

The Splash

Captain's Log by Adrienne Murphy

From Rachel Wojnarowski (rachelwojo.com)

I often feel discouraged or guilty that I can't seem to keep up with a daily quiet time with God. My intentions are very much there but being a busy mom seems to always hijack my train. I just don't know how to fit it in I tell myself. The kids have me up and running before dawn begging for something to eat immediately acting as if I have starved them overnight while they were sleeping. Bedtime comes and I either fall onto the couch exhausted or still have a million things to get done. So what does a mom do?!

Sometimes as Mothers of Preschoolers we have tunnel vision and can't see past this stage; thankfully I stumbled across a blog of a mom of 7, who having experienced all the different types of schedules, routines and challenging combinations of all her family members, shared some tips about how to find time with God in all the different seasons of life.

When you have infants... Nursing is very time-consuming, try working on your Bible study or have devotions while nursing the baby. It's a wonderful time to pray also!

When you have toddlers... Take advantage of nap time. I know, I know...there are a million things you need to run around the house and do during nap time, or you just want to nap with them, but prioritize and spend time with God during nap time-it is worth it!

When you have preschoolers... Preschoolers are in that transition phase where they don't really nap, which means even less time for mommy! Try getting up before the preschooler or sit down as soon as bedtime routine is over.

When you have a combination of ages and stages for your children...

Be time conscientious and take advantage of every minute. Wait lines are always a great place to take a few minutes to read or pray. Sports practices, ballet classes or even music lessons can be good times to utilize a half hour or more to spend time with God.

When you homeschool... (or another idea for preschoolers)

Have an afternoon quiet time. Part of the automatic schedule each day needs to include a morning quiet time, afternoon quiet time or even both, depending on the ages and stages of your children.

When you work a job outside the home...

Use break time or lunch time to spend time with God. I used to do my Bible study while I was eating lunch and my prayer time was break time and night before bed. This just worked well for me when I worked a job outside the home.

Work schedules, extracurricular activities, leadership roles, they all affect time management and flexibility. Hopefully some of these solutions will help reignite your desire for discovering time with God in different seasons of life.

And remember, that guilt you feel isn't coming from God. Yes, he desires time with you too but he doesn't require a certain type of quiet time or length of quiet time. He wants to talk with you throughout your day as he watches you in your ministry of being a mom. **So don't let the evil one make you feel so guilty or discouraged that you give up on the notion all together... or he has won!**

How do you fit prayer time or quite time with God into your busy mommy life? Tell us on Facebook!



Deep Sea Diving: A Mentor Moment with Gaye Cook

"I believe the greatest influence a mom can have in the life of her child is through prayer." That is a quote by Fern Nichols, the founder and president of Moms In Touch, a ministry that had a big impact on me as a mother. Through weekly Moms In Touch prayer group meetings, I gathered with other moms to intercede on behalf of our children. It was a time to stop focusing on myself and my shortcomings and instead to focus on God and His power as I trusted Him to do things I couldn't. I've heard that prayer is partnering with God, working hand in hand with Him and it was my experience that by praying for my children I grew closer and closer in my relationship with the Lord. At Moms In Touch we used the Bible as the foundation for our prayers. As we prayed Scripture for our children we were strengthened by its power as we prayed back the very words of God. For example, Ephesians 4:32 (Be kind and compassionate to one another, forgiving each

other, just as in Christ God forgave you) can be a prayer for how your kids treat each other: "I pray that Allie, Jon and Josh would be kind and compassionate toward each other, forgiving each other just as in Christ God forgave them." As moms we often find ourselves in a place where all we can do is depend on God yet we can always pray. If you have never prayed Scripture for your precious children I hope you will put their names in a Bible verse and pray for them today. And I pray that all of us at MOPS will "be joyful in hope, patient in affliction, faithful in prayer." Romans 12:12

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Can you spot the **OOPS**?

Each month there will be an intentional **OOPS** somewhere in the newsletter! Find it and then at the next months meeting enter to win a door prize! Just look for



the jar labeled **OOPS**!

Happy Hunting!

Monthly Plunge Challenge

Begin to pray for your children! Check out 31 Ways to Pray for your Children by Bob Hostetler for specific passages to help you pray for everything from Responsibility to praying for your children to have a love of God's Word!



