

## CCC WHAT MOMS NEED Part 6 ...

### AND HOW YOU CAN HELP!

#### Running on Empty

##### Welcome

Happy Mother's Day! We have been in a series called "When You're Running on Empty." Let me ask you a question... Do you know any moms who are running on empty?

Today for Mother's Day, I don't want to give you a message and give you ten more things to do because your lives aren't already busy enough. No I am not going to do that... Today instead we're going to talk together about what mom's need and how you can help them. For moms here today, I hope and pray there's some encouragement here in this message for you. You need to be encouraged. And for the rest of us – there are some things you can do to

help mom's. Whether you have a mom or you're close to a mom. There are some things we can do to help moms. Let me say this is one sermon you're going to want to share with your kids. We're going to talk about helping mom today.

The Bible tells us to honor mothers, to honor our parents. It says this, "*Honor your father and mother.*" God put into the Ten Commandments this is His command to us that those who have stepped across the line and now wear the name Christians, God tells you to honor mother. Now in saying that God would not have put that into the Ten Commandments just as a nice sentiment for Mom's. Like God didn't think "Hey, That will look good on a Hallmark card someday. I think I'll put it in the Ten Commandments!" No. God didn't have that in mind when He said it... See God's eternal. He was never born. He

wasn't trying to please His mom. That's not why it's in the Ten Commandments. It is there because God knows it's vital for your spiritual health, for our emotional health, it is vital to honor our parents.

So how can you honor your mother? We'll let me say this; Even if they're no longer live you can still honor your mother. Even if you didn't know your mom or you had a terrible mom you can still honor her.

I want to talk together about something's things that that moms need and the things that you and I can do to help.

### **1. Mom's Need Patience.**

Here is some comments made by some mom's who were surveyed at Saddleback Church. Moms said I need to have enough patience with my kids. One mom said "I need to find the peace of Christ when my children are crying, when their fussing, demanding and making the house noisy."

Another Mom said, What I need is the ability to teach patience and acceptance to my daughters, who are both married... I feel challenged to help them to realize the treasure that life is."

When you think about needing patience as a mom or for that much any of us we need to remember that God understands what you're going through right now as a mom. You are not alone in this, moms. If you feel like "WOW, my patience is being tested, when will this stop?" God understands. We just finished up with our 40days of love and one of the things we talked about a little was patience is choice, it is an expression of love. A lot of mom's think because I am feeling impatient means I don't love my kids," but hold on don't feel that way... feeling impatient and acting on it are two different things because the exact opposite is true.

When you're patient although you feel impatient, that's an incredible expression of love.

Ephesians 4:2 says *"Be patient with each other, making allowance for each other's faults because of your love."* If you think you're only loving when you feel patient all the time, no. Love is choosing to be patient even when you're irritated. Love is making allowance for someone else's faults. Patience is an expression of love.

When you see Mom stressed instead of piling it on or running away do something to help relieve that stress.

That's what you'd want done for you. There's a second thing moms need.

## **2. Moms Need Appreciation.**

We all do and the Bible recognizes that often. In the Bible you see people being appreciated because we have a need for this. We all do specially mom's. Paul said in

Philippians 1:3 *"I thank my God every time I remember you."* And in Colossians 1:3 *"Whenever we pray for you, we always begin by giving thanks to God the Father of our Lord Jesus Christ."* It's good to be appreciative of other people. You can appreciate your mom. No matter what. You say well Bill, What if my mom's died? You can still appreciate her. My mom died 4 years ago but I can still appreciate, Ruth Raley today. I can still look back and remember the positive spirit that she had... I can sit back and even appreciate the difficult times we had even.. What if you didn't know your mom or you had a very difficult relationship with your mom? Find something positive and appreciate it... Appreciate the fact that she labored to bring you into this world. Appreciate the fact that you weren't aborted. Appreciate the fact that you are alive.

Now why is that... why is this so important, because it is healthy for you. The Bible says, "*Honor your mother.*" Even the smallest amount of honor that you can give is healthy for your soul. Moms need appreciation. With most moms the truth of the matter is there are hundreds, there are thousands of things, to appreciate. If your mom is here take every opportunity you can to do so. Don't miss a chance to appreciate her. Say it to her. Say it with words, say it with flowers, say it with candy, say it with cards, say it with stocks and bonds – say it however you want to say it... but say it.

In fact we're going to take a few moments right now, to appreciate moms. We want to say we appreciate you, mom. **How long has someone been a mom here?**

When it comes to appreciation it is a good thing to say thank you. It's even a better thing to say, "I thank God for

you." That's what Paul expressed in these couple of verses we read a moment ago. "*I thank God for you!*" Sometimes you need to say to mom just "Thank you," but sometimes it's good to say "I want you to know mom, I thank God for you." I'd like to take a moment to do that right now.

**Prayer:** God, we do thank You for moms. Thank You for their importance, the difference they make in this world, the incredible impact they have in lives. What moms do is so important. There are so many emotions Lord, that swirl around this day, Some of us we miss our mom who has died or we grieve because the relationship we have with our mom is always a struggled. (PAUSE) God, for those who are going through that today, I pray that You would comfort them right now. God, for all the moms that are here, for all the moms that are in our minds right, we want to say thank you. We thank You Jesus for moms. In

Your name, Amen.

