



THE CHAPEL

ROOTED IN LOVE



INTRODUCTION

There are many moms who have left their mark on the story of Scripture. Some are named—like Eve, Jochebed, Hannah, and Mary. Others pass through briefly or remain unnamed, but two moms stand out in Paul’s second letter to Timothy:

I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.

2 Timothy 1:5

We don’t know much about this family outside of this verse and Acts 16:1, where we learn Timothy’s father was Greek, and his mother Eunice was a Jewish believer. It seems Lois came to faith first, and at some point, Eunice did too. When Timothy was born, Eunice raised him to know the Scriptures from infancy (2 Timothy 3:14). Eventually, he followed Christ as well.

It’s likely that Timothy’s father wasn’t interested in the things of the Gospel. Paul, seeing great potential, took Timothy under his wing and called him a “son in the faith” (1 Timothy 1:2). Paul’s role in Timothy’s life was deeply *formational*, but it was the faith of Lois and Eunice that was *foundational*. Timothy would go on to make a major impact for the Gospel—traveling with Paul, co-authoring letters, steadying the church in Ephesus, and receiving Paul’s high praise: “I have no one else like him” (Philippians 2:20).

Timothy’s Gospel transformation and impact all started with one mom, Lois, coming to faith in Jesus Christ. That one choice altered her family tree, and ended up having incredible Kingdom impact.

This short devotional booklet is designed to encourage you, dear sister, and to remind you of the incredible role you have as a mom. You may not see it now, but your faith and devotion can impact generations. We pray it helps you recenter on your calling, recalibrate your heart for eternity, and rediscover strength for today. Regardless of the season in motherhood that you find yourself, we pray that this brief booklet serves as a reminder of what God wants to do in and through you.

As your church family, we bless and honor you. Our church is better with you in it, and with your children, we “rise up and call [you] blessed” (Proverbs 31:28). We pray that you return to these entries as often as you need refreshment for your soul, which can only be found in the Wellspring of Life – Jesus, our Savior.



MORE THAN MOM

A MOTHER'S TRUE IDENTITY

"...Do not fear, for I have redeemed you; I have summoned you by name; you are mine."

Isaiah 43:1b

Motherhood can feel like a series of sacrifices. You give of your time, energy, sleep, physicality, and sometimes even your name. No longer are you Julie, Stacy, or Sarah - you are "Mommy", "Mama", "Mom", and eventually for some, "Grandma". These are beautiful titles - titles that most days you love hearing! However, other days, these titles that are meant to be endearing can make you feel like you've lost a little bit of you.

Today, cling to this truth: **God knows your name.**

Before the sleepless nights, the diapers or the driving lessons - before the joys of milestones and the aches of loss, He called you by name. That name carries your story and your purpose. In a world that often defines you by what you do, God defines you by whose you are. He says, "You are mine."

Read these truths. Let them sink in:

*You are not just pouring out love on your children - you are **beloved** by God (John 15:9).*

*Yes, you've nurtured life in others - but God has given you a **brand-new life in Him**. (2 Corinthians 5:17)*

*You are not just raising children - you are a **child of God**, known and dearly loved. (John 1:12)*

*You are not just called to be Mom - you are called to **holy living** and a life of **purpose**. (2 Timothy 1:9).*

*You are not just managing a household - you are **God's workmanship**, created for good works. (Ephesians 2:10).*

*Just as you've carried your children - God carries you and **cares for you** (Isaiah 46:3-4).*

*And you're not just "surviving the season" - you are **more than a conqueror** through Him who loves you (Romans 8:31-39).*

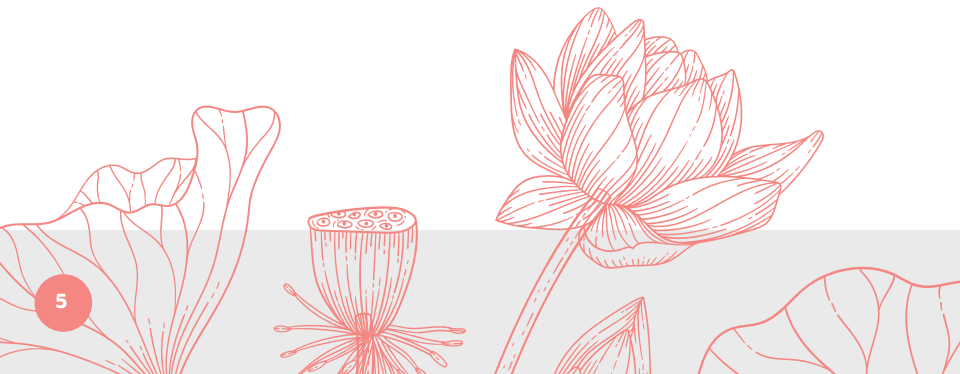
Whether you're rocking a newborn at 2 a.m., navigating the complexities of teen life, grieving a child you've lost, praying for the one who has wandered, or partnering with your children to raise their children - know this and cling to this: **Before you are a mom, you are a daughter of God.**

