

Message Series:

## A Mother's Day Message

A message of appreciation, encouragement and hope

Message for Sunday, May 9:

# Practices That Keep Mothers Restored & Rejuvenated

Ruth 1 & Proverbs 31

<sup>28</sup> Her children stand and bless her. Her husband praises her: <sup>29</sup>  
“There are many virtuous and capable women in the world, but you  
surpass them all!” Proverbs 31:28-29 (NLT)

**Today's Main Thought:** Appreciation for all mothers who deal with life's challenges and are able to give God's love.

### Life challenges that can wear mothers out:

- **Daily Routines**  
We appreciate mothers for their ability to multitask, manage a household, and work outside the home (Proverbs 31: 13; 19-20, 22).
- **Death, Desertion or Divorce**  
Thank God for mothers who are the pillars for their families in spite of unfortunate circumstances (Ruth 1:1-5).
- Postponed Hopes and **Dreams**  
We appreciate all the mothers who sacrificed their aspirations to guarantee success for others (Ruth 1:20-21).

*Mothers, we thank you for your instinct and tenacity in dealing with the messiness of life.*

### Practices that keep mothers from becoming worn out:

- Put into practice dependence on God (Ruth 1:6-9, 16; Jeremiah 33:3).
  - **Pray!** Grandmothers & mothers, we thank you for your prayers.
  - **Accept help!** Mothers, your can-do spirit is highly praised; however, it is alright to receive help.
  - **Get refreshed!** Take time for yourself (Psalm 42:1-4).
- Develop and maintain a relationship with the kinsman redeemer (Ruth 2:1; Leviticus 25:25; Psalm 86:15; 103:8; Matthew 11:28-30).
- Cultivate relationships with other women who are intentional about pouring into one another (Ruth 1:6; 10; 14; 16; 2:2; 3:1; 11; 4:13-17 ; Proverbs 31:25-26; Titus 2:3-5).

*Mothers, we thank you for your Godly example, quiet strength, wisdom and patience*

Next Week: Guest Speaker