

CHANGE

we see
you!

PRAYERS AND PRACTICES



S H A M E K A D A N I E L S

we see you!

- ◆ We see you, and we acknowledge the incredible work that you do each and every day to care for your children.
- ◆ Your dedication and love are an inspiration to us all, and we are grateful for everything that you do.
- ◆ You are a strong and capable mother, and we believe in your ability to navigate any challenges that come your way.
- ◆ Your sacrifices do not go unnoticed, and we appreciate all that you do to provide for your family.
- ◆ You are enough just as you are, and we encourage you to take time for yourself and practice self-care.
- ◆ Your hard work and devotion are making a difference in the lives of your children, and we admire your commitment to raising them with love and kindness.
- ◆ You are valued, cherished, and loved, and we want you to know that your efforts are making a positive impact on your family and your community.

Remember, you are doing an amazing job, and we see you!

Dear Moms,

I want you to know that we see you. I see the hard work you put in every day to care for your children, your families, and yourselves. I see the sacrifices you make, the challenges you face, and the love you pour into everything you do.

Being a mother is one of the most rewarding and fulfilling roles in life, but it can also be one of the most difficult. It's okay to feel overwhelmed, exhausted, or unsure of yourself at times. It's okay to ask for help, to take a break, or to simply take a deep breath and remind yourself that you're doing the best you can.

Remember that you are not alone. There are millions of mothers around the world who are going through the same struggles and joys as you. Reach out to other moms for support, share your experiences, and know that you are part of a community of strong, resilient and loving women.

As a mother, you have one of the most important and challenging roles in the world. You are responsible for nurturing and guiding your children, and for creating a loving and supportive home environment. In the midst of all the busyness and chaos of daily life, it can be easy to forget to take care of yourself and to connect with your spiritual side.

That's why I want to remind you of the importance of using prayers and practices to support your well-being and your family's well-being. Taking time to connect with God, can help you feel more grounded, centered, and peaceful. Prayer can be a powerful tool for managing stress, anxiety, and other challenges that come with motherhood. It can also help you cultivate gratitude, compassion, and a sense of purpose. You can pray in your own way, whether it's through reciting traditional prayers, meditating, or simply speaking from your heart.

In addition to prayer, there are many other practices that can support your spiritual and emotional well-being. These might include yoga, meditation, journaling, or spending time in nature. Whatever practices resonate with you, make sure to prioritize them in your daily life.

Remember that taking care of yourself is not selfish - it's essential. When you take care of yourself, you are better able to take care of your family and to show up as the best version of yourself. So make time for prayer and other practices that nourish your soul, and watch as your life and your family's life are transformed.

Mom, you are doing an amazing job, and your children are blessed to have you as their mother. Keep going, keep growing, and keep shining your light. I see you, and we are cheering you on every step of the way.

With Love and Admiration,
Pastor Shameka Daniels

Prayers
& PRACTICES
A MOTHER'S DAY GIFT FROM OUR PASTORS

Prayers for
MOTHERS

CHANGE



PRAYERS AND PRACTICES

a Prayer for the Anxious Mom

Heavenly Father,

As a mother, I come before you today with a heavy heart and a mind full of worries. My anxiety is consuming me, and I feel as though I am drowning in a sea of fears and doubts. I know that as a parent, I am called to be a source of strength and stability for my family, but right now, I feel weak and overwhelmed.

Lord, I know that you are the God of peace and that you are able to calm the storm in my heart. I pray that you would pour out your peace upon me today. Help me to surrender my anxieties to you and trust that you are in control.

Please remind me of your promises, that you will never leave me nor forsake me, that you are my refuge and my strength. When my thoughts race and my fears overwhelm me, help me to turn my eyes to you and find comfort in your presence.

Lord, I also pray for wisdom and guidance as I navigate the challenges of motherhood. Help me to make wise decisions for my family, and to lead with love, grace, and patience. May your Holy Spirit guide me in all that I do.

