



SD#116 The Hidden Strength of Single Moms

Psalm 138:3 (ESV) *“On the day I called, you answered me; my strength of soul you increased.”*

Reflection Questions:

- 1) What are some areas you feel isolated as a single mom?
- 2) How do you cultivate deep relationships with your children?
- 3) Where do you run when you experience a need for peace?



Extended Devotion:

“Will I always be this lonely and this weary?” As I gently laid my hand on hers and met her teary eyes with mine, I responded the only way I knew how. I answered with a gentle, *“No. I’m here to help.”* The sweet, young mom deeply exhaled a sigh of relief and offered a less weary smile. Motherhood is tough. Walking the road alone can seem tougher. But God. In every stage of single motherhood, regardless of how long, He walks before you each step of the way.

Raising children as a single mother may seem daunting and downright terrifying. The enemy uses seasons of loneliness to whisper seeds of doubt and draw you away from God’s Truth. If we’re cultivating peace and putting on the strength of Christ in every season of motherhood, the enemy doesn’t stand a chance against this power. **What we focus on determines our perspective.** Even in his darkest and most dangerous circumstances, David called out to his Heavenly Father for strength. You see, we can do nothing in our strength but with God all things are possible. We just need to cry out to Him.

When we focus on the strength Christ brings to our souls, our strength in motherhood will abound. Our homes will radiate peace and joy even in trying circumstances and seasons of life. If the journey of single motherhood seems long, weary, and fearful, there is joy unspeakable in the presence of Christ.

Psalm 29:11 (NIV) says, *The Lord gives strength to his people; the Lord blesses his people with peace.* When we feel that we lack strength in our motherhood, we can trust that the Lord will grant us all we need.

Application:

1. Meditate on Psalm 138:3 and the prayer below.

2. “Father God, I thank you and praise you for this amazing gift of motherhood. I know that apart from you, I am weak but you are strong. There are days when I feel the weariness overtaking my peace and joy. Father, let it not be so! Equip me with your strength and fill me with joy overflowing that it may abound in the atmosphere of my home. Let my work in this season of motherhood be a sweet aroma to you and may you unite our family in you for your glory.”

Takeaway:

When we focus on our need for Christ’s strength in motherhood, we realize He is all we need.

