

## Biblical Prayers for Imperfect Moms:

*Hey Mommy!* Ever feel like your day, your week, your life is spiraling out of control? Me too. I usually respond by either fighting extra hard with all of my grit or cowering in a corner until it's over. That's not God's plan for motherhood. These prayers are adapted from Bible verses to encourage us to crawl into the arms of Jesus when our souls are overwhelmed and motherhood is messy. I hope these can be a tool for you to tuck into your pocket or washi tape to your wall. When life gets unruly, I pray you fall into the grace of God through his Word. - *Maggie*

Ephesians 3:7-13:

*Dear God,* you made me a minister of the gospel of your grace to my children. I can't believe that despite my sinfulness and smallness, you chose to lavish your grace on me. May I preach the unsearchable riches of Christ to my heart and my children today. Give me the words to bring the mystery of the gospel to my children. Thank you for Jesus' saving work on the cross that allows me to come before you boldly, with the confidence of an accepted and forgiven child of God. Don't let my heart forget that every circumstance of my life is a means of knowing you better and bringing glory to you. *In Jesus' name, Amen.*

Mark 9:23-24

*Dear God,* I know that nothing is impossible for you, but I always tend to doubt. I look at my to-do list, my screaming child, or the few hours of sleep I got last night, and my day feels impossible. I do believe that you have given me everything I need for life and godliness, but I tend to forget that truth. Help my unbelief! *In Jesus' Name, Amen.*

Colossians 1:9-12

*Dear God,* I need the knowledge of your will today. Please fill me with spiritual wisdom and understanding as I seek to care for my children. May the filling of your Spirit give me the power to walk in a manner worthy of being called your child. Empower me to bear fruit as I work hard at the tasks you have given me. May your glorious might dwell in me and create endurance, patience, and joy as I do both mundane and important jobs today. May I know you better and draw nearer to you today. Thank you, God, for saving me from my selfish sin and placing on me the eternal inheritance of Jesus' salvation. *In his name, Amen*

Luke 18:13-14

*Dear God,* may I not come to you in prayer reliant upon my own righteousness. May I stand before you humbled in my imperfection and dependent upon your grace for salvation. "God, be merciful to me, a sinner!" May I remember my standing of redeemed sinner as I serve and shepherd my children today. *In Jesus' Name, Amen.*

1 John 1:5-10

*Dear God,* let my heart believe the message of the gospel. You are the light, and while I walk in sin, I lose fellowship with you. But Jesus came and sacrificed himself that I might stand in the light with you, clean and redeemed. It's true, that I still sin, but you are always faithful to forgive me and purify my heart again. Because you continually forgive me, help me to extend that forgiveness to my children when they sin against me. May I be an agent of your grace to their sinful, imperfect hearts. Help me to model repentance of sin and acceptance of your grace openly that their hearts might be soft toward your grace. *In Jesus' Name, Amen.*

Jeremiah 29:9-11

*Dear God,* I have so many plans. I have plans for my motherhood and plans for my day. I feel like my life never goes as planned, but I know that it goes according to your plans. The plans you have for me may feel difficult, but you promise that they are for my good. They are my future and my hope. When my life doesn't go as planned and motherhood feels like more than I can handle, may I call upon you. I know you will hear me. Give me the grace to seek you with all my heart even when life is hard. *In Jesus' Name, Amen.*

Lamentations 3:22-23

*Dear God,* I know that your steadfast love never ends. I am needy and unfaithful, but you always show up despite my wandering heart. You forgive me over and over. You grant me new beginnings whenever I need them. I need a new morning right now. Please grant me fresh mercy in this moment, and the grace to start again by the power of the Holy Spirit. Thank you again and again for your great faithfulness! *In Jesus' Name, Amen.*

Psalms 62:5-8

*Dear God,* I tend to find my safety in the things of the world. Help change my heart. May my soul rest upon the hope of your salvation rather than the momentary comfort I find in this world. You are my strong place. You are my savior. You are my refuge in the storm. May my heart trust in you when all else fails me. I want you to be the one I rely on when life is hard. Let my heart be open and honest before you, because I stand in the freedom of Jesus' redemption. Whatever I may face today, I know I can make it through if I rest in your refuge. *In Jesus' Name, Amen.*

2 Corinthians 5:20-21

*Dear God,* help me live as your ambassador today. May my responses be filled with the Holy Spirit, directing my children to the grace of God. May they see your grace through me and seek your salvation for their own sins. I know I can't do this by my own goodness or strength. Because you sacrificed yourself on the cross, I may be righteous before you and point my children towards righteousness. *In Jesus' Name, Amen.*

