

Song Study

MAY

What is your favorite lyric in this song and why?



"She riseth up
while it is yet
night, and giveth
meat to her house-
hold..."

Proverbs 31:15

"You were up making breakfast at dawn
After being up three times last night
Your make-up and hair, well
They're just going to have to wait in line"

Does this sound at all familiar?
Women have always done this.
As women whose nature is to nurture,
many have had days like this.

Plan right now what you will do for
yourself on a difficult, demanding day.

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Some ideas....
Bubble Bath
a cupcake
10 minutes in "timeout"
early to bed
a massage from your hubby
or one of the kids,
or YOUR favorite thing

Next time I have a hard mom day, I'm going to do **THIS** for myself



Are you still waiting for motherhood?

“While some women live in homes where opportunities for motherhood abound and even overwhelm,

I live a life where opportunities for motherhood must be sought.
My motherhood is found in serving others.

Of course, I am still disappointed that I haven’t had the opportunity to raise children of my own, but Heavenly Father has not left me childless.

My children are all around me, providing me with precious, though less typical opportunities for motherhood.”

“My Search for Motherhood”
~ Linda Longhurst ~ April 2012 Ensign

Take a moment to remember a time when you nurtured a child that is not your own.

“Are we not all mothers?”

~ Sheri Dew



“You live from homemade card to card
Then there's the kisses and hugs in between

They get you through the moments
When you wish you had another hour of sleep.”

Did you know that taking a mental snapshot will actually
cement moments and memories in your mind?

Try taking a mental snapshot this week.

A moment in time that you know is fleeting with your child.
A moment that you may forget, if you don't take a mental snapshot.

Capture it. Write it down.

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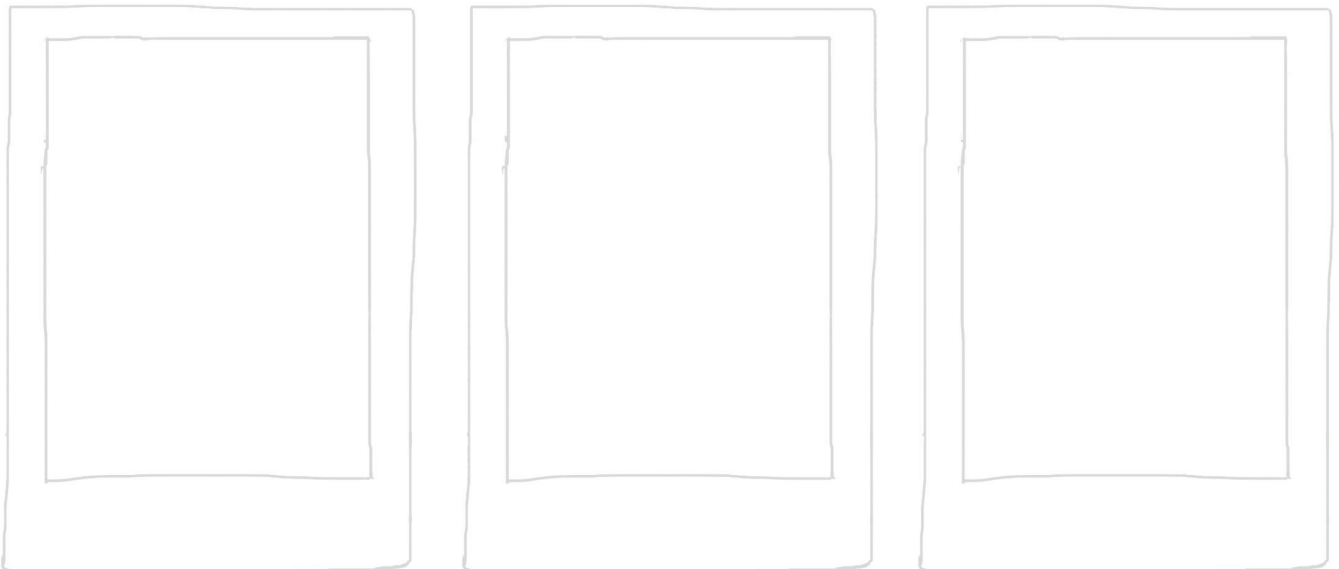
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Have more than one snapshot? Here ya go!

Three empty rectangular boxes, each with a double-line border, arranged horizontally. These are intended for drawing or writing multiple snapshots.

“If God could come and sit with you
and tell you everything that He sees

*If he could open up your eyes,
I know you'd believe.”*



“And Adam called
his wife's name Eve;
because she is the
mother of all living.”

Genesis 3:20

How much must God trust women, to be willing to turn all of
His spirit children over to them?
What does it mean to you to be trusted with such a sacred duty?



Jeffrey R Holland likened mothers to the Savior in his Oct 2015 General Conference talk,
“Behold Thy Mother.” Words used to describe the Savior are also synonymous
to words used to describe mothers.

What examples of the Savior and Mothers, can you think of that fall under these words....

SAVIOR

BEAR
BORNE
CARRY
DELIVER

MOTHER

Remember that blessed day when your grown child will say,

“Mama you matter”

“Her children arise up , and call her blessed...” Proverbs 31:28

Take the time to write a note to a mother who matters to you in your life.
Who deserves to hear this today?
