

# Physical & Spiritual Guidelines for Motherhood

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## 1. Do *Make Time for Rest!*

When Moses' father-in-law saw all that Moses was doing for the people, he asked "What are you really accomplishing here? Why are you trying to do all this alone, while everyone stands around you from morning till evening?"

**Exodus 18:14 NLT**

For six days work may be done, but on the seventh day, you should have a holy day, a sabbath of complete rest to the Lord, whoever does any work on it shall be put to death.

**Exodus 35:2 NASB**

For six days work may be done, but on the seventh day there is a sabbath of complete rest, a holy convocation. You shall not do any work; it is a sabbath to the Lord in all your dwellings.

**Leviticus 23:3 NASB**

## 2. Do *Pray, Trust and Believe.*

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

**Philippians 4:6 NASB**

So God led them in a roundabout way through the wilderness toward the Red Sea. Thus the Israelites left Egypt like an army ready for battle.

**Exodus 13:18 NLT**

And blessed is she who believed that there would be a fulfillment of what had been spoken to her by the Lord.

**Luke 1:45 NASB**

## 3. Don't *Doubt Yourself.*

But Jesus said, "You feed them." "But we only have five loaves of bread and two fish" they answered "or are you expecting us to go and buy enough food for this whole crowd?"

**Luke 9:13 NLT**

What's more, I am with you, and I will protect you wherever you go. One day I will bring you back to this land. I will not leave you until I have finished giving you everything I have promised you.

**Genesis 28:15 NLT**

## 4. Don't *Worry!*

Can all your worries add a single moment to your life?

**Luke 12:25 NLT**

It is like the yeast a woman used in making bread. Even though she only put a little yeast in three measures of flour, it permeated every part of the dough.

**Luke 13:21 NLT**