



## Finding your Rhythm in Motherhood

### Description

Therefore, my beloved brothers and sisters, be steadfast, immovable, always excelling in the work of the Lord [always doing your best and doing more than is needed], being *continually* aware that your labor [even to the point of exhaustion] in the Lord is not futile *nor* wasted [it is never without purpose]. (1 Corinthians 15:58, AMP)

How often does the trap of comparison come up in motherhood? Hearing how one mom gets her kids to bed at a certain time or feeling like she runs the perfect household. I believe the enemy constantly wants to ensnare us by getting us to compare ourselves to other moms. He wants us to feel inadequate and ill-equipped because then we are unproductive for the Lord. I like to look at it this way, I have my own rhythm in motherhood and as I watch other moms, I can learn from them and add to my rhythm. Some things will work for my family and some things won't. I feel like I carry around this bag of tricks as a mom. I've learned what works in our home and I've learned what doesn't. When I see something I like that another mom is doing, I try to add it to my bag of tricks. Sometimes it works and sometimes it doesn't.

I've learned that my children need to get to bed early. This is part of their rhythm. They sleep better at night and act better during the day. Sure there are some evening events we have to give up for now as we guard their bedtime, but that's okay. We choose to utilize our evenings differently. I've learned that my son Zion needs help relaxing to go number 2. He will hold it all day unless I stop in the afternoon and force him to relax enough to go.

I've had to adjust my morning routine. I used to love to get up by myself before the boys got up and spend time with the Lord. But now my son Zion is up early as well. So we spend time in the Word together. He knows every morning, this is how we are going to start our day. He watches Superbook or something else that brings the Bible to life and I sit and enjoy a good hour in the Word. This works for us. I know others who have their kids wait in their room until 7am before they come out. I tried this, but it didn't work well for our family. Especially with both boys being in the same room. Also, I have learned I don't want to go against the inner clock my son has. I want him to be a morning person. Often, the most successful people in the world are the ones who start their day early.

These are just a few of the things I've learned that work for us. I can't compare myself to the mom who does things differently. I can learn from her and I can try some of the things she does. But I can't allow myself to be consumed by thoughts of inadequacy. God chose me for my children. He chose you for your children. He will equip you and help you find the rhythm that works for your family. Don't be afraid to try something new but also don't be afraid to adjust your rhythm as needed. Keep trying until you find something that works for you!

**With all this going for us, my dear, dear friends, stand your ground. And don't hold back. Throw yourselves into the work of the Master, confident that nothing you do for him is a waste of time or effort. (1 Corinthians 15:58, MSG)**

Everything we do for our children has eternal dividends to pay out. We need to remember that God has entrusted these children to us to impact them and teach them how to live out their lives for the King of Kings!

*Dear Father God, Please help me to remember that you entrusted me with these two sweet boys. May I accept that I have my own rhythm. There will be things that work for my family and things that don't. Please continue to give me the wisdom I so desperately need to teach them to follow You and You alone!*

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### Category

1. Mommy Moments

### Tags

1. Gabriel
2. Mom
3. Motherhood
4. Zion

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