



moms monthly

support encourage share grow

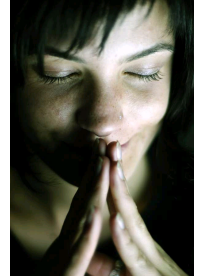
prayer

What are some of the benefits to exploring our spirituality alongside our children?

What are some of the myths about prayer that may be tainting our understanding?

What do we need to understand about God's character in order to pray?

What are the greatest challenges we face when cultivating a prayer life for ourselves and/or our families?



all that in a bag of chips...

At the end of another episode of *Gilmore Girls* on DVD, I sigh and realize I have finished the whole bag: Lays Dill Pickle. I know I can't eat just one. There once was a time that my guilty pleasures were my own baggage but as a mom I am learning that my lack of discipline impacts the lives of at least three other impressionable people. My children are always watching and it doesn't take long to realize that I can tell them to eat their veggies but if they catch me on the couch adorned with chip crumbs they may be confused by my inconsistency.



So, how do I become more authentic as a mom "surrounded by such a great cloud of witnesses" (Hebrews 12:1)? I think it begins with living my life in line with my priorities. I have a constant internal battle with discipline. I find it difficult to spend wisely, to exercise, to eat properly, to pray. I sympathize with Paul when he says "I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing" (Romans 7: 18-19). This inner struggle may always be a reality but that doesn't mean that I refuse to fight against the odds. Until I actually tailor

my daily schedule to reflect what I know to be important, I will be teaching my kids with mixed messages.

My children need to see me living out my spirituality in the day-to-day realities and challenges of my life. If I believe that prayer is the life breath of our spiritual health then I need to be praying continually (1 Thessalonians 5:17) with them, for them and for myself! I realize that it's time to put down the proverbial "bag of chips" along with the excuses and make a choice to do what I know is right. In essence, my children may be providing me with the accountability I have needed to actually live the way God created me to live: daily connected to Him. That's the reality I want them to see. *Sarah Covey*

What matters most is **not** perfection but **direction**.



Coffee Talk

1. What work do you do outside the home?
2. Tell us the names and ages of your children.
3. What is one thing that you love about being a mom?
4. Share one good piece of advice from your mom?

"When I can't hear you, I know you still hear every word I pray."

Faithful

~ Brooke Fraser ~

Prayer and the Psalms

Adoration - celebrates God's goodness, faithfulness and presence (8, 19, 33, 65, 100, 103-105, 113-115, 117, 134-136, 145-150)

Confession - honest admission of wrong, seeking forgiveness and restoration (14, 32, 38, 42)

Petition - acknowledge need for God and requests action (3, 4, 7, 13, 26, 55-57)

Lament - expresses despair, anger, confusion (12, 44, 58, 60, 74, 79, 80, 83, 90, 106, 123, 126, 137)

Intercession - for others' situations and needs (12, 27, 44, 58)

Thanksgiving - gratitude in response to God's blessings (30, 32, 34, 41, 65-67, 92, 116, 124, 138)

mommy moment: As an easy stress reliever this month, consider *breath prayers*. These are simple one line prayers repeated rhythmically as you inhale and exhale deeply. Examples: Father, show me your love or Jesus, give me strength

This Month With Ourselves:

EDUCATE:

Consider revisiting The Lord's Prayer in *Matthew 6:9-13*. Think about the types of prayer that are reflected in its structure. How can you use this familiar prayer as a guide for your own prayer? How can you use it to teach your children?

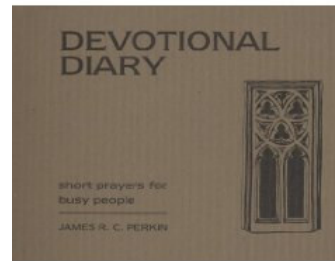
EVALUATE:

Timothy Jones in *Awake My Soul: Practical Spirituality for Busy People* reminds us that "There is never enough time to do everything, but there is always enough time to do the important". Reexamine

your own life with respect to the important things. How does the way you spend your time match your core beliefs and priorities? Where does prayer fit in? What support do you need to follow through with your prayer goals?

EXPRESS:

In a journal, explore some of these questions: What must I do personally in order to offer my children a spiritual legacy? Are



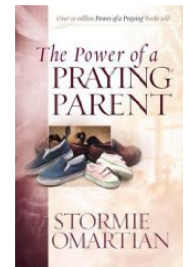
Consider using a prayer book to help you on a daily basis.

there changes I need to make? Are there things I need to learn and apply? How am I doing so far? Where would I like to be?

EXPAND:

We can pray with our kids but how can we pray for them?

Consider reading this book to find out!

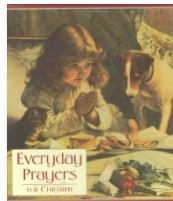


family fun: Make a *prayer wall* one afternoon. Designate and decorate an area on one wall to post prayer requests. Use colourful post-it notes to draw or write your prayers. (Consider a different colour for each family member). Pray as you post and when you pass by. Celebrate answered prayers as well with stickers or new post-its! Randomly post throughout the week or build a new ritual-like posting Sundays at bedtime.

This Month With Our Kids:

MAKE A POINT:

Ask your kids what they want or need to pray about. Are they concerned about a situation at school? Do they have something to be thankful for?

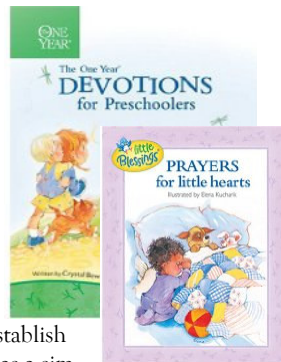


MAKE A PROMISE:

Be a role model. As with any behaviour, kids will respond more to your actions than they will to your words.

MAKE A PLAN:

Keep it simple and consistent. Consider short prayers throughout the day. Pause and respond to situations as they arise. Reestablish grace at dinner as a simple ritual. Use a resource to help with your morning or bedtime routine.



And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. (Ephesians 6:18)

To pray...means to think and live in the presence of God. ~ Henri Nouwen ~

Potato Pizza Casserole: Add your own personal touches to this easy recipe! Great for the freezer!

Ingredients: 8 large potatoes (peeled), 3 cups shredded mozzarella cheese, 2 cans spaghetti sauce, 1 package sliced pepperoni

1. Boil the potatoes until they are tender but still able to be sliced without crumbling.
2. Layer the casserole like lasagna always beginning with sauce and finishing with cheese and toppings.
3. Bake covered at 350 degrees for about 1 hour or until heated through and sauce is bubbling.
4. Remove covering and broil for 3-5 minutes to brown the cheese and toppings. Let stand before serving.

