

THE EXHAUSTED AND WEARY MAMA

Here are some verses for all of us Mama's. I have added more below that are not on the image above. I hope they bless you!

I have mainly used the New Living Translation but look them up in different translations and in your own bibles. Write them out, stick them around your house and believe the promises and freedom of God's word in your life :)

If you have any Verses for Mama's you would like to add to this and bless others, please email them through to info@jugglingthejs.com

MOM'S SOS
READ, WRITE, MEMORIZE, RECITE & SPEAK THE POWER OF THESE PROMISES OVER YOUR LIFE

WORRIED MAMA:
Matthew 6:34
Joshua 1:9
Psalm 55:22
Psalm 94:19
1 Peter 5:7
Isaiah 41:13

WISDOM WITH YOUR CHILDREN
Proverbs 22:6
Deuteronomy 6:6-7
1 Peter 4
Proverbs 29:18
James 1:5
Proverbs 14:1
Proverbs 11:16
Matthew 11:28

EXHAUSTED & WEARY MAMA
Matthew 11:28-29
Isaiah 40:30-31
Psalm 62:5-6
Psalm 119:28
Jeremiah 31:25
Mark 6:31
Psalm 4:8
Exodus 33:14

OVERWHELMING HARD TIME:
Psalm 61:2
Philippians 4:6-7
1 Peter 5:10
Isaiah 46:4
Psalm 55:22
Psalm 28:7
Hebrews 6:19
Isaiah 66:13
Isaiah 40:11

NEEDING PATIENCE:
Colossians 3:12
James 5:8
Ephesians 4:1-3
Galatians 6:9
Proverbs 16:32
Psalm 37:7
Isaiah 40:31
1 Peter 4:8
1 Corinthians 13:4

STRENGTH FOR CHALLENGES:
2 Corinthians 12:9-10
Romans 5:3-5
2 Corinthians 4:16
Philippians 4:4-7
Hebrews 6:10
Psalm 46:10
Isaiah 40:31
James 1:2-4
Psalm 126:5

NEEDING ENCOURAGEMENT:
Colossians 3:23
Romans 8:28
Galatians 6:9
Isaiah 41:13
Romans 12:12
Psalm 119:114
Hebrews 6:10

MAMA'S SOS

Matthew 11:28-29 (NLT)

²⁸Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

Isaiah 40:31 (NLT)

**³¹But those who trust in the Lord will find new strength.
They will soar high on wings like eagles.
They will run and not grow weary.
They will walk and not faint**

Psalm 62:5-6 (NLT)

**⁵Let all that I am wait quietly before God,
for my hope is in him.
⁶He alone is my rock and my salvation,
my fortress where I will not be shaken.**

Psalm 119:28 (NLT)

**²⁸I weep with sorrow;
encourage me by your word**

Jeremiah 31:25 (NLT)

²⁵For I have given rest to the weary and joy to the sorrowing.”

Mark 6:31 (NLT)

31 Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.

Psalm 4:8 (NLT)

**8 In peace I will lie down and sleep,
for you alone, O Lord, will keep me safe**

Exodus 33:14 (NLT)

14 The Lord replied, “I will personally go with you, Moses, and I will give you rest—everything will be fine for you.”

THE WORRIED MAMA

Matthew 6:34 (NLT)

34 “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Joshua 1:9 (NLT)

9 This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”

Psalm 55:22 (NLT)

**22 Give your burdens to the Lord,
and he will take care of you.
He will not permit the godly to slip and fall**

Psalm 94:19 (NLT)

**19 When doubts filled my mind,
your comfort gave me renewed hope and cheer.**

1 Peter 5:7 (NLT)

⁷Give all your worries and cares to God, for he cares about you

Isaiah 41:13 (NLT)

**¹³For I hold you by your right hand—
I, the Lord your God.
And I say to you,
'Don't be afraid. I am here to help you**

WISDOM WITH YOUR CHILDREN

Proverbs 22:6 (NLT)

**⁶Direct your children onto the right path,
and when they are older, they will not leave it.**

Deuteronomy 6:6-7 (NLT)

⁶And you must commit yourselves wholeheartedly to these commands that I am giving you today. ⁷Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up

1 Peter 4:8-10 (NLT)

⁸Most important of all, continue to show deep love for each other, for love covers a multitude of sins. ⁹Cheerfully share your home with those who need a meal or a place to stay.

¹⁰God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.

