

# TOOLS FOR Motherhood

NEWSLETTER



## The Word:

January 2010

**“See then that you walk circumspectly (\*diligently, carefully), not as fools but as wise, redeeming the time...” Eph 5:15 NKJV**

Each of us awakens every morning to the same number of hours in the day. Do you, however, tumble into bed at night with tasks undone, having had no time for yourself? As mothers of young children, we are constantly busy taking care of everyone's needs, often to the detriment of our own needs. May we realize that God asks us to be wise stewards of the time He has allotted us. As we call upon Him for wisdom, let us intentionally analyze our day in light of eternity. After listing and prioritizing what is most important, we must diligently utilize the present day's hours to accomplish those tasks. By this we bring glory to the One who has strengthened us. As we contemplate the new year, may we wisely think of ways to prioritize the feeding of our own souls, so we might continue to care for the needs of those around us. Think, for example:

- Which books would you like to read and learn from?
- When might you incorporate exercise to relieve stress?
- What involvement outside the home, according to your giftedness, would you like to add in? (When this is done, keep in mind “balance” so it does not jeopardize your time with God, husband, or children for they are our priority).
- Remember this season of “family life” does not last. All too soon our children will be grown and gone. But “time spent” with God, husband, and children nurtures relationships that will last for all time.

As we begin a new year, let us look at our life circumspectly (\*diligently, carefully) and make the most of it... for eternity.

(\*Wycliff Bible Commentary, Moody Press, p. 1313).

## Upcoming Events

February 9th  
Rock Creek Bible Church  
*Tools for Motherhood Activities*

April 1st Topeka Bible Church  
*Mom to Mom Group*  
Topic: *Building Self Esteem*

## Website and Winner

Congratulations to the Winner  
for the most Posts  
(to the website)  
for Winter 2009  
*Kahle Vincent*

She has won her choice of age  
in the Tools for Motherhood  
Flipbooks!

The Tools for Motherhood web-  
site will have some new exciting  
additions coming up over the  
next couple of months... keep  
watching for more details

## The Activity: 10/10/10

To help think through ways to make our priorities feel special, here is an activity you can make to brainstorm some thoughts. On a piece of paper, draw three columns. At the top of each column write: God, Husband, and Children. Begin to jot down under each column things you could do, in a 10 minute time span, as you spend time with that individual. For example, under the heading of God, you could read a chapter in Proverbs for five minutes and then pray five minutes. What could you do with your husband for 10 minutes today? Perhaps listen when he talks, greet him at the door with a kiss, make his favorite dessert, straighten his closet or clean out his car. Ten minutes of focused eye-to-eye contact with your children recharges their emotional batteries. Is there a game they like to play? Perhaps include them in at the kitchen sink with water and measuring cups; float and sink experiments during bath time, or enjoy an afternoon break with storybooks and snacks while in your lap.

Ten minutes does not seem like much, but it is like small steady plantings of time invested in the lives of those we love.

Check out all the great resources on our website:  
[www.toolsformotherhood.org](http://www.toolsformotherhood.org)

“Train up a child in the way  
he should go...” Proverbs 22:6