



Abiding as a Mom

But Jesus often withdrew to lonely places and prayed. Luke 5:16

Abiding in motherhood is messy and interrupted and ever-evolving... but it is also possible and beautiful. Jesus sees you nursing in the middle of the night and up with your early morning riser. He sees the sicknesses circling and your exhaustion and your work schedule. **His eyes are full of grace and compassion - he simply wants you to come and be with Him because it's the best thing for you.**

What does this look like, this concept of “abiding” in Jesus as a mom? The following are two ways that we abide in Jesus: intentional abiding and all day long abiding.

1. **Intentional abiding** means spending time in prayer, Bible reading, and other spiritual disciplines at some specific point during the day/week. As moms we have minimal margin time. But I have realized a couple of things during my motherhood journey when it comes to how I spend my time...

-We all make time for what we want/love to do. There are definitely seasons where those things don't happen (i.e. postpartum), but otherwise we usually find a way to partake in our priorities.

-We all have discretionary time, and much of it slips away on screens. We must guard our time fiercely - our time with Jesus first, and then all else flowing from that.

Intentional time with God will look different in each season, and there is so much grace for this! We must let go of expectations (especially when they are connected to what a "quiet time" looked like pre-kids) and get creative depending on the ages/stages of our kids.

2. **All day long abiding** means acknowledging the presence of Jesus moment by moment, integrating abiding into daily life. This means making choices throughout the day that will point us to Jesus - listening to worship music, memorizing Scripture with our kids, listening to podcasts or the Bible while we are working with our hands. It means intentionally filling our time in a way that will allow us to flourish spiritually.



Practical ideas:

- leave your Bible open on the kitchen counter to bring yourself back to a specific verse/passage multiple times a day
- put up Scripture post-it notes around the house where you will see them frequently to remind yourself of Truth
- buckle the kids into a stroller or car seats so you can pray or listen to an audio Bible while you walk/drive
- take an hour (or more!) once a week to spend with God while someone else watches the kids (or do a kid swap with a friend!).
- create a specific basket of toys for your kids to play with while you read or pray
- take advantage of time when the kids are asleep (depending on the season!)

*One cool thing about reading your Bible while your kids are around/awake is that they see you spending time with Jesus! They get to witness abiding firsthand and desire it for themselves. Abiding does not have to happen in complete solitude and silence (although sometimes you do need to be alone with God!).

**We cannot rely solely on devotional books to nourish us spiritually. They can be a wonderful supplement to our time in the Word, but they are not THE Word of God! If you have to make a choice...always pick the Bible first!

Ask yourself:

- What are you watching/listening to? What is your thought life like and what does that reveal about your consumption of media?
- If Jesus opened up your screen time app at the end of the day, what would He see? What would He say?
- Are you running to something that will numb you throughout your day (screens, food, sources of comfort or distraction), or are you abiding in Jesus and running to Him when motherhood gets hard?

We must ask God for help - for self-control, for wisdom to know when and how to spend time with Him, and for the drive to actually make it happen (even if it means limiting ourselves in every other area of our lives). We are playing the long game here, running the marathon of motherhood, and abiding will carry us through!

May you be abundantly blessed as you respond to Jesus' call to "remain in [Him]" (John 15:4) - however that looks for you right now in your season of motherhood.