God treasures your heart and delights in calling you His. You are deeply loved and fully known. Your worth is not measured by your parenting "mountain highs" and "valley lows". To the **new mom**, feeling overwhelmed and unsure - take heart. You are not defined by your sleepless nights or endless questioning. You are equipped with the Holy Spirit, and God's grace meets you right where you are. To the **mom in the thick of it**, running between school, activities, and play dates, feeling overwhelmed and unsure if

you're doing it right - take heart. You are called, cherished, and empowered by God to reflect His love. To the **mom who is doing this alone**, carrying more than you ever thought you could - take heart. You are never alone, never unseen, and never without the faithful presence of your God. To the **mom experiencing deep loss** - take heart. Your pain is real, and your grief is sacred, but know this - your identity in Christ is not lost with your loss. You are still His. You are beloved, held, and cared for by Him. To the mom feeling like you're **constantly launching your kids forward** - into grade school, college, marriage, and the world - take heart. Your identity doesn't diminish with each goodbye; it is anchored in the One who never leaves. And to the **empty nester or grandmothers**, unsure of what's next - take heart. You are not past your purpose. You are still chosen, called, and part of the story He's writing.

So today, lay down any fear that you're not enough, or that your sacrifices are fruitless. Rest in the truth that God whispers over you: *"I have called you by name; you are Mine."* You are not just "Mom." You are His.

Father, thank you. Before I was ever called "Mom", you called me yours. Continue to remind me that even within changing seasons and amidst the sacrifices of motherhood, my name is written on your heart. Help me to rest in the truth that I am fully known and deeply loved by you. Let this truth be reflected in the way I live for you and lead my children. Amen.



FURTHER READING & REFLECTION

READ EPHESIANS 1:3-14

In this passage, what does God say about your true identity in Christ? Which of these truths is hardest for you to believe right now?

In what ways do you tend to define yourself by what you do instead of who you are in Christ? What would it look like to let go of these false identities?

Write down the specific names or labels God gives you in Scripture (ie: chosen, beloved, redeemed). How does each name speak to your current season of motherhood?

WELL DONE!

FAITHFULNESS OVER PERFECTION

"His master replied, 'Well done, good and faithful servant!'"

Matthew 25:23a

Motherhood is full of to-do lists, expectations, and pressure - most of which are seemingly invisible. At the end of a day, week, or season, there's no performance review or gold stars. There typically isn't someone standing at the door saying, "Well done!" at the end of a long day of battling a sickness, accomplishing 15 errands, or actually getting through a meal or bedtime without tears. Instead, there's spilled milk, another load of laundry, a tantrum, and endless prayers for your child's heart. There are school projects, doctors' appointments, driving lessons, broken hearts, and disagreements. You battle guilt for working too much - or guilt for actually enjoying your job. You carry the weight of deadlines and daycare drop-offs and still wonder if it's enough. You watch the other moms thrive, wondering how they've somehow made it all look easy. You wonder if you're the only one who feels behind, exhausted, or out of step. The weight of motherhood can feel like you're barely holding it all together - or worse, like you're failing.

But here's the thing - **God celebrates faithfulness.** What if the words God delights in speaking over your life aren't "You nailed it - perfect job", but "Well done, my good and faithful servant"?

In Matthew 25, the master in Jesus' parable doesn't praise each servant for their performance, nor does he compare one servant to another. Rather, the master praises faithfulness. There was only one servant who was not commended: the one who did nothing with what the master gave him. Your daily tasks may seem small: snacks, school runs, bedtime prayers, multiplying the grocery bill and laundry load when your adult children visit, or caring for your grandkids. **Be faithful.** Remain faithful in the small things - your work is seen by the Lord. Like the master commended his servants, your faithfulness is commended by God. "Whatever you do [big or small], work at it with all your heart." (Colossians 3:23). You're working for the Lord, and He sees it. Your work matters to Him.

And when you're exhausted, discouraged, feeling like there are more imperfections than can be counted, remember this truth: **don't grow weary in doing good** (Galatians 6:9). He sees your work. He delights in your faithfulness. Even in the mundane and imperfection, if we faithfully work for the Lord and lean on Him, we will reap the harvest.

