



June 2009

*God's POWER is  
unleashed when  
God's people PRAY.  
-Max Lucado*

### Upcoming Events

June 3: *Wrapping Love  
Around Others*  
5-week study, discover  
how to wrap friends and  
loved ones in prayer while  
learning to quilt

Pilot class is limited to 12  
people. No previous quilting  
experience or sewing  
machine necessary.  
Childcare will be provided.

September 2009:  
7-Week Tools for  
Motherhood Study

## The Word:

**“Jesus...was outside in deserted places; and they came to Him from every direction...” Mark 1:45**

As moms we have demands coming at us from every direction! Now with summer starting, we really feel like we have everything and everyone coming at us with all the kids home and their new schedules. What is a mom to do? Well, let us look to Jesus for our model and see how He handled it...

Back in verse 35, we get a sneak peak of where he got his strength. “Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.” Jesus knew that time spent with His heavenly Father would renew His strength. So too, we can go to our heavenly Father and draw strength as well. Sure it can be in the morning, or afternoon during nap time or evening before our bedtime. Ruth Graham had her Bible open during the day and would walk by her Bible and read a passage or two often as she watched over her 5 children. Find what works best for you, your family and your personality. Perhaps prayer time comes during a walk around the neighborhood while pushing the stroller with praise music playing on your ipod. Verses can be found on Bible gateway.com and can be printed off and taped above the kitchen sink or bathroom mirror.

Be creative as you find time to read God’s word, pray and renew your strength in order to do the important task of raising your children. You will be blessed by the daily intake.

## The Activity:

Begin to develop a pattern of time of rest in your preschoolers as well. Sure, nap time is important, but as the summer days get warmer and they need a time of rest, you can develop a time of sitting together on the couch and resting as you enjoy some books together. The summer has lots of activities at the local library; take advantage of these free opportunities. There is story hour where a story is read to the young children and perhaps an activity. You can sit and rest and enjoy the entertainment along with your child/children or go and look for books on topics you would enjoy. When the story time is over, you can pick out books together for the children as well and store in a crate or book bag. Some libraries have computers that can be played on with computer programs you may like to check out before purchasing. Feel free to ask the librarian about which computer programs would be age-appropriate for your child. The summer months can be exhausting, but can also be a time of enjoying rest together... and creating memories with a good book.