



## Sometimes Moms Need a Break

### Description

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly (Matthew 11:28-30, MSG).

Sometimes moms just need a break! Have you ever been there? That place where you are sure you are going to fall apart. The place where you are barely holding it together. The place where you are responding in a tone your not proud of. I've been there! I've been in that place where I feel done. I need a break! I've learned a few things about this.

1. Often when I get to this point it's because I have not given myself adequate time to rest. There's a list of things that I want to get done and just can't. There are projects scattered all around my house. Toys in every direction. I need to let go of all of this and take the time to rest. Rest is what my heart and body need. Tonight, instead of getting some work done, why don't you treat yourself to something. You got through a whole day with the kids. You accomplished more than you will ever know, so tonight you deserve a treat. Pick one from my list and use it to celebrate your sweet accomplishments today.
  - Eat your favorite chocolate
  - Watch a movie
  - Watch a tv show
  - Make a phone call
  - Read a good book
  - Take a bubble bath
  - Take a hot shower with no interruptions
  - Drink a hot cup of tea
  - Have your favorite ice cream
  - Go to bed early
  - Spend some time outside

- Put on some music and relax
  - Draw
  - Write
  - Pinterest
  - Play a game
  - Do a craft project
2. Show yourself grace. You are only human after all!
  3. Another thing I see when I have gotten to this place is a lack of putting my trust in the Lord. I have to run back to Scripture and glean from God's wisdom.

**Lean on, trust in, *and* be confident in the Lord with all your heart *and* mind and do not rely on your own insight *or* understanding. In all your ways know, recognize, *and* acknowledge Him, and He will direct *and* make straight *and* plain your paths. (Proverbs 3:5-6, AMPC)**

For some encouragement in the journey of motherhood, buy my ebook [Make Your Moments Count](#). It is sure to uplift your spirits and remind you what's most important with your children.

*Dear Father God, when the demands of motherhood leave me breathless and anxious may I run to You. May I find safety in Your arms. Please hold me tight and guide me through this maze as I try to teach my children what it means to truly follow You!*

Taking a Break in the Lord,

#### Category

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#### Tags

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