



## BASIC TRUTH

GOD LOVES ME.

## SAY THIS

WHO KEEPS HIS PROMISES?  
GOD KEEPS HIS PROMISES.

## DO THIS



### MORNING TIME

When you go into your baby's room this month, say, "Good morning! Mommy/Daddy is here! Who loves [child's name]? God loves [child's name] and Mommy/Daddy loves [child's name]!"



### FEEDING TIME

While feeding your baby this month, sing to the tune of "Wheels on the Bus": "God loves you from your head to your toes, head to your toes, head to your toes. God loves you from your head to your toes all day long."



### CUDDLE TIME

Cuddle up with your baby this month and pray, "Dear God, thank You for [child's name]. As much as I love him/her, I know You love him/her even more. Please help us both to trust Your plan and remember that You always keep Your promises. I love You, God. In Jesus' name, amen."



### BATH TIME

Sing to the tune of "Mary Had a Little Lamb" while bathing your baby: "God keeps His promises. Yes, He does. Yes, He does. Yes, He does. God keeps His promises. Yes, He does. God loves you and me."

## CONFESSIONS OF AN INSECURE MOM

By Sarah Piercy

The comments started the day I found out I was pregnant. At first, I appreciated different perspectives and anything off-color just rolled off my back:

Cloth diapers are inconvenient. Disposable diapers have chemicals. He should sleep on his back. He should sleep on his tummy. He needs the sun for vitamin D. But don't go in the sun, take a supplement. Wear sunscreen. Don't wear sunscreen. Cry it out. Use a schedule. Don't cry it out. Don't schedule. Let him be a kid, do your thing.

The list is almost limitless. But you know where this leaves me as a new mom after my first year? Incredibly insecure. No matter what I do. Or don't do. I'm a failure.

### SO HOW DO WE OVERCOME INSECURITY?

#### 1. BE OPEN-HANDED

I have to acknowledge that, while I am doing the best I can with the information and resources I have, I don't know everything. I may learn or discover something that causes me to change. And that's okay. That's good.

#### 2. BE CURIOUS

Ask questions. Seek to understand alternate opinions (judgment-free). We don't have to agree with everything

to ask thoughtful questions with the intention of understanding one another. It shows respect. And humility.

#### 3. BE DISCERNING

Identify what lies you are believing. One of my mentors says we need to "clean out our truth drawer regularly." We all have a drawer full of things we have decided are true. But sometimes stuff gets into it that isn't true. "I'm a bad parent if someone doesn't agree with something I'm doing" is one of the lies that got into mine.

What are you keeping in your truth drawer that shouldn't be there?

#### 4. BE PERCEPTIVE

Look for the big picture. I'm going to fail as a parent sometimes. My boy doesn't have a perfect mother (try as I may). But I am reminded "there is a Perfect that I am not."

That perfect is Jesus, my Heavenly Father. He is loving me and my family unconditionally. Where my human capacity ends, God's doesn't. He gives me strength where I am weak, and He loves my family in ways I can't.

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