

GENESIS 1:26; PSALM 139:14

People are wonderfully made
by God. He made us,
and He loves us.

SAY THIS:

Who loves you?
GOD LOVES YOU.

**DO THIS:****MORNING TIME**

When you go into your child's room, say, "Good morning, I see someone God loves! Raise your hands high in the air if God loves you!" When your child raises their hands, hold their hands and say, "Yes! God loves you!"

**DRIVE TIME**

As you drive, name some of the places you pass along the way. Say together, "God loves me at the [name of place]."

**CUDDLE TIME**

Cuddle with your child this month and pray, "Dear God, I love [child's name] SO much. And that's how I know how big Your love is for him/her, because you love him/her even more than I do! That is SOOO much love! Thank You for loving us, God. In Jesus name, amen."

**BATH TIME**

Add a large plastic bowl and a plastic measuring cup or scoop of some kind to bath time. While bathing your child, encourage him/her to use the measuring cup to scoop and pour water into the bowl. Each time he/she pours a scoop of water into the bowl, tell him/her to say, "God loves me."

BASIC TRUTH:**GOD LOVES ME.**

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EVERY MOTHER IS A WOMAN OF VALOR

By Sarah Anderson

“Thank you for making this dinner! But I think I like Dad’s spaghetti better.” It was so close to being a compliment, but I’ll take it. My five-year-old was right. I put forth a good effort, but his dad is the better cook. Mothering can feel like this at times. Like you are just close enough to getting *it*, only you just didn’t make the cut. You want to be the best. But these days you’ll just settle for someone noticing your effort. “Thanks for trying, but . . .”

Mother’s Day can feel like the day to celebrate the golden standard of mothering, leaving you to hope others don’t get close enough to see how insecure parenting really makes you feel. I get it. But I’m starting to think on days like Mother’s Day, or any day we feel inadequate, the last thing we should be doing is worrying over everything we’re not.

Proverbs 31 is famous for the picture it paints of the *ideal* woman. It’s today’s domestic superhero. The wife of noble character it describes is nothing short of intimidating—getting up before dawn, making her family’s clothes, and conducting lucrative business with her handiwork. It’s a beautiful picture, but sounds so daunting.

The Hebrew words used to describe this elusive woman are *eschet chayil*, directly translating to “woman of valor.” But

interestingly, this doesn’t imply something women should *aim* for. **It asserts we’ve already accomplished it.**

These words are celebratory, meant to be a blessing, spoken over the valorous women in our lives. It isn’t, “Next week, work a little harder on making your own bread” It’s, “You love our family well—you are a woman of valor! *Eshet chayil!*”

Sure, we may miss the mark sometimes. **But there are a million things we have done and are doing that make us, that make you, worthy of the title, “woman of valor.”** For the clean dishes, homework help, warm hugs, listening ears—for the courage to get up each day, every day, and do it all again, *Eshet chayil!* **You are a woman of valor.**

This Mother’s Day, instead of feeling inadequate or guilty for what you think you ought to be, but can’t muster the strength to actually be, be encouraged. You are doing a great job. You are worth celebrating. And if no one else notices, your Heavenly Father does. He looks at you and says, “*Eshet chayil!*” Nice work, mamas.

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