



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*

 - *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. 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>
Psalm 113:9	<i>The Spiritual Power of a Mother</i> by Michael Farris
Psalm 89:15	<i>A Mom Just Like You</i> by Vickie 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 Spiritual 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	
II Corinthians 1:24	
I Peter 4:13	
II Timothy 1:4	
Hebrews 13:17	