

I AM HER

THE INTENTIONAL MOM

7 day devotional

7 days of inspiring devotions for the mom seeking to re-discover herself & God's will for her life after motherhood.

By: Denisha Mathews

ABOUT THE AUTHOR

DENISHA MATHEWS

is a wife and mom of 3 girls, all exactly 18 months apart. She majored in Marketing and worked in corporate America for 11 years before becoming a SAHM for the past seven years. After experiencing her own struggles post motherhood, she became passionate about re-discovering a new version of herself, and helping other moms do the same. Denisha is a blogger, speaker, author and transformational coach for women desiring to become the best version of themselves.

Follow for more inspo:

[Love Joy Blessings Website](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)



EMBRACE YOUR SEASON

Day 1

After marriage, 3 little ones, and a complete career change (SAHM), I looked in the mirror one day and didn't know the woman staring back at me. I put everything into being a great wife and mommy, but I had lost sight of Denisha...the woman. What was my purpose now that my life had changed so drastically? How could I carry out the plans God placed in my heart with three toddlers under 4 years old? I felt like I was at a stand still...my dreams collecting dust while I watched everyone around me moving forward.

In this season God has shown me that my family is my greatest ministry. Our most important work is done within the walls of our homes.

We shouldn't rush through this phase of our lives in fear of missing out on what He has for us. The sooner we find joy and contentment in our daily routines, the more satisfied we'll be.

It's during the times we feel our lives are stagnant that we actually have an opportunity to prepare for the next level. We must learn to do small things in a great way. When we're able to learn diligence in the most basic tasks, God can entrust us with so much more.

You are still the woman that has been called to empower others, raise future leaders, and change the world for God's glory. She's still there...a better version than before.

Word:

"There is a season (a time appointed) for everything and a time for every delight and event or purpose under heaven" Ecclesiastes 3:1 AMP

Self Reflection:

What season of life are you in? What do you feel you're missing out on (if anything)? Ask God what He wants from you in this season.

Pray this with me:

Lord, I thank You for where I am in life at this very moment. Even if I'm not where I think I should be, I realize that every season is appointed for the purpose you've placed within me. Help me to see Your lessons and your goodness in each day as I continue to grow.

Amen

Notes

What season of life are you in? What do you feel you're missing out on (if anything)? Ask God what He wants from you in this season.

How can I apply this to my life?

One Saturday afternoon in November, 2017 we were spending time with our family in east Texas when an accident led us to the ER with our middle daughter. It was one of the scariest days of my life...Her pointer finger got caught in the door hinge and the tip was barely hanging on. As afraid as I was, I immediately began to pray and thank God in advance for complete healing all the way to the hospital. I called one of my prayer warriors as I drove who prayed right along with me.

I'd always dreaded the day I would have to deal with my children getting hurt beyond the usual scrapes and bruises, yet here we were...nervous & afraid, yet hopeful. If I could've traded places with her I would have. She was in so much pain you could hear her cries throughout the entire ER. But I knew that I had the MOST powerful weapon in my possession, and that was prayer and belief.

While we waited for the nurses to bring pain meds, my mom joined me in praying over my baby. When I tell you God showed Himself strong!!! He did just that. She drifted off to sleep with her fingertip hanging by a thread, and nothing for pain. The nurses had a hard time even waking her to administer the medication, and they were shocked that she was so calm and collected while they set and wrapped her finger.

The best news was that no surgery was required. The doctor was confident she would heal quickly on her own without re-attaching her fingertip. Friends, this is a true testament to our faith. As parents we will come up against some mountains that are far too big for us, but aren't you glad our God is bigger? If we would only trust Him and take Him at His word. We knew we had a journey to recovery ahead, but we were so grateful that our Father had already heard and answered our prayers.

Word:

*"Lord, help!" they cried in their trouble, and he saved them from their distress."
Psalm 107:19*

Self Reflection:

When was the last time you or your little ones were hurt or sick? What was your first reaction? Did you take it to God in prayer? Medical assistance is a blessing, but we must not forget who has the power to heal...we have access to that power because of Jesus' sacrifice on the cross!

Pray this with me:

Father, thank You for the sacrifice you made on the cross that I might have access to your healing power. In times of sickness I will turn to You first as I seek the best treatment. I believe the blood still works. Please help me remember that, especially when health issues arise that seem too big to overcome.

Amen

Notes

Are you taking your worries to the Lord in prayer? What areas can you trust Him more?

How can I apply this to my life?

