



7 Takeaway Tips for well-balanced, wise-hearted, worry-free, mothering

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Tip 1. Think of yourself as God's woman

You are God's woman made in God's likeness. Your mothering is thus the reflection of God's mothering – calm, confident.

- When you don't know what to do as a mother:
 1. Turn immediately to God.
 2. Listen for His solution - His right ideas.
 3. Affirm that you are God's woman - capable, wise, assured.

"Who can find a virtuous woman? for her price is far above rubies. She openeth her mouth with wisdom; and in her tongue is the law of kindness. Her children arise up, and call her blessed"

King James Bible, Proverbs 31: 10, 26, 28

"The ideal woman corresponds to Life and to Love. In divine Science, we have not as much authority for considering God masculine, as we have for considering Him feminine, for Love imparts the clearest idea of Deity." Science and Health with Key to the Scriptures by Mary Baker Eddy p.517

Tip 2. Remain mentally balanced

Don't be thrown off balance. You reflect the pure motherhood of God. You have equanimity – evenness of mind. You are steady, in control.

- Affirm: As a mother I am rock-solid. I am spiritually poised at all times because God made me and keeps me that way.

"The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust" King James Bible, Psalm 18:2

"A mother's affection cannot be weaned from her child, because the mother-love includes purity and constancy, both of which are immortal. Therefore maternal affection lives on under whatever difficulties." Science and Health with Key to the Scriptures p. 60

Tip 3. Respond calmly and confidently

Don't get agitated. God is the calm, assured divine Mother. As a mother you too can be cool, calm, collected. Nothing can shake your God-given peace. As a mother, God made you composed and keeps you composed.

- Affirm: God made me calm and confident, thus I am calm and confident.

"Peace I leave with you, my peace I give unto you: Let not your heart be troubled, neither let it be afraid." King James Bible, John 14:27

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Tip 4. Remember that God is the divine Parent

Your child was God's child before he or she was yours. God was looking after your child long before you did. God is still looking after him or her every moment of every day.

- To overcome worry, get a photo of your child. Write on it "This is God's child." Put it beside your bed. View it at the start and end of each day.

"Father-Mother is the name for Deity, which indicates His tender relationship to His spiritual creation. As the apostle expressed it in words which he quoted with approbation from a classic poet: "For we are also His offspring." Science and Health with Key to the Scriptures p. 332

Tip 5. Care about, not worry about, your kids

Worry is a negative, fearful emotion. It's not the same as real caring. Real caring is expressing the mothering-assurance and confident love of God. It's being prayerfully affirmative, positive, encouraging.

- Turn negative worrying thoughts into positive, spiritual thinking.

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee" King James Bible, Isaiah 41:10

"We should master fear, instead of cultivating it."

Science and Health with Key to the Scriptures p. 197

Tip 6. Be proactive in prayer

Don't wait for a problem to arise. Be spiritually ready. Give thanks that God is responsible for the wellbeing of His children. Your child is safe. Make time each day to thank God for caring for you and your child.

- Affirm: It's God's job to take care of me and my child.
My job as a mother, is to remember this.

"Acquaint now thyself with him, and be at peace: thereby good shall come unto thee." King James Bible, Job 22:21

Tip 7. Practice thinking spiritually

Affirm: I rest in God's love knowing that my Father-Mother is always parenting His/Her children every moment.

"Be still, and know that I am God"

King James Bible, Psalms 46:10

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