

Jump-start to Joyful Motherhood

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Psalm 113:9

Six steps to “jump-start” your JOY:

1. Have a vision for your family.

2. Have realistic expectations of your children
 - *Disciple them*

 - *Age appropriate*

 - *Just say “yes”*

3. Have realistic expectations of yourself
 - *Comparisons (don't compare to neighbors, leaders)*

 - *Own gifts, limitations, families, situations – also—realistic marriage expectations*

 - *Recognize needs (sleep, food, nurturing, etc.)*

 - *What are the problem areas and what can you do about them?*

4. Expect interruptions.

5. Recognize spiritual warfare for what it is
 - *Spiritual fruit – tree doesn't try hard, but does need to fight the worms*

 - *Your mind is his target –*

6. Choose joy! Recognize the source of true joy – The joy of the Lord is my strength.
“Break forth into joy, o my soul; In the presence of the Lord, there is joy forevermore.” (song)

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| <u>Verses on JOY</u> | <u>Suggested resources</u> |
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| Psalm 113:9 | <i>A Mom Just Like You</i> by Vickie Farris |
| Psalm 89:15 | <i>The Spiritual Power of a Mother</i> by Michael Farris |
| Psalm 98:4 | <i>Seasons of a Mother's Heart</i> by Sally Clarkson |
| Isaiah 56:7 | <i>Educating the WholeHearted Child</i> by Clay and Sally Clarkson |
| Colossians 1:11 | <i>The Busy Mom's Guide to Simple Living</i> by Jackie Wellwood |
| Jeremiah 33:9 | <i>Beyond Survival: A Guide to Abundant-Life Homeschooling</i> |
| John 3:29 | by Diana Waring |
| Acts 2:28 | <i>A Woman's Guide to Spiritual Warfare and Spritual Warrior's</i> |
| Galatians 5:22 | <i>Prayer Guide</i> by Quin Sherrer and Ruthann Garlock |
| Philippians 2:2 | <i>More Hours in My Day</i> by Emilie Barnes |
| Philemon 7 | <i>Emilie's Creative Home Organizer</i> by Emilie Barnes |
| Psalm 35:9 | <i>How to Overcome Strongholds</i> by Kay Arthur |
| Psalm 95:1 | "Mind, Mouth, Moods & Attitudes" audio tapes by Joyce Meyer |
| Psalm 149:5 | <i>When God Whispers Your Name</i> by Max Lucado |
| Isaiah 61:10 | <i>The Way Home</i> by Mary Pride |
| Hebrews 10:34 | <i>All the Way Home</i> by Mary Pride |
| Habakkuk 3:18 | <i>The Excellent Wife</i> by Martha Peace |
| John 15:11 | <i>Becoming a Titus 2 Woman</i> by Martha Peace |
| Romans 15:13 | <i>Disciplines of the Beautiful Woman</i> by Anne Ortlund |
| I Peter 1:8 | <i>Survival for Busy Women</i> by Emilie Barnes |
| I Thessalonians 2:19 | <i>Life Without Strife</i> by Joyce Meyer |
| Hebrews 12:2 | <i>The Spirit-Controlled Woman</i> by Beverly LaHaye |
| Psalm 81:1 | <i>By Joyful!</i> by Warren Wiersbe |
| Psalm 96:12 | <i>Managing Your Emotions</i> by Joyce Meyer |
| Ecclesiastes 7:14 | <i>Enjoying Where You Are on the Way to Where You're Going</i> by J. Meyer |
| II Corinthians 7:4 | "Please Help Me, I'm Tired" by Joyce Meyer (tapes) |
| Isaiah 55:12 | "The Spirit-Controlled Life" by Joyce Meyer (tapes) |
| Zephaniah 3:17 | "Rested, Refreshed....with Fullness of Joy!" by Joyce Meyer (tapes) |
| John 16:20 | Online search: <i>joyful mom / joyful mother</i> |
| II Corinthians 1:24 | |
| I Peter 4:13 | |
| II Timothy 1:4 | |
| Hebrews 13:17 | |