

# Hope for the Weary Mom

## *Let God Meet You in the Mess*



From the endless amount of dishes to be washed to the piled up laundry and the never-ending to-do list, the daily grind for moms can be overwhelming. And then there's everything else—the discipline that needs administering, the hearts that need comforting, and the souls that need encouraging. Add in a good dose of mom guilt and it's no wonder everyone is exhausted.

“There's an epidemic of weariness in moms,” says Brooke McGlothlin, co-author with Stacey Thacker of *Hope for the Weary Mom: Let God Meet You in the Mess*. “We're seeing so many moms who are just standing up and saying, ‘I am just dying over here. I need someone to bring me hope.’”

McGlothlin, co-founder of Raising Boys Ministries and the popular online community, The MOB Society ([www.themobsociety.com](http://www.themobsociety.com)), and mother of two, and Thacker, creator of the well-known website, Mothers of Daughters ([www.mothersofdaughters.com](http://www.mothersofdaughters.com)), and mother of four, have often found themselves in the same place—physically, emotionally, mentally, and spiritually spent from the everyday life of mothering and desperately seeking a way out.

“Moms, especially those who are Christians, know and believe, at least on some level, that if he wanted to, God could just snap his fingers and get us out of our mess,” says Thacker. “But he often doesn't work that way and we're left feeling as though he doesn't care or doesn't see us. But the truth is we serve a God who would rather get down in the mess with us. That's the reality of the God we serve. It is who he is.”

In *Hope for the Weary Mom*, Thacker and McGlothlin encourage desperate moms with the truth that the place of their greatest weakness can unleash the power of God's greatest grace. Moms often feel like failures, afraid to let anyone see who they really are on the inside, and oftentimes can get stuck in that type of negative thinking.

“As moms, we spend a lot of time glorifying our weaknesses,” says McGlothlin. “This sucks our soul dry of the life-giving hope we need to just keep going. But there is a different way. Instead of glorifying our weaknesses, letting them control our lives and break our hearts, we can learn to use them to glorify God, confessing our weaknesses, and trusting him to make them into something good.”

The two moms also delve into such topics as:

- How to redeem mommy guilt ('cause everybody has it)
- How mothering is not a sprint but a life-long commitment
- Why worship is an antidote to weariness
- What to do when you just want to run and hide

They also spend time exploring what it means to be an introvert versus an extrovert and a relator versus a doer and why understanding this matters. And, they share that the key to embracing H.O.P.E. is to honestly admit where you are, openly invite Christ into your mess, pray continually, and encourage your heart with God's Word.

“One of the biggest things we've learned as we've battled our own weariness is that, contrary to what we often hear from the world, hope is not a wish or a sprinkle of magical fairy dust,” says Thacker. “Hope is a person, Jesus Christ. You don't have to jump through hoops or clean up your life. Hope meets you right where you are. No matter where you are or what you're dealing with, God is not afraid of your mess. He came to a messy world and walked with messy people. And he actually preferred people that didn't have it all together.”



## Meet Stacey Thacker

Stacey Thacker is a wife and the mother of four vibrant girls. She is a writer and speaker who loves God's Word. Her passion is to connect with women and encourage them in their walks with God.

Stacey is also founder and editor of the popular online community, Mothers of Daughters ([www.mothersofdaughters.com](http://www.mothersofdaughters.com)) where she and her team of writers encourage moms to raise their girls with timeless truths while walking together as modern moms. She is also co-author with Brooke McGlothlin of *Hope for the Weary Mom: Let God Meet You in Your Mess* (Harvest House, 2015), and author of *Being Okay With Where You Are*.

You can learn more about Stacey at [www.staceythacker.com](http://www.staceythacker.com).

## Meet Brooke McGlothlin



Brooke McGlothlin is co-founder of Raising Boy Ministries, where moms and dads come to discover delight in the chaos of raising boys. She is also editor of an online community for mothers of boys called The MOB Society at [www.themobsociety.com](http://www.themobsociety.com).

Brooke has written *Hope for the Weary Mom: Let God Meet You in Your Mess* (co-authored with Stacey Thacker; Harvest House, 2015), *Praying for Boys: Asking God for the Things They Need Most*, and an ebook, *How to Control Your Emotions, So They Don't Control You: A Mom's Guide to Overcoming*.

