

One-Minute Prayers for Moms

HOPE LYDA

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*With gratitude and admiration for all praying moms.
And special thanks to my friends Anne-Renee Gumley
and Amanda Bacon, the clever and caring women at
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and love your passion, spirit, and humor (and not just
because you brought me food when I was hungry).*

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Mom, Do You Have a Minute?



How often are you beckoned by a child with the words, “Mom, come here a minute”? And after you accept the invitation, do you spend a mini-eternity fixing something that has broken into unrecognizable pieces, problem-solving a complicated homework project, or seeking out the wayward left partner of a pair of shoes that probably doesn’t even fit that child anymore?

If that sounds familiar, you might hesitate to trust that a true minute is enough to do anything for yourself, let alone something that will strengthen your connection to God and to your kids. But every mom-minute matters, and the prayers in this book were created to lead you to God’s presence for comfort, peace, inspiration, perspective, and hope for your life and that of your children.

Your day is full of priorities and decisions made so often on behalf of other people. May your time spent in these pages offer you nourishment and a refuge. As you pray for you and your family, you will discover the renewal that comes in the sanctuary of stillness. When you are weary, unsure, or badly in need of an adult time-out, your conversation with God will restore you to being one of the living—the living who praise the Lord and can’t wait to share about His faithfulness with their children.

The living, the living—they praise you,
as I am doing today;
parents tell their children
about your faithfulness.

Isaiah 38:19

The truth is, your children are not the only ones asking for a minute of your time. Your Creator is speaking this question to your heart. Maybe He is even shouting or whistling to get your attention over the din, dedication, and drama that fill up a mama's life. When His voice reaches your spirit, He asks if you have a moment to be in His presence right now. Go to Him. Your heart craves to be held by the One who made it. Your mind seeks wisdom and clarity. Your body needs the restoration that prayer sparks in your every cell. And your spirit's desire is to be a prayerful woman, a prayerful mom.

Let God be the one to heal the places in your life that are broken beyond recognition. Allow your Provider the time to problem-solve your family's needs by giving you a lens of discernment, faith, and truth. And step into grace so you can surrender those wayward pieces of you that are lost beneath guilt, fear, or fatigue—or that don't fit God's purpose for you anymore.

This is a minute that will lead to a full eternity of being seen and loved by your God.

Say yes.



Trust

A Child's Faith



Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

JOHN 20:29

With great joy I have watched my children embrace faith. They form a sweet, innocent bond with You, and they have a second-nature awe and admiration for their Maker. I have compared this faith to my own, but the truth is, there's a big difference. I have hindsight. I have proof after proof of Your faithfulness in my life. My children don't have that history. So when I see little hands fold, little eyes close, and little lips form words of trusting prayer, I am deeply moved. I know I am witnessing those who are blessed because they are believing without seeing. They are trusting without a personal list of evidences of Your faithfulness.

It's a gift. Every day, this parenting thing...it is a gift. Thank You, Lord, for allowing me the opportunity to witness the purity of belief through the faith of my children.

Life Is More



Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes.”

LUKE 12:22-23

In an effort to get organized and feel on top of things, I’ve become a master at reducing life into compartments and categories. For about five minutes, I actually fool myself into believing this ploy will keep worries at a distance. I’m a woman of faith, and yet I’ve resorted to these mental tricks and games. Sigh.

Lord, I am like the disciples, who were a wee bit slow to embrace the fullness of Your provision and even slower to place their trust in You. Life is more than food, bills, work schedules, report cards, carpools, bedtime battles, grocery lists, diets, and 401k plans. Life is You. Life is faith. Life is love. Life is grace. Life is trusting in You, my sweet Savior.

All In



*Trust in the LORD with all your heart and
lean not on your own understanding;
in all your ways submit to him, and
he will make your paths straight.*

PROVERBS 3:5-6

I want You to be Lord in my children's lives, yet I have tried to hold on to them with every bit of my mother's heart. You've spoken to me with gentle words and asked me to release each child to Your care and purpose. And then You have watched me stubbornly grip circumstances and people until my spiritual muscles shake with exhaustion.

Now I am ready to shed the dread and fully trust You. I'm on my knees and I'm lifting up all of my life, including those I hold most dear. Yes, Lord, You will get an ear full of prayers from me in the days ahead (okay, years) because this complete surrender is new. But I'm in...all in.

One Good Thing



Accept one another, then, just as Christ accepted you, in order to bring praise to God... May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

ROMANS 15:7,13

Jesus, Your acceptance of me is my model for love and loving. It is *the* good thing that I trust to lead me to all good things. I hold my family as precious, so I want to embrace them with the acceptance You have shown me. I never want my children to doubt my love or their value as Your children.

If I become critical as my own flaws and shortcomings take over my opinions and fears, tug on my spirit, Lord. Let me fully trust and lean into Your grace. I want my life to overflow with words and actions that build up my family members. Help me accept others, shortcomings and all, with a willing heart rather than conditions. That's the evidence of Your good, unconditional love at work.



Direction

The Gift of Your Way



Start children off on the way they should go, and even when they are old they will not turn from it.

PROVERBS 22:6

I am grateful for finding the way—Your way—during my life. The journey hasn't all taken place along smooth, paved roads. But I'm thankful for the rough terrain of detours because I learned about Your grace through each twist and turn. Now, Lord, I have my heart turned toward You, and I can't imagine ever again wandering in a different direction.

This sense of devotion I have translates into a sense of hope for my children. As a mom, I've been able to share Your truths and absolute goodness. In the depths of my heart, I know this foundation will always be the safe place for them to stand to be near You. My children, even when older and world-weary, will be able to find a solid footing on Your Word and in Your way.

The One at the Cross



“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,” declares the LORD, “and will bring you back from captivity.”

JEREMIAH 29:11-14

Jesus, I can't help it. I want to always be the one to hold my children's hands at the crosswalk. I want to be the one to whisper which way they should go at the crossroads. But I know You are the only one who was there for them at the cross.

Your sacrifice is far beyond my own, Lord. As much as I love my children, You love them even more. You create their futures and form their plans with great purpose. You mold their dreams to fit those You have for them. In every moment of every day, You await their calls with compassion, and You will never turn away from them when they seek Your leading. I can't always be the one beside my children, but I know the One who can. You give this mom such deep peace, Lord.