Thank you, Lord, for your never-ending love and faithfulness. Help me to rest in the knowledge that you are always with me, even in the midst of my anxiety.

In Jesus' name I pray,

Amen.

a Prayer for Patience

Heavenly Father,

As a mother, I often find myself struggling to have patience. It can be so difficult to remain calm and composed when my children test my limits and push my buttons. But I know that patience is a virtue that you value, and I desire to reflect your character in my parenting.

Lord, I pray that you would give me an extra measure of patience today. Help me to remember that my children are a precious gift from you and that they need my love and guidance. Give me the strength to respond with kindness and grace when I am feeling frustrated or overwhelmed.

Teach me to slow down and enjoy the moments with my children. Help me to see the world through their eyes and appreciate their unique personalities and quirks. May my interactions with them be filled with love, joy, and laughter.

Lord, I also pray for wisdom as I parent my children. Help me to discern when to discipline, when to offer grace, and when to simply listen. May my words and actions reflect your love and grace, and may my children grow up to be strong, compassionate, and wise.

Thank you, Lord, for the gift of motherhood. Help me to embrace this calling with patience and grace, and may my life be a reflection of your love and goodness.

In Jesus' name I pray,

Amen.

a Prayer for Wisdom

Heavenly Father,

As a mother, I come before you today seeking wisdom. There are so many decisions to be made, so many challenges to navigate, and I often feel unsure of the best way forward. But I know that you are the source of all wisdom, and I trust in your guidance.

Lord, I pray that you would give me the discernment and wisdom that I need to parent my children well. Help me to make decisions that honor you and that are in the best interest of my family. May your Holy Spirit guide me in all that I do, and may I be quick to listen to your still, small voice.

I pray for wisdom in the everyday moments of motherhood - in how I discipline, how I encourage, and how I love my children. Help me to be patient and compassionate, even when it's hard. Give me the courage to set boundaries and the wisdom to know when to let go.

Lord, I also pray for wisdom in the bigger picture of motherhood - in how I teach and model faith to my children, in how I prepare them for the challenges of the world, and in how I help them to discover and fulfill their unique callings. May your wisdom guide me in all of these areas, and may I be faithful in following your leading.

Thank you, Lord, for your promise that if we lack wisdom, we need only ask and you will give it to us generously. I trust in your faithfulness and goodness, and I know that you will provide all that I need to parent my children well.

In Jesus' name I pray,

Amen.

a Prayer to Show Grace

Heavenly Father,

As a mother, I often find myself in situations where I need to extend grace to my children. It can be hard to forgive them when they make mistakes or fall short of my expectations, but I know that grace is a reflection of your love and mercy.

Lord, I pray that you would help me to be a gracious mother. Help me to remember that my children are still learning and growing, and that mistakes are a natural part of the process. Give me the strength to respond with kindness and patience, even when it's hard.

Teach me to extend grace to my children in the same way that you extend grace to me. Help me to model forgiveness and understanding, and to be quick to listen and slow to anger. May my interactions with my children be filled with love, joy, and peace.

Lord, I also pray for wisdom in knowing when to extend grace and when to discipline. Help me to discern the best course of action in each situation, and to be consistent in my approach. May my children grow up with a deep understanding of your grace and mercy, and may they reflect that same grace and mercy to others.

Thank you, Lord, for your never-ending love and grace. Help me to reflect your character in all that I do, and may my life be a reflection of your goodness and mercy.

In Jesus' name I pray,

Amen.

a Prayer for Strength

Heavenly Father,

As a mother, I often feel overwhelmed and exhausted by the demands of parenting. The weight of responsibility can feel heavy at times, and I need your strength to carry me through.

Lord, I pray that you, would strengthen me today. Help me to find rest and renewal in you, even in the midst of chaos and busyness. Give me the physical, emotional, and spiritual strength that I need to face the challenges of each day.