COURAGE TO TRY NEW THINGS

Day 3

I climbed a rock wall for the first time on a cruise ship in the middle of the Atlantic Ocean! I decided I wanted to try something new to challenge myself, and even though it was the last day of my cruise before I finally climbed that wall, I did it.

My husband and kiddos stood at the bottom staring up at me as I symbolically tackled fears and complacency that had taken up residency in my heart over the past few years. I wasn't just climbing for the fun of it. I was climbing to reclaim my courage to take risks, to silence the commentary of fear that threatened to keep me from leaping into my purpose.

I stumbled a few times on the climb up, but that didn't take away from the satisfaction I felt when I reached the top.

On the way down I didn't release properly and banged myself up against the wall. I had to nurse some scars over the next few weeks to remind me that even when I have mountain top experiences, I'm not exempt from the painful valleys that are sure to come. Those scars are lessons that will help me maneuver a bit better through the next trying time in my life.

When was the last time you tried something new that made you both nervous and excited at the same time? I challenge you to go for it!! There is such liberty in taking the plunge and accomplishing a personal goal! It's one of the greatest forms of faith and self love.

Word:

"I can do all things [which He has called me to do] through Him who strengthens and empowers me [to fulfill His purpose-I am self-sufficient in Christ's sufficiency; I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace."

Phillipians 4:13 AMP

Self Reflection:

What have you been longing to do but putting off because the timing just never seems right, or you feel it's out of reach not that you're a wife or mom? I encourage you to gather the courage to do something you didn't think possible at this stage in life. No matter how small it may seem. Prayerfully approach that challenge with Godfidence!

Pray this with me:

Lord, I thank You for where I am in life at this very moment. Even if I'm not where I think I should be, I realize that every season is appointed for the purpose you've placed within me. Help me to see Your lessons and your goodness in each day as I continue to grow.

Amen

Notes

what desires have you been putting off? Make a list and a plan of action to start doing small things each day to work toward your goals.

How can I apply this to my life?

--

TIME FOR A HEART CHECK

Day 4

While on vacation with my family, I had some alone time to sit and take inventory of the condition of my heart. I wanted to really dig deep to reveal the truth about my growth, or lack thereof. A few of the questions I asked myself were:

- Am I operating in my purpose?
- Have I made more time for self care?
- Am I doing the work to grow spiritually?
- Does my life represent the love of Christ?
- Are my little ones growing mentally & spiritually?
- Am I making time to nurture my marriage?

This time of reflection really helped put my priorities in perspective. Not every answer was what I hoped it would be, but that's the point. To pinpoint our opportunities for improvement and make a plan of action to be more intentional about our growth.

Word:

"That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong." 2 Corinthians 12:10 NLT

Self Reflection:

Take some time to ask yourself hard questions. Truth is a tough pill to swallow, but your journey to becoming the woman you were destined to be depends on these revelations. If you're not sure where to start hopefully these questions will serve as inspiration.

Pray this with me:

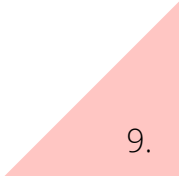
Lord, help me to see the areas in my life that serve as an opportunity for growth. I lay down my pride and humble myself before You as I seek to remove selfish desires and follow your lead. Help me to relinquish control of the throne of my heart to You so that I can do what's pleasing in your sight. My family is blessed, my finances are blessed, my business/career is blessed, and so am I. Because of Your grace I can flourish in every area of my life.

Amen

Notes

Reflect on the questions from today's devotion & list ways you can improve in those areas.

How can I apply this to my life?



LET THEM BE WHO THEY ARE

Day 5

I'm a natural born extrovert. Talking to all the people, making all the connections, speaking up at all the meetings, making all the friends.

My youngest daughter is quite the opposite. She hides her face when people try talking to her and only speaks when she's in a rare communicative mood. She talks our heads off at home, bossing her sisters around as she "rules the roost". But around strangers or anyone other than us, she shrinks back. At one point, I tried making her speak back when spoken to, smile when taking photos, and I threatened to quit The Little Gym if she was going to continue sitting out the first half of the class due to her bashfulness.

My response to the phase she was going through was exhausting for both of us, and so unfair to her. My initial reaction was to "change" her into the smiling, friendly extrovert that her sisters have become, but I have gladly accepted that she was created perfectly just as she is. Our differences are what make this world such a beautiful place! Every detail about us is connected to the destiny God has for us.