It may not look like "picture-perfect" parenting, but the harvest is coming: Your toddler is finally potty trained. Your teenager finally opens up. Your adult child calls, asking you for advice. Your child or grandchild becomes a disciple of Jesus.

To the new mom, wondering if you're doing anything right...

To the mom of teens, navigating the deep waters of high school and hormones...

To the single mom, carrying the full weight of decisions, discipline, and daily life...

To the working mom, juggling meetings and meltdowns, deadlines and dinner time...

To the mom whose child is no longer here to hug...

To the mom whose child walked away and hasn't called in months...

To the stepmom, learning to love and lead in a blended space...

...Keep pressing on (Philippians 3:14).

God is inviting **your presence, your persistence, and your faithfulness**. And know this - He is with you, and for you. Choose to be faithful, knowing that one day, you'll hear Him say, "Well done, good and faithful servant. I see you. I delight in you."

Father, thank you that I don't have to be perfect to be your child or to be loved by you. You just call me to be faithful. When I feel unseen or inadequate, remind me that you are watching and smiling over me. Help me to serve you in each moment, trusting that my daily faithfulness matters to you. Amen.



FURTHER READING & REFLECTION

READ COLOSSIANS 3:12-17

How does this passage redefine success in your daily life as a mom? What stands out most about God's definition of a "faithful servant"?

Where in your life are you chasing performance instead of pursuing faithfulness? Spend time in prayer, releasing that pressure to God today.

In what small, unseen areas of motherhood can you be faithful this week? How might God use these moments to shape your children's hearts?

SUSTAINED BY GRACE

POURING OUT WITHOUT BURNING OUT

"Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit." Ephesians 5:18

Motherhood is a life of constant pouring out. You pour out your energy, your time, your attention, and your prayers. You pour out wisdom, meals, discipline and correction, encouragement, car rides, and unfortunately, the cold coffee you ran out of time to drink. Some days, it feels joyful and sacred. Other days, it feels like you're just running on fumes.

Here's the truth: ***you were never meant to pour out without first being filled.***

Even with the best intentions, well-developed routines, and intense willpower, we can't succeed. We can't run on empty and expect to thrive. Instead, we must be filled with the Holy Spirit (Ephesians 5:18). To be filled with the Spirit means living in constant connection with God, allowing Him to sustain us.

Be filled with His wisdom when you're at a loss.

Be filled with His grace when your patience runs out.

Be filled with His joy when the days feel mundane.

Be filled with His peace when chaos surrounds you.

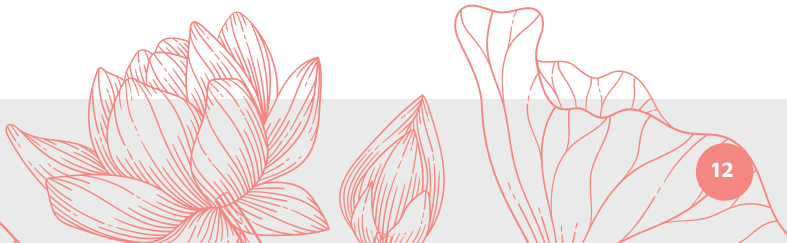
Be filled with His gentleness and kindness when tensions rise.

Be filled with His love when your heart feels stretched thin.

To be filled with His Spirit, you must constantly come back to Him. Jesus' invitation in Matthew 11:28-30 is gentle and timely in every season: "Come to me, all you who are weary and burdened, and I will give you rest." This is not just a call to nap (though, please nap - you've earned it), but it's a call to abiding. It's a call to exchange your exhaustion for His ease, your striving for His strength. No matter what challenges you're currently facing in motherhood - **you can't do it in your own strength**. We must pour out from overflow, not from depletion.

Jesus gives us the answer on how to be filled with the Spirit: "Come to me." You come to Him by spending time in His Word - learning who He is, listening for His voice, and letting His truth shape our hearts. You come through prayer - pouring out our worries, joys, and weariness, and resting in His presence. This will look different in each season of motherhood, and that's okay. The invitation is not to perform, but to seek Him - however you can, right where you are. Make space to be filled. Because when you are filled by Him, you can keep pouring out without burning out.

God, I'm tired of running on empty. Fill me with Your Spirit. Fill me with your peace, joy, strength, and love. Help me abide in you, so that I can pour out from an overflow of your presence, not my own striving. Amen.