She holds a master's degree in counseling from Liberty University and a bachelor's degree in psychology from Virginia Tech. After graduate school she worked for over ten years ministering to women in unplanned pregnancy through local Pregnancy Care Centers, and then stepped down for her most challenging task ever—raising her two sons.

Brooke is married to the man she's had a crush on since the third grade, and together, they homeschool their two boys in the beautiful mountains of Southwestern Virginia. You can learn more about her at [www.brookemcglathlin.com](http://www.brookemcglathlin.com).

# Interview Questions



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- Everywhere you turn these days we seem to be talking a lot about moms being weary. Why do you think so many moms are just plain worn out?
- What's the biggest struggle that moms are facing today?
- What encouragement do you have for the mom who says she is "fresh out of amazing?" (Stacey)
- Why do you think that moms often believe other moms have it all together and they don't?
- Mom guilt seems to be a favorite pastime these days. It might be guilt over working versus staying at home, spending time with friends versus spending time with family, or maybe even not buying your child something that every other child seems to have because you can't afford it. How do we dig out from all this guilt?
- How do we give grace more space to rest in our lives? (Stacey)
- You include a whole chapter on understanding if you're an introvert or an extrovert, a relater or a doer. How does better understanding how God made us help us to be better moms? (Brooke)
- You write that hope isn't fairy dust...it's a person. Why is this an important truth to understand? (Stacey)
- How do we run well in the marathon of motherhood? (Stacey)
- How do we get free from letting emotions run our lives? (Brooke)
- How do we find hope in the everyday mess of life?
- You write that "Motherhood is not only about raising little people to become thriving, Jesus-loving adults. Motherhood is also about him making me into his faithful daughter." How can understanding this change our perspective on mothering? (Stacey)
- Stacey, you write a chapter on "clumping." What does this mean? (Stacey)
- How do you encourage the mom who might be thinking that she has done everything she can to build deep friendships but nothing seems to click? How does that mom find community?
- How can worship change our perspective?
- Many moms struggle with the weariness of the everyday—laundry, a job, kids needing to eat, attitudes, chauffeuring, etc. But what do you do when life hits you over the head with profound suffering?
- What are 5 ways to "open the lid" when we're going through an especially difficult time? (Brooke)
- Studies show that there's been a sharp increase in the number of single dads in recent years. Why are so many moms walking away and how do you encourage the mom who is one step away from doing the same?

# Interview Topics for Brooke and Stacey

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Here are some suggested topics you might consider for an interview with Brooke and/or Stacey:

## **Hope for the Weary Mom**

There's an epidemic of weariness in moms. The never-ending to-do list. The neighborhood drama. The mom guilt. The mirage of Pinterest. Desperate, moms are looking for something—or someone—to bring them hope. In this interview, Brooke and Stacey will share their own stories of weariness, why God often chooses not to rescue us but instead to get down in the mess with us, and how true Hope is only found in Christ.

## **Hope is More than Fairy Dust**

Everybody is searching for hope, something to pull them out of the pit we often find ourselves in. But hope is more than wishful thinking or a sprinkle of fairy dust. In this interview, Brooke and Stacey will share how true hope *is* the gospel, how we can trust God to use our weaknesses for his glory, and how we can practically live out H.O.P.E. every day.

## **The Marathon of Motherhood**

Studies show that men now make up 20 percent of single parents, up from 10 percent in 1960. Why are so many moms walking away? In this interview, Brooke and Stacey will share why moms often feel desperate, why mothers may not leave physically but check out emotionally, why mothering is a lifelong commitment, and how worship is critical to raising you up when you feel like running away from it all.

## **God is Not Afraid of Your Mess**

Sometimes, as moms, we feel as if we have to have it all together when we approach God. But, the truth is, God is not afraid of your mess and oftentimes, rather than rescuing us from it, he instead joins us in it. In this interview, Brooke and Stacey share why you don't have to jump through hoops or clean up your life to find hope, how God came to a messy world and walked with messy people, and how the place of our greatest weakness can unleash God's greatest grace.