Teach me to rely on your strength and not my own. Help me to surrender my worries and anxieties to you, and to trust in your provision and care for me and my family. May I find comfort and peace in the knowledge that you are always with me.

Lord, I also pray for strength to persevere in the face of difficulty. Help me to endure through the trials and challenges of motherhood, and to remain faithful in my love and care for my children. May I find joy and purpose in the privilege of raising them to love and serve you.

Thank you, Lord, for your promise that your strength is made perfect in our weakness. Help me to trust in your power and provision, and to find hope and peace in your presence.

In Jesus' name I pray,

Amen.

a Prayer for Balance

Heavenly Father,

As a mother, I often struggle to find balance in my life. Between caring for my family, managing my household, and pursuing my own interests and passions, it can feel like there are never enough hours in the day.

Lord, I pray that you would help me to find balance in my life. Give me the wisdom to prioritize my responsibilities and the courage to say no to things that are not essential. Help me to set healthy boundaries and to make time for the things that matter most.

Teach me to rely on you for strength and guidance, and to trust in your provision for all of my needs. May I find rest and renewal in you, even in the midst of busyness and chaos.

Lord, I also pray for grace and patience with myself when I fall short. Help me to let go of perfectionism and to embrace the imperfections and messiness of life. May I learn to celebrate the small victories and to find joy in the present moment.

Thank you, Lord, for the gift of motherhood and for the opportunity to love and serve my family. Help me to find balance in my life so that I can be the best version of myself for them and for you.

In Jesus' name I pray,

Amen.

a Prayer for the Worried Mom

Heavenly Father,

I come before you today with a heavy heart, as a mother who is worried about her child. I know that you are the source of all comfort and strength, and I trust in your love and care for my child.

Lord, I pray that you would watch over my child and protect them from harm. Give them wisdom and discernment to make good choices, and surround them with people who will support and encourage them. Help me to trust in your plan for my child's life, even when it doesn't make sense to me. Give me the strength to surrender my worries and fears to you, and to trust in your provision and care for my family.

Lord, I also pray for peace and comfort for my own heart. Help me to find rest in your presence, and to know that you are always with me. Give me the strength to persevere through the challenges of parenting, and to remain faithful in my love and care for my child.

Thank you, Lord, for the gift of motherhood and for the privilege of raising my child. Help me to trust in your plan and to find hope and peace in your presence.

In Jesus' name I pray,

Amen.

a Prayer for Moms Struggling With Guilt

I come before you today as a mother who struggles with guilt when it comes to caring for myself. I know that you have called me to love and care for myself as I love and care for others, but I often find it difficult to prioritize my own needs. Lord, I pray that you would help me to let go of the guilt that I feel and to embrace the importance of self-care. Help me to see that taking care of myself is not selfish, but rather a necessary part of being able to care for my family and serve you.

Teach me to set healthy boundaries and to make time for the things that bring me joy and renewal. Help me to find rest and peace in your presence, even in the midst of a busy and demanding life.

Lord, I also pray for the strength to persevere in self-care, even when it feels difficult or uncomfortable. Give me the courage to prioritize my own needs and to trust in your provision for all of my needs.

Thank you, Lord, for the gift of motherhood and for the opportunity to love and serve my family. Help me to embrace the importance of self-care and to find balance in my life so that I can be the best version of myself, for them and for you.

In Jesus' name I pray,

Amen.

a Prayer for Protection of Your Children

Heavenly Father,

I come before you today with a heart full of love for my children, and a deep desire to protect them from harm. I know that you are the source of all protection and safety, and I trust in your love and care for my family.

Lord, I pray that you would watch over my children and protect them from all danger, harm, and evil. Surround them with your loving arms and keep them safe from harm. Protect them from physical, emotional, and spiritual harm, and help them to grow and thrive in a world that can often be challenging and difficult.

Give them wisdom and discernment to make good choices, and surround them with people who will encourage and support them in their journey. Help them to know and love you, and to trust in your plan for their lives.