FURTHER READING & REFLECTION

READ PSALM 23

How does Psalm 23 paint a picture of God's nearness and care for you as a mom?

Where are you currently feeling weak or like you're falling short as a mom? What would it look like to invite God into your "gaps" today?

How do you typically respond when you're weary? Do you go to God or try to push through? What rhythms of rest (physically and spiritually) can you try and implement in this season?

THE GIFT OF WISDOM

YOU DON'T HAVE TO KNOW IT ALL

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

James 1:5

The greatest experts in the world could write 200 more books on motherhood, and you still wouldn't have all of the answers. How do I discipline with love? Handle a toddler's meltdown? Choose the right school? Support my anxious teen? Reach my child who's walked away from God? Help my adult child without overstepping? What's my purpose, now that I'm not needed like before? How am I supposed to walk through loss or longing?

Every mom comes face to face with her limits - regardless of the season or circumstances you find yourself in. Honestly, doesn't it seem like the motto of motherhood is "I don't know"? Fortunately, limits aren't failures, but rather opportunities. You don't need to know; you just need to ask. **Your limits are an invitation to seek wisdom from the One who has no limits.**

"If any of you lacks wisdom [that's all of us, most of the time!], **ask God.**" This is a promise, not a platitude. If we need wisdom, ask. And God doesn't withhold wisdom - He gives it generously

and with delight. Do you remember the day your child came to you with questions - seeking your wisdom? Remember the joy in answering his questions generously. Remember your delight as she began to understand, and lived out the wisdom you gave.

God delights in your asking and finds joy in your learning. He delights in His children asking Him for wisdom.

But here's the thing - you can't just ask - ***you need to trust.***

"Trust in the Lord with all your heart and lean not on your own understanding..." (Proverbs 3:5). Everyone's understanding is limited - often clouded by confusion, biases, and worry. Trust in the Lord who has limitless wisdom. When you trust Him and seek Him, He makes your paths straight. (Proverbs 3:6)

Fortunately, God doesn't just give wisdom and hope for the best. He doesn't hand you an instruction manual and wish you well. He lovingly walks with you and guides you. "I will instruct you and teach you in the way you should go; ***I will counsel you with my loving eye on you.***" (Psalm 32:8)

So should you seek His wisdom? Spend time in His Word, asking Him how His truth should shape your next step. Pray honestly - not with perfect words, but with authentic, vulnerable hearts. Listen - through stillness before Him, through Scripture, and through godly counsel. Trust Him, knowing that even when it may seem that His answers are slow, His presence is not.

In the little things - how to manage schedules and sanity, how to respond to the tantrum or disrespectful tone, or when to say yes or no - He is there and gives wisdom generously. In the big things - through the diagnosis, the heartbreak, discipline, or transition - He is there, joyfully guiding you as you walk in His wisdom.

"My sheep listen to my voice; I know them and they follow me" (John 10:27). **Learn his voice.** The more we seek Him, the more clearly we'll hear him. As we guide our children, we have the honor and pleasure of being led by the Good Shepherd. In the little decisions and in life-altering circumstances, ask for wisdom, knowing He will give it generously and lead us faithfully.

God, I confess I don't always know what to do - but you do. Thank you for being a patient, generous Father, ready to give wisdom when I ask. Forgive me for when I forget to ask. Help me to trust you when I can't see the path ahead, and to listen to your voice in every season of motherhood. Fill me with your wisdom as I commit to follow you faithfully. Amen.



FURTHER READING & REFLECTION

READ PROVERBS 2 : 1 - 11

How does Proverbs 2 encourage you to treasure God's wisdom more deeply?

Where in your life are you currently lacking wisdom and trying to rely on your own understanding?

What steps can you take this week to listen more intently for God's voice (John 10:27)?

SEEDS OF FAITH

LEAVING A SPIRITUAL LEGACY

"I have no greater joy than to hear that my children are walking in the truth."

3 John 1:4

It's easy to spend a lot of motherhood thinking about what you'll leave behind for your kids. Will they remember family traditions? The lullabies you sang? Will they hold on to the values you tried so hard to teach? Will they remember the day you lost your temper? Oops! You wonder if all the tiny seeds you planted will take root and grow into something lasting. The bedtime prayers, encouragements, Sunday mornings, the hard, yet loving "nos" - were they enough?

More than anything - more than any moment or memory, the greatest question is this: Will they know Jesus?