Word:

"God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. Do you have the gift of speaking? Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen. 1 Peter 4:10-11

NLT

Self Reflection:

Do you have a child, friend, or co-worker that you just don't understand because their personality is so much different than yours? I encourage you to find ways to connect with them and celebrate the beautiful differences that make them unique.

Pray this with me:

I pray that you would help me to accept and appreciate the differences you've created within us. We are all your children with special gifts to share with the world. Give me wisdom to parent my children according to the unique differences you've created them with. I lay aside my personal opinions and preferences to make room for your will to be done in the areas that I may not understand. Amen

Notes

Is there anyone in your life that you butt heads with or try changing because of their differences? List some things you appreciate about them just at they are, and how you can better support them.

How can I apply this to my life?

DIFFICULT STAGES

Day 6

After moving from Texas to Prague we adjusted pretty quickly to expat life. However, a few months into our move the girls' behavior shifted. Taking the three of them out on my own became increasingly difficult due to their reluctance to listen or follow instructions.

At first I felt defeated...like I had somehow failed in my parenting. I began to let this season stress me out and beat me down emotionally. Once I started evaluating things and praying for their behavior to change, I realized that this challenge was more for me than it was for them.

You see, a month or so before things took a turn in this direction, I had prayed for more patience with my little ones. Well, how else can God produce patience without creating a need for it? I ended up right in the middle of a test that I had completely forgotten I'd asked for. Growth doesn't happen in our comfort zones. It's when we're stretched, challenged, and a little unsure that true transformation occurs. I was reminded that God's strength is made perfect in our weakness, and that is all the assurance I need.

Word:

"Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me." 2 Corinthians 12:9

Self Reflection:

What challenges are you facing in motherhood right now? Have you taken it to God in prayer? You don't have to fight the battle alone. Ask Him for more wisdom to handle this season in a way that honors Him and edifies your child.

Pray this with me:

Father, you know the challenges I've been facing with my child(ren). I pray for patience and wisdom as I walk through this season. When I feel overwhelmed, help me to remember that this too shall pass, and we'll be stronger on the other side of through.

Notes

What challenges are you facing in motherhood right now? Write out a prayer that you can repeat daily & find scriptures to support it.

How can I apply this to my life?

Who you used to be has no power over what you are capable of today. Every day is a gift and opportunity to rewrite our reality. For a while I longed to get back to the woman I was before marriage and motherhood. Volunteering at church and in the community every chance I got, spending more time with God than ever, all the things you can do in your singleness.

In hindsight, it's funny how I thought that version of myself was the best I could do. When I realized I was actually aspiring to go backwards, I knew it was time to embrace and discover the woman I had become.

Your past (good/bad) is your past. God wants to do a new thing in your life, and the very things from your past that make you feel unqualified and ashamed are what He's using to accomplish His glory. The word tells us God is trying to do a new thing, but He can't pour new wine into old wineskins.

Even in what seems to be our greatest seasons, there is always room for God to take us to higher heights in Him.

Let's shed those old ways for new ones, and allow our Savior to transform us all the more.

Word:

"Besides, who would patch old clothing with new cloth? For the new patch would shrink and rip away from the old cloth, leaving an even bigger tear than before.

"And no one puts new wine into old wineskins. For the wine would burst the wineskins, and the wine and the skins would both be lost. New wine calls for new wineskins."

Mark 2:21-22 NLT

Self Reflection:

You may not believe it now, but you have the ability to be greater than the woman you were last year, last month, last week, yesterday. Is it time for you to get rid of some bad habits? Does your mindset need refreshing? Let's do the work to prepare for new wine.

Pray this with me:

Thank you for forgiving me for everything I've ever done wrong. I pray that you would give me grace for this season. Help me to strip off everything that doesn't serve the purpose you've placed within me. Do a new thing, and help me to receive it in Jesus' name, amen.

Notes

What areas of your life have improved since you became a mom? List some areas you would like to improve more.

How can I apply this to my life?

A NOTE FROM THE AUTHOR

Hi friend,

I hope you've enjoyed this 7 day journey through the personal triumphs and struggles I've experienced as a mother seeking to re-discover who I am in Christ. I pray you took time to really meditate on the reflection questions to determine ways you can apply the word to your situation. When we commit to seeking the Father in everything that concerns us, He pours out His peace to calm us, and His strength empowers us to endure every season.

If you enjoyed this devotional, let's stay connected! There's so much more to come.

[Love Joy Blessings Website](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

Love Joy Blessings,
Denisha