Moms need appreciation. There's a third thing that moms need...

### **3. Moms Need A Life.**

Moms talked about time management. My kids are doers. They want to go everywhere and participate in everything and I want them to have the opportunity to try everything, but I've got to learn where to draw the line. Why, because mom's need a life. Mom's need a balance life.

Listen to what God's word says to you mom's, we've used this verse a couple times in this series on "Running on Empty." The Bible says in Psalm 127:2 *"It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to His loved ones."* That's an example of a life without balance.

If you read that to most people they would say that's the job description of most moms. The verse we just read is what it means not to be family. It's a reminder of the fact that you need a life even as a parent. Moms need a life. And the life they need is the life that Jesus says He wants to give. John 10:10 *"Jesus said, 'I came that they may have life, and have it abundantly.'"* We've got to help moms enjoy the abundant life that Jesus has given. If I'm so rushed and so hurried and my life is so filled that I don't have time to connect with Jesus and enjoy the abundant life... then what am I modeling for my kids. We've got to give moms the time to enjoy this abundant life.

### **4. Moms Need Wisdom.**

Especially today with all that this culture is telling you. With all the negative influence in our culture moms need wisdom. They need wisdom to know when to hold on and

when to let go. They need wisdom to know when to say yes and when to say no. They need wisdom when it comes to discipline, to know when and how. Moms need wisdom. God says He will give wisdom. James 1:5 *“If any of you need wisdom, you should ask God for it. He is generous and He enjoys giving wisdom to all people. He will give you wisdom.”*

You might have prayed from time to time for wisdom in your own life. Have you ever prayed for wisdom for someone else? Have you ever prayed for wisdom for a mom? Husbands, have you ever prayed for wisdom for your wife as a mom? Pray for wisdom. That’s one of the things we can do.

One of the greatest things you can do for moms is pray for moms. We always think about moms praying for us. We need to pray for moms. We need to pray for mom’s

wisdom. It’s an incredibly wonderfully powerful thing to pray for. In fact instead of waiting for some other time to do it, I encourage you right now in the back of your mind pray for a mom. Pray for your mom, some mom that you know. Do that right now. In the back of your mind, pray for a mom. Colossians 2:3 *“God has hidden all the treasures of wisdom and knowledge in Christ.”* We need wisdom because it’s not easy raising kids. We need to pray for Mom’s because raising kids... it comes with not just headaches, it comes with heartache in this world.

When it comes to raising kids, we face difficulty, we face daily struggle, but we also face tragedy. We need wisdom. We need God’s wisdom. I can’t figure it out with my human intellect. I know and you know you need something beyond that. I’m not willing to just give up and

follow the ways of this world for my kids.... Instead I want to hang on to God's wisdom.

### **5. Moms Need Validation.**

By that I mean they need recognition of the importance of what they are doing. Proverbs 31 is the most famous chapter in the Bible about being a mom and being a wife.

Here's how that chapter ends. *"Her children arise and call her blessed; her husband also, and he praises her: Many women do noble things, but you surpass them all. Charm is deceptive and beauty is fleeting; but a woman who fears the Lord is to be praised. Give her the reward she has earned, and let her works bring her praise in the city gate."*

This is a chapter, Proverbs 31, all about validating the importance of what moms do. Circle two words in that verse: circle the last two words "city gate." Why are those

words important? Because that was the place of importance when this verse was written. In ancient times the city gate was not just the doorway into the city. It was where everything important happened. All the legal cases were tried there. All the government decisions were made there. All the business deals happened there. It was the place of importance. When this says, *"Let her works praise her in the city gate,"* it's saying at the place of most importance. For us it would be city hall, the floor of congress.

This is reminding us don't let the importance of moms and what they do, parents and what they do, be some sort of side issue you give a salute to and then go on to what *really* is important. This is what is really important. At the

place of most importance, at the seat of power recognize the value of what moms do. What parents do.

Mom, you are building a person. The Bible tells us that only people are going to last forever. Buildings don't last forever. As beautiful as they might be, as inspiring as they might be a building is not going to last into eternity. Companies don't last forever. As well run or as profitable as it might be a company is not going to last forever. Your bank account certainly won't last forever. Even governments, as powerful as they are they are not going to last forever. But people last forever. That is the importance of what you do. Moms, you are building a person.

All moms we want to say to you, what you do is so important. I don't care what this world says, what the culture may say... Listen, when Satan puts a little thought

in the back of your mind and says, It's just a little thing being a mom, not very meaningful what you do, that is a lie. When someone says something to you, some snide remark that makes you feel unimportant as a mom , because of what you do... First it's because of their own insecurity is why they say it. But, recognize that is a lie. People last forever. Nothing else you do will... What you do is so important.

Moms need validation.

## **6. Moms Need Communication.**

They need to talk. They need listening too...