Psalm 145: 14-19

*Dear God,* you lift me up when I fall down. You raise me up when I am brought low. I look to you for strength and power, and you sustain me. You open your hand, and satisfy all my desires with your love. You are both good sovereign. Everything you do is for my good. You are the only thing that will truly satisfy me. All I need to do is call upon you, and you will come near to me. Your nearness will satisfy all of my desires and save me from myself. When the things of the world look pleasing to me today, help me to remember your all-satisfying surpassing greatness. *In Jesus' Name, Amen.*

2 Corinthians 12:8-10

*Dear God,* I feel overwhelmed by my job as a mom. Your word tells me that your grace is sufficient for all my needs. You promise me that your power is made perfect in my weakness. Help me to see my weakness not as failure, but as the starting point for your power in my life. In fact, I'm thankful for my weakness, because it means that I need Jesus in my life. If it gets me more of you and gives you more glory, I will boast of my imperfections and inabilities! For when I am at my weakest, there is so much room to displace your grace! *In Jesus' Name, Amen.*

Ephesians 4:32-5:2

*Dear God,* you have forgiven me for so much. In light of your forgiveness, I want to be kind and tenderhearted to my children when they disobey me or make my life difficult. May I be quick to forgive them. In this way, I will be a representation of God to them. By God's grace I will walk in an outpouring of the love he gave me on the cross. May the way I love my children be an offering and sacrifice that brings glory to God. *In Jesus' Name, Amen*

Psalm 16: 1-2, 5-11

*Dear God,* I hide in the safety of your love. You are my God, and nothing I do is good without you. You are everything I need to sustain me. You satisfy the longings of my heart with yourself. You hold my life in your hands, and no matter how difficult my day may be, you are working it into a beautiful inheritance for me. When I don't know the right choice to make for my children, all I need to do is ask and you will give me wisdom. When I put you first in my life, I will not be shaken. Thank you, God! I rejoice in your goodness, your faithfulness, and the satisfied joy that only comes from you! You never give up on me. You bring me life, joy, and abounding happiness. *In Jesus' Name, Amen.*

Ephesians 2:13-14

*Dear God,* I was once separated from you by my sinfulness. I didn't have hope and I didn't have God. Because of the great work of Christ on the cross, I am washed by his powerful blood. May I never forget my need for the gospel. Take away any self-righteousness I harbor in my heart as I parent my children. May they not see my perfection, but your redemption. *In Jesus' Name, Amen.*

Ephesians 3:14-19

*Dear God,* I get down on my knees before you. Only you have the power to strengthen me by your Spirit dwelling in my heart. May your Spirit cause the truth of the gospel and the grace of Jesus to be at home in my heart through faith. The gospel is the strong foundation where I begin to understand how endlessly big, high, long, and deep your love is for me. Dear Jesus, the love that compelled you to sacrifice yourself for me is bigger than I will ever be able to understand. Your love is so abundant that it's enough for my satisfaction and overflows into to my children. All praise belongs to you for any time I love them well. *In Jesus' Name, Amen.*

Romans 8:26-28

*Dear God,* you are the great helper. When I'm weak and don't know what to do, you send your Spirit to give me wisdom. Sometimes I don't know what to pray for myself or for my kids. But you know. Please intercede for me according to your will for my life. You know the best plan for me and my kids. Because of that truth, I don't have to scramble and hustle to be perfect. All I have to do is rest in your love, and you will work the circumstances of my life to bring me closer to you and to bring you glory. *In Jesus' Name, Amen.*

Psalms 56:3-4

*Dear God,* I struggle with fear. Sometimes I am afraid that I'm doing everything wrong and will mess up my kids. Sometimes I am afraid of the weight of discipline, the opinions of my children, and the opinions of others. I feel worried for the health and safety of my kids in this fallen world. When I am afraid, I will look that fear in the face and choose to trust in you. You are bigger than all my fears. Your sovereign hand guides my steps. I have God on my side, what can the world do to me? Praise him! *In Jesus' Name, Amen.*

1 Thessalonians 5:23-24

*Dear God,* I don't have the power to be a better person. Please exchange my heart of stone for one of flesh. Sanctify me. Bring peace between my sinful heart and your holy presence. May your grace guard my wandering heart, keeping me blameless before you. You are faithful. You are Almighty. You can do this. *In Jesus' Name, Amen.*

Romans 8:6

*Dear God,* help me to reorient my heart around you. The worries of my life and the beauty of the world are so distracting to my mind. May I not spend all my thoughts on social media likes, pin-perfect plans, worries and anxieties, plans to be the perfect mom, opinions of others, and any of the other distractions constantly pulling my mind from you. These things just make me brain dead and spiritually numb. Instead, may I focus my mind on your truth and the fruit and promptings of the Holy Spirit. You give life and peace. Refocus my heart and bring peace to my life today. *In Jesus' Name, Amen.*