There's no greater joy. Not the joy of first steps or first words. Not the thrill of achievements or milestones. Not even the joy of our kids having kids. As sweet as these moments are, they don't compare. **There's no greater joy than to see your child walking in the truth.** To know and witness their love for Jesus. That's the joy John speaks of in 3 John 1:4, and it echoes in the heart of every mom who loves Jesus. It's the deep, soul-satisfying joy of seeing Christ take root and grow in the life of your child.

Paul's words in Galatians 4:19 give us a powerful picture of spiritual motherhood: *"I am again in the pains of childbirth until Christ is formed in you."* Paul's deep longing was not just that people would know about Jesus - but that Jesus would be formed in them. His longing was for people to be shaped by Jesus' love, truth, and grace. Isn't this your deepest desire for your children?

This should define motherhood: a continual labor of love focused on Jesus. Live a life filled with prayer and longing -

aching - for your children to be Christ-formed people.

It's normal for parents to want their kids to be successful, safe, and well-liked. Disciples of Jesus should long for their children to be shaped into the likeness of Christ - even if it comes through challenge or sacrifice. It's normal for parents to want their kids to get into a good college and have a steady job, and build a comfortable life. Disciples of Jesus should long for their kids to live with eternal purpose and a desire to make Jesus known, regardless of their career path. It's normal for parents to want their name to be remembered and carried on. Disciples of Jesus long for their children to make His name known - to carry His name into the world.

Thankfully, you don't labor alone. The psalmist wrote: *"The Lord is good. His love endures forever. His faithfulness continues through all generations."* (Psalm 100:5). The spiritual legacy you long to leave doesn't start or end with you - it's rooted in God's unshakeable faithfulness that continues through all generations. You are not the ultimate source of goodness, love, or faithfulness, but you are the vessel through which it can flow. What a humbling and sacred privilege it is to partner with God in forming Christ in your children! God is faithful to every generation, and He graciously invites us into this redemptive work.

This legacy isn't built in a moment. It's built through **faithfulness in the ordinary.**

It's the prayers whispered while folding laundry.

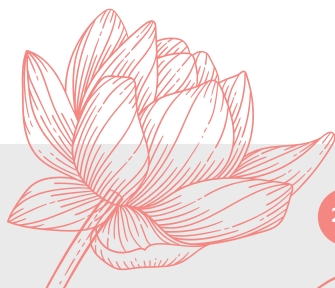
It's the patience practiced during the meltdown and arguments.

It's the gentle correction when defiance seems never ending.

It's the courage to keep pointing to Jesus, even when it feels like no one is listening.

God honors your faithfulness in everyday moments. All you must do is abide in Jesus, sow seeds daily, and leave the fruit-bearing to God (John 15:1-8). Your legacy is faithfully praying, pointing, and pressing in until Christ is formed in your children. Your legacy is trusting God to bring growth and fruit. Though you may not see the fruit you expect - today, or in this lifetime - **God is always faithful and His love endures.** His story is greater than you, greater than your children, and greater than your children's children. He invites you into the story, and your labor is not in vain. And should God bless you with the honor to witness your child walking in truth - even if the steps are "messy" - your heart will echo John's words: "There is no greater joy."

Lord, more than anything I leave behind, may my greatest gift to my children be a life that points them to You. Shape them into Christ-formed people who know you, love you, and walk in your truth. Strengthen me to be faithful in everyday planting, even when I don't see the fruit. Continue to remind me that you are the God of every generation. You are always at work. Amen.



FURTHER READING & REFLECTION

READ DEUTERONOMY 6 : 4 - 9

What do you hope your children remember most about your faith?

Are there any small, daily rhythms you can start (or restart) that plant seeds of truth in your home?

How can you invite your children into your own spiritual journey in a meaningful way?

PRAYER FOR MY CHILDREN

Motherhood moves fast, and each season brings new joys and challenges. Take a moment to pause and reflect on your children today. Use this space to document their journey and pray intentionally over who they are and who they're becoming.

MY CHILDREN TODAY

Names & Ages:

Interests:

Strengths:

Growth areas:



PRAYER PROMPTS

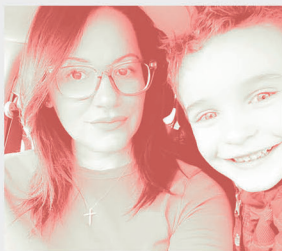
Thank God for each child by name and the unique way He has made them.

Pray for their relationship with God - whether they're just beginning to know Him, growing in faith, or still far off.

Ask God to shape their hearts, minds, and lives so they may become "...oaks of righteousness, a planting of the Lord for the display of His splendor" (Isaiah 61:3).

Invite God to give you wisdom and grace as you nurture their faith and guide them through each season.





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