

Running On Empty: What Moms Need Most in 2022

"Children, obey your parents in the Lord, for this is right. "**Honor your father and mother,**" which is the first commandment with promise: "that it may be well with you and that you may live long on the earth..." Ephesians 6:1-3 (NKJV)

I. Introduction

II. The Eight Things That Moms Need in 2022

1. Moms need _____.

"This I recall to my mind, Therefore I have hope. It is through the LORD'S mercies we are not consumed, because His compassions fail not. **They are new every morning; great is Your faithfulness.** "The LORD is my portion," says my soul, "Therefore I will hope in Him!" Lamentations 3:21-24

Four Biblical thoughts for moms concerning patience:

- o When you're weary, remember that _____
- o Remember that patience is an _____
- o Remember that patience is a tool of God to _____
- o In the developing of patience, God tells us to _____

2. Moms need _____.

"Whenever we pray for you, **we always begin by giving thanks to God** the Father of our Lord Jesus Christ..." Colossians 1:3 (TLB)

"Charm is deceptive, and beauty does not last; but a woman who fears the LORD will be greatly praised. Give her the reward her for all she has done. Let her deeds publicly declare her praise." Proverbs 31:30-31 (NLT)

3. Moms need a _____.

"It is useless and senseless for you to work so hard from early morning until late at night, anxiously working for food to eat; for **God gives the proper rest to his loved ones. Children are a gift** from the LORD; they are **a reward** from Him." Psalm 127:2, 3 (NLT)

"The thief does not come except to steal, and to kill, and to destroy. **I have come that they may have life, and that they may have it more abundantly.**" John 10:10 (NKJV)

Why can't we seem to strike the right balance regarding children?

- ✓ _____
- ✓ _____
- ✓ _____

4. Moms need _____.

"**If you need wisdom, ask our generous God,** and He will give it to you. He will never rebuke you for asking." James 1:5 (NLT)

*"God has hidden all the treasures of wisdom and knowledge **in Christ.**" Colossians 2:3 (GW)*

5. Moms need _____.

*"Her children stand and bless her; so does her husband. He praises her with these words: "There are many fine women in the world, but **you are the best of them all!**" Proverbs 31:28-29 (TLB)*

*"I remember your genuine faith, for you share the faith that first filled your grandmother Lois and your mother, Eunice. And I know **that same faith continues strong in you.**" II Timothy 1:5 (NLT)*

*"...let her achievements praise her **at the city gates.**" Proverbs 31:31b*

6. Moms need _____.

*"Anxiety weighs down the heart, but **a kind word cheers it up.**" Proverbs 12:25*

*"Instead, **speaking the truth in love, we will grow** to become in every respect the mature body of Him who is the head, that is, Christ." Ephesians 4:15*

*"**Don't say anything that would hurt {another person}. Instead, speak only what is good**...that way, what you say will help those who hear you." Ephesians 4:29 (GW)*

7. Moms need _____.

*"**Come to Me (Jesus), all you who labor and are heavy laden, and I will give you rest.** Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." Matthew 11:28-30 (NKJV)*

*"But **those who wait on the LORD shall renew their strength;** they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Isaiah 40:31 (NKJV)*

8. Moms need a consistently refueled _____!

*"**Fight the good fight of the faith.** Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses." I Timothy 6:12*

*"In every circumstances take up the shield of faith, **with which you can extinguish every flaming dart of the evil one.**" Ephesians 6:16*

*"...trust in Him at all times. **Pour out your heart to Him, for God is a refuge for us.**" Psalm 62:8*

"The mother's heart is the child's schoolroom."---Henry Ward Beecher

"I don't believe there are devils enough in hell to pull a boy out of the arms of a godly mother."---Billy Sunday

"Only God Himself fully appreciates the influence of a Christian mother in the molding of character in her children."---Billy Graham

ANSWER KEY:

1. Patience

- o God understands**
- o Expression of love**
- o Help us grow**
- o Help each other**

2. Appreciation

3. Life

- o Patterns**
- o Selfishness**
- o Others**

4. Wisdom

5. Validation

6. Communication

7. Rest

8. Faith