Lord, I also pray for myself as a parent, that you would give me wisdom and discernment as I guide and protect my children. Help me to be a source of strength and comfort for them, and to point them always towards your loving and protective presence.

Thank you, Lord, for the gift of my children and for the opportunity to love and care for them. Help me to trust in your provision and care for my family, and to rest in the knowledge that you are always with us.

In Jesus' name I pray,

Amen.

a Prayer for a Mother Dealing With Grief

Heavenly Father,

I come before you today as a mother who is dealing with grief. My heart is heavy with sadness and loss, and I long for your comfort and healing in this difficult time.

Lord, I pray that you would surround me with your loving presence and help me to find peace and comfort in you. Be with me in my pain and sorrow, and help me to trust in your plan even when it feels hard to understand.

I also pray for the strength to face each day with courage and faith. Give me the courage to grieve and to process my emotions, and the faith to trust in your provision and care for my family.

Thank you, God, for your comfort and help me to find healing and hope in your presence, and to live each day with gratitude and purpose.

In Jesus' name I pray,

Amen.

a Prayer to Live By Example

Heavenly Father,

I come before you today as a mother who desires to be a positive example and a role model for my children. Help me to live in a way that reflects your love and your grace, and to guide my children in the path of righteousness.

Lord, I pray that you would help me to be patient and kind, loving and forgiving, just and wise. Help me to model humility, faithfulness, and integrity in all that I do, and to show my children what it means to live a life that is pleasing to you. Grant me wisdom and discernment as I make decisions, and help me to prioritize my time and energy in a way that honors you and benefits my family. Help me to be selfless and sacrificial, always putting the needs of my family before my own.

Lord, I also pray for the strength and courage to admit my faults and seek forgiveness when I fall short. Help me to be humble and teachable, and to always strive for growth and improvement as a parent and as a person.

Thank you, Lord, for the gift of my children and for the privilege of being their mother. Help me to live by example and to be a role model that they can look up to and admire. May they see your love and your grace reflected in me, and may their lives be transformed by your goodness and your mercy.

In Jesus' name I pray,

Amen.

a Prayer to Love

Heavenly Father,

As a mother, I come before you today with a humble heart and a desire to love my children unconditionally. I know that this kind of love can only come from you, so I ask that you fill my heart with your love and teach me how to show that love to my children.

Lord, I pray that you would help me to be patient, kind, and compassionate with my children. Help me to listen to them with an open heart and to value their thoughts and feelings. Show me how to create a safe and nurturing environment where they can grow and thrive, and give me the wisdom to guide them as they navigate the challenges of life.

Teach me, how to offer forgiveness freely and to model grace and mercy in my relationships with my children. Help me to be a positive example of love, so that my children can learn from me what it means to love unconditionally.

Lord, I know that I am not perfect and that I will make mistakes along the way. Help me to admit my faults and seek forgiveness when I fall short. Show me how to be humble and teachable, and to always strive for growth and improvement as a parent and as a person.

Thank you, Lord, for the precious gift of my children. Help me to love them with the same boundless and unconditional love that you have for me. May they always feel loved and cherished, and may our home be filled with warmth, acceptance, and belonging.

In Jesus' name I pray,

Amen.

a Prayer to Live

Heavenly Father,

As a mother, I come to you today with a humble heart and a desire to be a good listener to my children. I know that listening is an important part of parenting, and I want to be there for my children in every way possible.

Lord, I pray that you would give me the wisdom to listen to my children with empathy and compassion. Help me to value their thoughts, feelings, and experiences, and to create a safe space where they can share their hearts with me without fear of judgment or rejection.

Teach me to be patient and present when my children need me, and to put aside my own concerns and distractions so that I can fully engage with them. Show me how to listen not only to their words but also to the emotions and needs behind them, so that I can respond with wisdom and love.

