

Worry-Free Living for Mothers

Susan Yates' book, "And Then I Had Children" cited some common challenges of mothers: Low self-esteem, monotony and loneliness, stress from too many demands, lack of time with husband, confusion about discipline of children, need for outside role models, and much more.

But mothers do not need to always worry about the future.

Most people struggle with worry, but parents often struggle with worry for themselves and for their children.

Worry is uncontrolled and unproductive _____.

Worry divides our mind and makes us _____.

Worry hinders our judgment, our _____ and our will.

Worry leads to _____ and physical health problems.

The first principle is for smart husbands:

He who loves his wife loves himself. Ref: Ephesians 5:25-33. The Bible tells husbands that our wives are like our bodies.

Ref: Ephesians 5:28

The kind of love our wives need from us are found in 1 Corinthians 13: 4-7.

Smart husbands know, "A happy wife, a happy life." And the wife of a smart husband not only responds with love for her husband but also with confidence in life. The wife of a smart husband is less likely to be worried.

The second principle is for smart mothers: She who trusts God for _____ and sufficient provision triumphs over worry.

Worry not only steals our sleep, but worry also steals our _____ and our abilities to _____ with life productively.

Matthew 6:25-27

Jesus teaches us to stop worrying by trusting God for self-worth and sufficient provision.

Almost all worry is caused by a lack of intrinsic self-worth and a fear of insufficient _____. If we can overcome these two causes of worry, we can overcome almost all worries in life.

The good news is that the Bible tells us we have intrinsic worth. Our _____ is not based on what we do or don't do.

The other half of worry comes from our fear of insufficient provision. If we can somehow be sure that we have what our children and we need for life, we can overcome this second cause of worry.

Our church cooperates with existing ministries and organizations to help those who have unmet spiritual, emotional, physical and financial needs.