

desperate

HOPE for the MOM

Who Needs to Breathe



SARAH MAE & SALLY CLARKSON

Desperate Hope For The Mom Who Needs To Breathe

Joy A. Mead



Desperate Hope For The Mom Who Needs To Breathe:

Desperate Sarah Mae, Sally Clarkson, 2013 What if you didn't have to do motherhood alone Bestselling author and influential blogger Sarah Mae and speaker and author Sally Clarkson explain why you don't have to **Becoming MomStrong** Heidi St. John, 2017-09-19 Have you ever looked into the faces of the people who call you mom and wondered what in the world you got yourself into If you're like many Christian moms today you've been reading the headlines and watching the rapid fire changes in our culture with frustration and fear Let's face it Moms today are facing questions that previous generations didn't even see coming and even our right to determine what is best for our own children is under fire Popular speaker and blogger Heidi St John The Busy Mom believes that today's mothers need a special kind of strength We need to be strong in the Lord and in the power of His might We dare not rely on human strength for the battles we're facing right now In **Becoming MomStrong** Heidi has a powerful message just for you the mom in the midst of it all Through encouragement practical prayer points and authentic me too moments Heidi equips you for a job that only you can do to train your children to hear God's voice and to walk in truth no matter where our culture is heading God wants to use this generation of mothers to do something extraordinary To be strong in the Lord To know who you are in Christ and To impart that strength to your kids In other words He wants you to be MomStrong So if you're feeling tired or inadequate today get ready to find new strength as you join Heidi St John in **Becoming MomStrong** **Teen Mom** Tricia Goyer, 2015-03-03 Being a mom is hard Being a young mom has unique challenges From a teen mom herself Teen Mom speaks to your heart sharing insight encouragement and practical advice to help you create a better life for yourself and your child Everything changes the day you discover you're going to be a mom It's not just yourself that you think about you have a child to care for too While you wouldn't trade your child for the world some days are just hard Baby daddy drama dealing with your parents and worries about school work and your future slam you Your friends can't relate to your little family and you wonder if God has turned His back on you too Tricia Goyer understands A mom at age 17 Tricia remembers what it felt like to carry the weight of the world on your shoulders and she's here to help you through it too In this book she pours out her heart and shares practical advice on Making decisions about work and school Dealing with changing relationships with friends Finding support as a single mom Relating to the baby daddy Handling hard days and more You are the great mom your child deserves And you are stronger than you think This book was previously titled *Life Interrupted* **More Than Just Making It** Erin Odom, 2017-09-05 **More Than Just Making It** is your invitation to reimagine what the good life can be Join Erin Odom a mom thrown into low income living to learn how to overcome your circumstances find creative ways to earn and save and reset your heart and budget according to God's designs When you're trapped in a cycle of financial frustration and you feel like you've tried everything only to end up with more month than money yet again **More Than Just Making It** is your promise and pathway to thriving again Take it from someone who's been there Erin Odom grew up in the private schools and neatly

manicured lawns of Upper Middle Class America but was thrown into low income living during the economic crash She was a stay at home mom her husband was supporting the family on a teacher s salary and even though they had no debt to their name they were scrambling to make ends meet Suddenly Erin found herself standing in line for food stamps turning down play dates because she couldn t afford the gas and ultimately walking into bankruptcy court in the eighth month of her third pregnancy More Than Just Making It tells the story of their breaking point as well as the triumph of their comeback It took hard work creativity and faith in God s provision to reset their bank account as well as their hearts but ultimately they found a new way to thrive and freedom from financial anxiety You can do the same Learn how Erin and her family saved enough money to put 30 000 down on a home buy a minivan in cash and begin sending their daughter to private Christian school More Than Just Making It will encourage you to rise above your circumstances empower you with money saving tips and reimagine the good life as God designed it outside the myth of the American Dream **Finding Selah** Kristen

Kill,2018-01-09 That something you ve been looking for in the empty stress of your mad dash days It has a name The Psalms call it selah the pause rest or interlude between the notes in a song More than merely an empty space selah is a chance to stop and resync with the story and song of God For all the ways life keeps you running this word and practice offers a way to re center yourself on the One who holds all things together and makes all things beautiful Stretched beyond her capacity in caring for a large family in the middle of Manhattan Kristen Kill was exhausted depressed and desperate for a change Then something sparked within her when she read the Psalms and found that often all that stood between the psalmist s cries for help and celebrations of praise was this simple word selah Join Kristen in Finding Selah for a journey that will transform the way you think about work rest and the little spaces in between that make all the difference This book will show you how to tune your ear to the song God is singing over you embrace the selah moments able to transform your daily rhythms and most of all encounter the ultimate Selah in Christ who stands in the gap between heaven and your most hectic of days There is hope for the dissonance you feel Finding Selah will show you not only how to sing a new song but to live a new way