How do you talk to your mom? The same way the Bible says to talk to everyone else. Ephesians 4:29 *"Do not let any unwholesome talk come out of your mouths."* I don't know why it is but people who are close to us, sometimes

we say ugly things, unhealthy things, things we wish we had never said. The Bible says, Be careful because that's easy to do. Don't choose to let any unwholesome talk come out of your mouth. *"But only what is helpful for building others up according to their needs, that it may benefit those who listen."* Talk to mom in a way that benefits those who listen. This is a good verse to remind yourselves, *"God give me the strength to not say the wrong thing. God give me the strength to do the thing that builds up."* Moms need communication.

## **7. Moms Need Rest.**

Can I hear an Amen to that! It's interesting a lot of mom's deal with two feelings, exhaustion and guilt. Exhaustion because they were doing too much. And guilt because they felt like they weren't doing enough. That is a difficult trap

to be in... It's an indication that moms need that kind of rest in their lives that Jesus talked about in Matthew 11:28. Jesus said, *"Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest."* I will give you rest.

You give mom time to spend time with Jesus. That's vital. There is a soul rest that you have to have in order to be a godly parent. If you're not familiar with the story of Susanna Wesley from Christian history it's a good story to be aware of. Susanna Wesley, had ten kids in the household. She needed time to be alone with Jesus Christ. She found that time sometimes by finding a room where she could be alone. But with ten kids that was impossible a lot of the time. So instead what she would do much of the time is she would take her apron and put it up over her head and the kids would know that meant mom was now

spending time with Jesus. All the kids knew that if you interrupted mom when she was spending time with Jesus, *you would go to see Jesus*. They knew that was not a good thing to do. That's just a creative way to find some space. Help moms to do that. We've got to help moms. We've got to help each other out in everything. Moms need rest. Then there's an eighth thing that moms need. It came out again and again in the survey. It showed the quality of the moms at Saddleback that took the survey.

### **8. Moms Need Faith.**

One mom talked about lack of faith that God is in control and worrying needlessly. Another mom talked about feeling the weight that daily decisions affect my kids for the rest of their lives. I need faith so I don't worry about this. Moms need faith.

The Good News is Jesus offers faith. John 14:1 Jesus said *"Don't be troubled. You trust in God, now trust in Me."*

Jesus says "When you recognize that you need faith don't try to conjure it up through your own emotional energy. Lean on Me. That's what faith is. It is a leaning on Me. You trust in God. Now trust in Me. When it feels like there is no where else to turn Jesus says turn to Me. You can trust in Me. That's where you find faith."

Psalm 62:8 *"Trust in Him at all times. Pour out your heart to Him, for God is our refuge."* Moms need faith for the big things. The most difficult things in life. Moms also need faith – it came up again and again – for the everyday things. Faith in the day to day. Faith when you're tempted to worry. Sometimes moms are tempted to worry. In fact, if you look up "mom" in the dictionary one of the

definitions is “she who is tempted to worry for the entire rest of the family.” That’s sort of the job of a mom.

What do you do when you’re tempted to worry? We all are. Do you get upset with yourself? Angry? Why am I doing this again? Every time you’re tempted to worry recognize that it’s also an invitation to have faith. Here is the difference between worry and faith. With worry, when you worry it feels like you’re doing something but in the end nothing gets done. But when you put faith in God, many times at the beginning it doesn’t feel like you’re doing much but everything changes because you’re putting faith in a God who can do everything. When you’re worried you’re just focusing on yourself. And you become more and more anxious and you do less and less. But when you put faith in God, that changes everything.

The Bible tells us in the book of Philippians *“Don’t be anxious for anything. But in everything by prayer, supplication with thanksgiving, let your request be made known to God. And the peace of God, which surpasses all comprehension, it will guard your hearts. It will guard your minds in Jesus Christ.”* That is the value of faith in everyday life. Moms need faith. Moms need patience. They need appreciation. Moms need a life. Moms need wisdom and validation and communication. Moms need rest. Moms need faith.

Let me sum all this up in one word. One word what does your mom need from you? This may sound like a strange word at the beginning but let me tell you then explain it. Your mother needs you to repent. That’s what your mother needs from you. Some of you are thinking,

“That brought back some memories. Wow!” What does that mean?

For a lot of us the word “repent” has become an angry word. Some people use it that way. That’s extremely unfortunate because the word “repent” is one of the most beautiful words, one of the most positive words in the Bible. In the English language.

You know what “repent” means? It just means “turn around.” It means head in a different direction. It means God gives you a second chance. It means God gives you the opportunity for a new life. It means things can be different.

So you repent. You change your heart and mind. You realize that it’s not just the job of moms to meet our needs. It’s also our job to meet their needs. We’re in this together. That may be something as small as saying thank you for a

meal when you haven’t done it for a long time. Or it might be something as radical as giving your life in faith to Jesus Christ because of a mom who never stopped praying for you.

**Prayer:**

Lord, thank You. Thank You for moms. They bring us into this world, they grow us up in this world, they send us out into the world, and they prepare us for the next world. Thank You for moms. Give us the grace to be grateful. Give us the strength to encourage one another, to put our faith, our hope, our trust in You. You are trustworthy. Thank You, Jesus. In Your name. Amen.