



SD#115 Cultivating a Peaceful Momma's Heart

Psalm 62:1 (NIV) *"Truly my soul finds rest in God; my salvation comes from him."*

Reflection Questions:

- 1) Do you feel that you lack peace in motherhood?
- 2) What are things that rob you of peace you long for?
- 3) What are at least two ways you can begin cultivating peace in this season?



Seeing Deep Ministries

Extended Devotion:

Do you remember when you first became a mother? Even as the years progress I can still remember that first moment as if it were yesterday. You just never forget that moment when you discover that life thrives within you. What a gift! I also remember that it was also the exact moment when anxiety slowly sifted away my peace. It was many years before I learned the value of cultivating a peaceful heart, especially in motherhood. Perhaps you've learned that as well. In this world that lacks peace, it is so essential that we seek to cultivate it in the culture of our hearts and our homes.

What are some things you think of when you hear "peace?" I immediately think of my favorite childhood spot - my grandmother's lake house. Any time I envision gentle ripples over the water at dusk as apple pie aromas waft past my nose, I'm lulled into a peaceful state. As much as I love savoring the nostalgia of these memories, I know that places such as these can only ignite the peace that Jesus wants to permanently plant within my heart. This one spiritual reality, Creation, can awaken wonder to the everlasting peace I can cultivate in my momma heart. But it all starts with an intentional choice.

We can curb the anxieties of this world by trusting God. When we spend our energies focusing on the peace Christ brings, the external anxieties of this world seem less grim. We can choose to allow faith to rule over our spirits rather than fear. Reading Scripture and praying with our children is the best remedy to calm their (and our) anxious hearts.

Philippians 4:6 (ESV) says, "*do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*" We can trust that we can come to God with any concern or request and He will bring peace that washes away anxiety.

Application:

1. Take a moment, read Psalm 94:19, and write it out. Spend a few additional minutes and quietly meditate on this prayerful verse.
2. We mentioned many "peace robbers" in today's episode. Perhaps some of them resonated with you. Take a moment and give them over to the Lord in prayer. Let His peace fill your anxious heart.



Takeaway:

Cultivating a peaceful heart starts with reading and trusting in the Word of God.