Different Sally Clarkson,Nathan Clarkson,2017-01-24 From his early childhood Nathan was bursting with creativity and uncontainable energy struggling not only with learning issues but also with anxiety and OCD He saw the world through his own unique lens one that often caused him to be labeled as bad troubled or someone in need of fixing *Longing for Paris* Sarah Mae,2015 Do you ever look at your life and long for something more When your kids are crying and there s laundry to be done and you feel emotionally and physically exhausted do you indulge seemingly impossible dreams of escaping to a faraway place For Sarah Mae it s Paris a land of delectable food world class art and breathtaking romance A homeschooling mom she loved dedicating herself to her family but when her real life filled with chaos her heart filled with longing She wanted two lives one content at home with her family and another to live out the adventures she d always imagined And she started to wonder Is it ever possible to find fulfillment right where we are In *Longing for Paris* Sarah Mae looks at the root of

our deepest longings and shares her own story of learning to treat every day as an adventure Whimsical and heart tugging personal and rich with Scripture this book invites you on the journey of a lifetime Join Sarah in welcoming God into the tension of your unfulfilled longings and you ll find Paris in your every day Publisher description **Taking Care of Mama** Joy A. Mead,2022-12-01 Many women enter motherhood with little preparation for the incredibly important yet demanding job role before them Taking Care of Mama is a conversational encouragement for anyone who is a mother or about to become one At the heart of this book is the theme of mothers learning to look after themselves while they are simultaneously looking after their little ones It can be easy to lose oneself while meeting the family demands but in order for mama to give her best to her husband and children she must acknowledge that she is neither a superwoman nor a robot but instead she is a human being like the other members of her family Mothers have needs themselves which must be met including being able to understand emotions and feelings holistically aiming to nourish themselves being surrounded by a good community and choosing to discover the beauty and joy in being mothers Passion Pursuit Linda Dillow,Dr. Juli Slattery,2013-07-22 A Bible study about sex for women Now that s different This new study Passion Pursuit What Kind of Love Are You Making lets God s Word speak about sex as being holy and erotic blessed by God and satisfying far beyond what the world can even imagine Picture that as a headline on the cover of Cosmopolitan By using scripture throughout the Bible Passion Pursuit not only urges women to pursue passion but details how God has given them permission to do so Though there is fun to be had along the way in this study it hits hard on the questions women have but are hesitant to ask like What does God say is okay and not okay in the bedroom I m 54 years old how can my husband still be attracted to me Why did God make men and women so different This audaciously bold study combines the psychological expertise of Dr Juli Slattery formerly of Focus on the Family along with moving stories from trusted Bible teacher and best selling author Linda Dillow The groups who have already done this study have seen their marriages come alive whether they ve been married four months or forty years be next PLUS Check out the Passion Pursuit DVD for even more great teaching from Lisa Dillow and Dr Slattery It s the perfect resource for individuals or small groups **Finding Spiritual Whitespace** Bonnie Gray,2014-05-27 Move beyond Coping and Surviving to a Rejuvenating Place of Soul Rest How many of us find ourselves exhausted running on empty with no time for rest no time for ourselves no time for God Bonnie Gray knows exactly what that s like On the brink of fulfilling a lifelong dream Bonnie s plans suddenly went off script Her life shattered into a debilitating journey through anxiety panic attacks and insomnia But as she struggled to make sense of it all she made an important discovery we all need spiritual whitespace Spiritual whitespace makes room room in one s heart for a deep relationship with God room in one s life for rest room in one s soul for rejuvenation With soul stirring vulnerability and heartbreaking honesty Bonnie takes readers on a personal journey to feed their souls and uncover the deeper story of rest Lyrical writing draws readers into Gray s intimate journey through overwhelming stress to find God in a broken story and celebrate the beauty of faith Guided by biblical encouragement and

thought provoking prompts Gray shows readers how to create space in the everyday for God refreshment and faith She also offers practical steps and insights for making spiritual whitespace a reality right in the midst of the stress frayed stories in every season of life We live in a culture that brags and boasts about being busy Into that reality steps Bonnie with a new idea Whitespace is an important concept and Bonnie has captured it perfectly If you re exhausted with being exhausted read this book If you feel too busy to read this book then that s probably the best sign of all that you need it from the foreword by Jon Acuff New York Times bestselling author of Stuff Christians Like

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