 5. Lean on God.



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### ***Secret #5: Giving Their Social Life to God***

As moms, we worry about our own acceptance and also the social acceptance of our children. We worry about positive and negative influences on our children. We are concerned by their choices of friendships. We can experience peace over their social lives. Here is how: 1. Pray for that person you don't approve of. 2. Picture your child's hurt. 3. Pray scripture over your children.

### ***Secret #6: Trusting God's Faultless Filter***

Our children will have negative experiences, things that will hurt them or they will regret. We can think back to our childhood and remember the baggage we still carry. We must trust in God to filter the things that happen to our children and the hurts they will experience. Here are some simple ways to trust God in these moments: 1. Take your insecurities, disappointments, and failures to Him. 2. Talk to your children about boundaries. 3. Teach your children by example. 4. Teach your children to pray.

### ***Secret #7: Giving Their Poor Decisions to God***

Our children will make poor decisions. We must choose to trust and learn to know how to respond not as "a worrier but a warrior", replacing our panic with peace by: 1. Dwelling on the best, not the worst. 2. Distinguishing between fear and discernment. 3. Not worrying about what other will think. 4. Not giving up.

### ***Secret #8: Trusting God with Their Spiritual Foundations***

What do we do when our children choose to live in a way that doesn't appear to acknowledge God in their lives? While it might appear that they have "dropped God", know that God never "drops them". Here is our hope in the moments of spiritual heartbreak and worry: 1. Seek comfort in God's word. 2. Stay tuned to the Spirit's voice. 3. Submit to Him in worship.

### ***Secret #9: Surrendering to God Your Tendency to Rescue***

Moms have a natural motherly tendency to rescue. There is nothing worse for a mom than when she feels like she can do nothing to rescue her children from hurt, problems or mistakes. Here are the reasons why we "*Don't Rush In*": 1. God always has a better plan. 2. God wants to help our children resolve it themselves. 3. God wants our children to ask Him for help.

### ***Secret #10: Trusting God with Their Future***

God knows their future. He has given us a revelation of Himself, and He reveals His plan for our children. Our job is to prepare them for the life God has by: 1. Listening to their hearts. 2. Letting them go. 3. Letting them hurt so they will grow.

When God opens doors for them to experience we can offer our children some guidelines to determine whether those doors are from Him: 1. The door God opens will never contradict His word. 2. The door God opens will be accompanied by confirmation. 3. The door God opens will require you to depend on Him.

Finally, we must give our children a confident future by: 1. Building their own lives. 2. Being their example 3. Being strong for them. All in order to release them and their future to God because we have lived a lifestyle of trust and not worry.