PRAYING FOR: *15 Ways to Pray for your Children*

1. **Salvation**-“Lord, let salvation spring up within my children,” (2 Timothy 2:10)
2. **Growth in Grace**-“I pray that they may grown in grace and knowledge,” (2 Peter 3:18)
3. **Love**- “Grant, Lord, that my children may learn to live a life of love,” (Ephesians 5:2)
4. **Honesty and Integrity**- “May integrity and honesty be their virtue,” (Psalm 25:21)
5. **Self-Control**- “Father, help my children not to be like many others,” (1 Thessalonians 5:6)
6. **Respect**- “Father, grant that my children show proper respect,” (1 Peter 2:17a)
7. **Mercy**- “May my children always be merciful,” (Luke 6:36)
8. **Courage**- “May my children always be strong and courageous,” (Deuteronomy 31:6)
9. **Kindness**- “Lord, may my children always try to be kind,” (Ephesians 4:32)
10. **Faith**- “I pray that faith will find root and grow in my children’s hearts,” (Luke 17: 5-6)
11. **Hope**- “May the God of hope grant that my children may overflow,” (Romans 15:13)
12. **Passion for God**- “Lord, please instill in my children a soul that follows,” (Proverbs 1:3)
13. **Gratitude**- “Help my children to live lives that overflow with thankfulness,” (Colossians 2:7)
14. **Contentment**- “Father, teach my children the secret of being content” (Philippians 4: 12-13)
15. **Joy**- “May my children be filled with joy” (1 Thessalonians 1:6)

Happy Birthday!

APRIL BIRTHDAYS

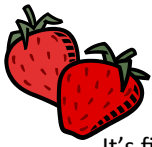
4th-Mary Joy Slesman 11th-Meg Smith 20th-Jennifer Mahony

**Thank you
YELLOW TABLE
for breakfast!
Next month-
Steering Team!**

MAY 2013						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- MOPS monthly meeting
9:30am
- MOPSCARS
- MOPS Night Out
- Strawberry Playdate
- Playdate in the Park





Playdate of the Month-Strawberry Pickin' and Ice Cream Lickin'

It's finally spring! That means fresh strawberries and homemade ice cream. Let's head out to Gillis Hill Road for some yummy outdoor fun.

Our first stop is at Gillis Hill Road Produce to pick strawberries, explore an educational maze and have a picnic lunch. Then we'll drive down the street to Gillis Hill Farm for homemade ice cream and a self-guided walking tour of their working farm.

Costs:

Strawberry Picking: The cost for strawberry picking is not yet finalized by GHRP, but it will likely run \$6-7 per child. Cost includes a pint of self-picked strawberries, a trip through the maze and a complimentary strawberry-themed coloring/activity book. The MOPS Facebook page will be updated with the final price. **Ice Cream:** Cups begin at \$2.25, cones are \$3.50 (plus tax)

What to bring/wear: clothes & shoes appropriate for picking strawberries (they stain!), and a picnic lunch

Gillis Hill Road Produce – Wednesday, May 15th at 10:30 am

2899 Gillis Hill Road Fayetteville, NC 28306

If you prefer to skip the strawberry picking and go straight for the ice cream licking, simply meet us at Gillis Hill Farm. We'll likely head that way between 11:30 and noon.

Living Proof

Last weekend, I traveled with a group of friends (and 8,000 other women) to see Living Proof Live with Beth Moore. I had heard that Beth Moore was dynamic and powerful and that I should expect to come out of Living Proof Live a changed person-but honestly I always kind of blow those kinds of comments off. I wish and hope for revelation, for something that will be so powerful that it will be my living proof, but in situations like this-I always seem to come up wanting. It's like a New Years Eve party when you are expected to have the night of your life-I am no good at forced fun so it would make sense that I would be no good at forced revelation either. But, I can promise you that all the things I'd heard about this were true and that Beth Moore is everything that everyone says she is, and so much more than that.

My big moment came at a place I'd least expect it. It wasn't during Beth's time with us even though it was wonderful and full of my favorite "ah ha!" moments. And, it wasn't during the worship

time even though Travis Cottrell may have secretly made me more of an early-servicer than an 11o'clocker (gasp!). The music was that good. It came during what I heard someone later refer to it as "the alter call".

After Beth finished up her second session she invited the praise team back to the stage and told us that she was now going to do the most important part of Living Proof Life. Beth invited anyone who wanted to, to accept Jesus as their personal savior but in typical Beth Moore fashion she wanted you to do it as loud and publically as possible. She asked that those of us who were ready to accept Jesus into our hearts and lives to scream as loud as we could, "My name is _____ and I accept Jesus Christ as my Lord and Savior". The room seemed to rock back and forth, 8,000 tiny dots of people all sort of collectively held our breath. A silence like no other fell over the Greensboro coliseum as we all waited and listened for the sounds of salvation. And then it came, a tiny but powerful voice

from what seemed like miles away began to yell. She was so far away all I could hear was "I accept Jesus Christ as my Lord and Savior!" Then, slowly, like a drizzle to a down pour it began to rain down words of freedom and salvation in our Lord. Women from all over the arena began to accept Jesus Christ into their hearts and it was as if I could see their souls freeing themselves from the years of self-doubt, fear and persecution and lifting up into the heavens just as their voices rose around the arena. I feel so blessed to have been there at the moment that those ladies were saved and released from their sins. I can't tell you any of their names, or where they were from or even what they looked like. I can tell you that God was working in that place. He was there with his arms around us, welcoming them into his loving protection and you could feel it, you could see it, and you could hear it all around us. God was there, and He was working and I don't need any more "Living Proof" than that!

Until Next Mouth...