



## For The Mom Who Feels Discouraged Kristen Hatton

*The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. — Deuteronomy 31:8*

Everybody else's kids seemed to be thriving when I was stuck in a hard place with one of my children. Alone and discouraged, I wondered, "How long, O Lord? Will things ever be easier?" You may have uttered these same questions. Perhaps you are a young mom exhausted from repetitive discipline. Or a mom worried about your struggling teen or adult child. Whatever the situation—big or small—discouragement can spiral us into helpless despair, leaving us even more vulnerable to Satan's attacks.

But even when you feel alone and as if there is no one you can talk to, **Jesus gets you**. He understands what you are going through and calls you to come. He knows Himself what it is like to feel let down, to have His words fall on deaf ears, and to grieve over the ones He loves. **Go to Him**. In your fear, frustration, sadness, shame, or hopelessness take it to Him.

**Remember what is true**. He is faithful to His promises. He is steadfast in His loyal love. He never forsakes those who are His and His normal way is to work in and through families. Because "it is finished" we know ultimately victory is His, but in the here and now He is still writing our stories. The work He started in us is not complete, but He will complete it! Therefore, we have hope.

Anchored in Truth and by Jesus's grace, **move toward your child**. Throughout Jesus's time on earth, we see him move toward sinners *before* they change. It is His moving toward them that leads to change! Your child needs to feel your love secure. This does not mean any sinful behavior is to be condoned and consequences not imparted, but sinful behavior doesn't equate withholding love.

Finally, **continue to pray**—for your child, the situation and for yourself as you navigate feelings of disappointment, your desires for your child, and for your relationship with your child. Our prayers are not in vain. They bring us into relationship with the Father who hears us and is moved to act.

### Let's Chat!

- In your discouragement what are the lies you are prone to believe?
- What promises of God do you need to remember and replace the lies with?
- Discouragement tells us we are alone and no one else can relate, how might you be an encouragement to other moms?

### Take-away truth

*In your discouragement you are not alone, Jesus is with you and will not forsake you.*

**Find more conversation starters: <https://women.pcacdm.org/made-for-more>**