Lord, I know that listening is not always easy, especially when my own emotions and concerns are at play. Help me to be self-aware and to manage my own emotions in a healthy way, so that I can be fully present for my children when they need me.

Thank you, Lord, for the precious gift of my children. May I always be mindful of the importance of listening to them and may I model for them the kind of love and attention that you give to us.

In Jesus' name I pray,

Amen.

a Prayer to Lead

Dear God,

As a mother, I come before you with a humble heart and a desire to lead my children in the way that they should go. I know that as a parent, I have a responsibility to guide my children to become the people that you have created them to be.

Lord, I pray that you would give me the wisdom, strength, and courage to lead my children in a way that is pleasing to you. Help me to be a positive role model, to set a good example, and to inspire my children to follow in your ways. Teach me how to nurture their spiritual growth, and to help them develop a deep and abiding relationship with you. Show me how to model a life of faith and obedience, so that they may see the joy and peace that come from walking with you.

Lord, I pray that you would also help me to lead my children in practical ways. Give me the wisdom to set appropriate boundaries, to teach them the value of hard work, and to help them develop the skills they need to succeed in life.

Thank you, Lord, for the precious gift of my children. May I always remember that they are a gift from you, and may I never take for granted the awesome responsibility that comes with being a parent.

In Jesus' name I pray,

Amen.

Practises



Take care of yourself: As a mother, it's important to prioritize your own physical and mental health. Make sure to get enough sleep, eat a healthy diet, and exercise regularly. Take time for yourself to do things that you enjoy, whether it's reading a book, taking a bath, or going for a walk.

- 1** Prioritize rest: As a mother, it's important to take time to rest and recharge. The Bible reminds us of the importance of rest in Matthew 11:28-30: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."
- 2** Practice self-care: Make time for activities that help you relax and de-stress. This can include exercise, meditation, reading, or spending time with friends. Proverbs 17:22 reminds us that "A cheerful heart is good medicine, but a crushed spirit dries up the bones."
- 3** Ask for help: Don't be afraid to ask for help when you need it. Whether it's from your spouse, family, or friends, having a support system can help alleviate stress and make you a better mother. Galatians 6:2 reminds us to "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- 4** Practice gratitude: Take time each day to reflect on the things you are thankful for. Gratitude has been shown to improve overall well-being and reduce stress. Psalm 100:4 reminds us to "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
- 5** Prioritize time with God: Make time for prayer, reading the Bible, and attending church. Connecting with God can help bring perspective and peace to your life. Psalm 46:10 reminds us to "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Practice self-compassion: Being a mother can be challenging, and it's important to be kind to yourself when things don't go as planned. Remember that you're doing the best you can, and that it's okay to make mistakes.

- 1 Be kind to yourself: Treat yourself with the same kindness and compassion that you would show to a friend. In Colossians 3:12, we are reminded to "clothe [ourselves] with compassion, kindness, humility, gentleness and patience."
- 2 Practice forgiveness: Forgive yourself for mistakes and shortcomings. Remember that God's grace is sufficient for us, as it says in 2 Corinthians 12:9: "My grace is sufficient for you, for my power is made perfect in weakness."
- 3 Take care of yourself: Prioritize your own needs and take care of yourself physically, emotionally, and spiritually. As it says in 1 Corinthians 6:19-20, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies."
- 4 Practice mindfulness: Be present in the moment and focus on the present rather than dwelling on past mistakes or worrying about the future. In Philippians 4:6-7, we are encouraged to "not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- 5 Speak kindly to yourself: Use positive self-talk and affirmations to encourage and uplift yourself. Proverbs 18:21 reminds us that "The tongue has the power of life and death, and those who love it will eat its fruit." Speak life and love to yourself.

Remember that as a mother, you are doing the best you can and that God's love for you is unconditional. Practice self-compassion, and allow yourself grace and forgiveness as you navigate the challenges of motherhood.