Proverbs 28:19 (NLT)

**¹⁹A hard worker has plenty of food,
but a person who chases fantasies ends up in poverty.**

James 1:5 (NLT)

⁵If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking

Proverbs 14:1 (NLT)

**A wise woman builds her home,
but a foolish woman tears it down with her own hands.**

Proverbs 11:16 (NLT)

**¹⁶A gracious woman gains respect,
but ruthless men gain only wealth.**

Matthew 11:28 (NLT)

²⁸Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest

OVERWHELMING HARD TIME

Psalms 61:2 (NLT)

**²From the ends of the earth,
I cry to you for help
when my heart is overwhelmed.
Lead me to the towering rock of safety,**

Philippians 4:6-7 (NLT)

⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus

1 Peter 5:10 (NLT)

¹⁰ In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.

Isaiah 46:4 (NLT)

**⁴ I will be your God throughout your lifetime—
until your hair is white with age.
I made you, and I will care for you.
I will carry you along and save you**

Psalms 55:22 (NLT)

**²² Give your burdens to the Lord,
and he will take care of you.
He will not permit the godly to slip and fall**

Psalms 28:7 (NLT)

**⁷ The Lord is my strength and shield.
I trust him with all my heart.
He helps me, and my heart is filled with joy.
I burst out in songs of thanksgiving**

Hebrews 6:19 (NLT)

¹⁹ This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary.

Isaiah 66:13 (NLT)

**¹³ I will comfort you there in Jerusalem
as a mother comforts her child.”**

Isaiah 40:11 (NLT)

**¹¹ He will feed his flock like a shepherd.
He will carry the lambs in his arms,
holding them close to his heart.
He will gently lead the mother sheep with their young**

NEEDING PATIENCE

Colossians 3:12 (NLT)

¹² Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

James 5:8 (NLT)

⁸ You, too, must be patient. Take courage, for the coming of the Lord is near.

Ephesians 4:1-3 (NLT)

Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. ² Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ³ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

Galatians 6:9 (NLT)

⁹ So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up

Proverbs 16:32 (NLT)

**³² Better to be patient than powerful;
better to have self-control than to conquer a city**

Psalms 37:7 (NLT)

**7 Be still in the presence of the Lord,
and wait patiently for him to act.
Don't worry about evil people who prosper
or fret about their wicked schemes.**

Isaiah 41:13 (NLT)

**13 For I hold you by your right hand—
I, the Lord your God.
And I say to you,
'Don't be afraid. I am here to help you**

1 Peter 4:8 (NLT)

**8 Most important of all, continue to show deep love for each other, for
love covers a multitude of sins**

1 Corinthians 13:4 (NLT)

4 Love is patient and kind. Love is not jealous or boastful or proud

STRENGTH FOR CHALLENGES

2 Corinthians 12:9-10 (NLT)

**9 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. ¹⁰ 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.**

Romans 5:3-5 (NLT)

**3 We can rejoice, too, when we run into problems and trials, for we know
that they help us develop endurance. ⁴ And endurance develops strength
of character, and character strengthens our confident hope of
salvation. ⁵ And this hope will not lead to disappointment. For we know
how dearly God loves us, because he has given us the Holy Spirit to fill
our hearts with his love**

2 Corinthians 4:16 (NLT)

¹⁶That is why we never give up. Though our bodies are dying, our spirits are being renewed every day

Philippians 4:4-7 (NLT)

⁴Always be full of joy in the Lord. I say it again—rejoice! ⁵Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Hebrews 6:10 (NLT)

¹⁰For God is not unjust. He will not forget how hard you have worked for him and how you have shown your love to him by caring for other believers, as you still do

Psalms 46:10 (NLT)

**¹⁰“Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world.”**

Isaiah 40:31 (NLT)

**³¹But those who trust in the Lord will find new strength.
They will soar high on wings like eagles.
They will run and not grow weary.
They will walk and not faint.**

James 1:2-4 (NLT)

Faith and Endurance

² Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. ³ For you know that when your faith is tested, your endurance has a chance to grow. ⁴ So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing

Psalm 126:5 (NLT)

**⁵ Those who plant in tears
will harvest with shouts of joy.**

NEEDING ENCOURAGEMENT

Colossians 3:23 (NLT)

²³ Work willingly at whatever you do, as though you were working for the Lord rather than for people.

Romans 8:28 (NLT)

²⁸ And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them

Galatians 6:9 (NLT)

⁹ So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Isaiah 41:13 (NLT)

**¹³ For I hold you by your right hand—
I, the Lord your God.
And I say to you,
'Don't be afraid. I am here to help you**

Romans 12:12 (NLT)

¹² Rejoice in our confident hope. Be patient in trouble, and keep on praying

Psalm 119:114 (NLT)

**¹¹⁴ You are my refuge and my shield;
your word is my source of hope**

Hebrews 6:10 (NLT)

¹⁰ For God is not unjust. He will not forget how hard you have worked for him and how you have shown your love to him by caring for other believers, as you still do