Connect with other mothers: Joining a support group or connecting with other mothers can be a great way to share experiences, get advice, and feel less alone. You can also connect with other mothers online through social media or parenting forums.

- 1** Join a mom's group: Look for local mom's groups in your area or online that focus on topics you are interested in. This can provide a great opportunity to connect with other mothers who share similar interests and experiences.
- 2** Attend mom-focused events: Look for events that are geared specifically towards moms, such as seminars, conferences, or workshops. These events often provide an opportunity to connect with other mothers who are also interested in the same topics.
- 3** Practice active listening: When you meet other mothers, practice active listening by giving your full attention and showing genuine interest in what they have to say. This can help build trust and deepen your connection with them.

Remember, building relationships takes time and effort, so be patient and persistent in your efforts to connect with other mothers. And most importantly, be yourself and allow others to do the same!

Practices



Set boundaries: It's important to set boundaries with your children and with others in your life. This can mean saying no to requests that don't align with your values or priorities, or setting limits on screen time or other activities.

- 1 Identify your needs: Before you can set boundaries, you need to be clear on what your needs are. Take some time to reflect on what is important to you and what you need to feel balanced and healthy as a mother.
- 2 Communicate your boundaries clearly: Once you have identified your needs, communicate your boundaries clearly and assertively. Use "I" statements to express your needs and avoid blaming or accusing language.
- 3 Be consistent: Setting boundaries is about establishing and maintaining healthy boundaries over time. It is important to be consistent with your boundaries, so that others understand and respect them.
- 4 Practice self-care: Taking care of yourself is an important part of setting boundaries. When you prioritize self-care, you are better able to recognize and communicate your boundaries.
- 5 Seek support: Setting boundaries can be challenging, especially if you have a history of not setting boundaries. Seek support from a therapist, support group, or trusted friend or family member.

Here are some scriptures that may be helpful in setting boundaries:

- 1 "Above all else, guard your heart, for everything you do flows from it." - Proverbs 4:23 (NIV)
- 2 "But let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one." - Matthew 5:37 (NKJV)
- 3 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." - Romans 12:2 (NIV)
- 4 "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift." - Matthew 5:23-24 (NIV)

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Practice mindfulness and meditations: Mindfulness can help you stay present and focused in the moment, which can be especially helpful when dealing with the stresses of motherhood. You can practice mindfulness through meditation, deep breathing, or simply taking a few moments to

- 1 Start small: Begin with just a few minutes a day and gradually increase your practice over time. Even just a few minutes of mindfulness or meditation can have significant benefits.
- 2 Find a quiet space: Try to find a quiet space where you won't be interrupted. This could be a designated meditation room, a corner of your bedroom, or even just a quiet spot in your home.
- 3 Set a schedule: Make mindfulness and meditation a regular part of your daily routine by scheduling it into your calendar or setting a reminder on your phone.
- 4 Use guided meditations: Guided meditations can be helpful for beginners or those who prefer a more structured practice. There are many apps and websites that offer free guided meditations.
- 5 Practice mindfulness throughout the day: Mindfulness doesn't have to be limited to formal meditation sessions. You can practice mindfulness throughout the day by being fully present in each moment and bringing your attention to your senses and surroundings.

Here are some scriptures that may be helpful in practicing mindfulness and meditation:

- 1 "Be still, and know that I am God." - Psalm 46:10 (NIV)
- 2 "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." - Matthew 6:34 (NIV)
- 3 "The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul." - Psalm 23:1-3 (NIV)
- 4 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." - Romans 12:2 (NIV)

One of Pastor Shameka's Mindfulness Exercises: **Palms down, Palms up**

- ◆ Turn your palms down and begin to drop your cares, worries, agendas and expectations into God's hand. Let go of all heavy or burdensome things. Relax. Breathe deeply. Release.
- ◆ Turn your palms up to God's and receive His presence, word, and love. Listen.

Prayers
& PRACTICES
A MOTHER'S DAY GIFT FROM OUR PASTORS