

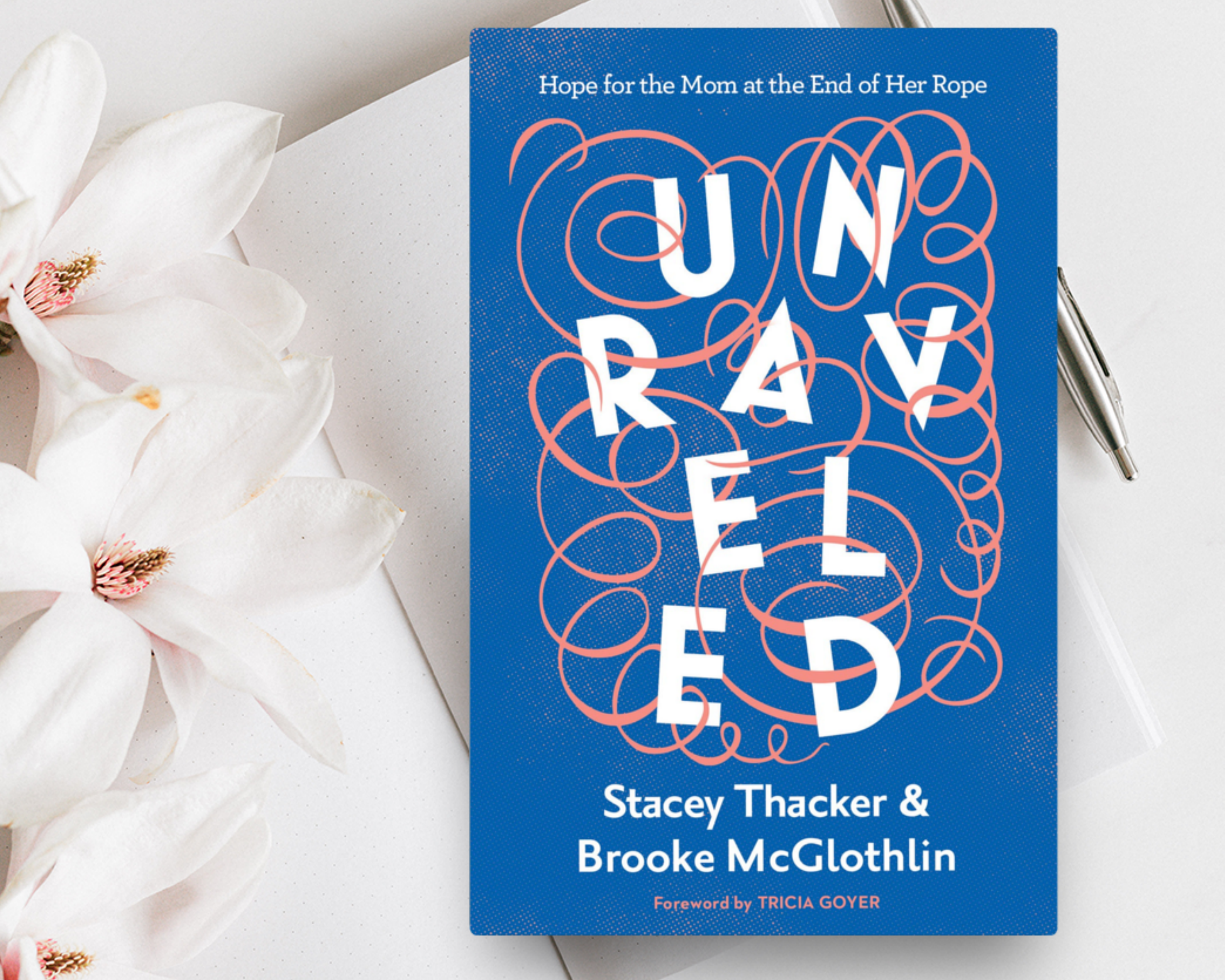
# prayers

FOR THE  
UNRAVELED MOM

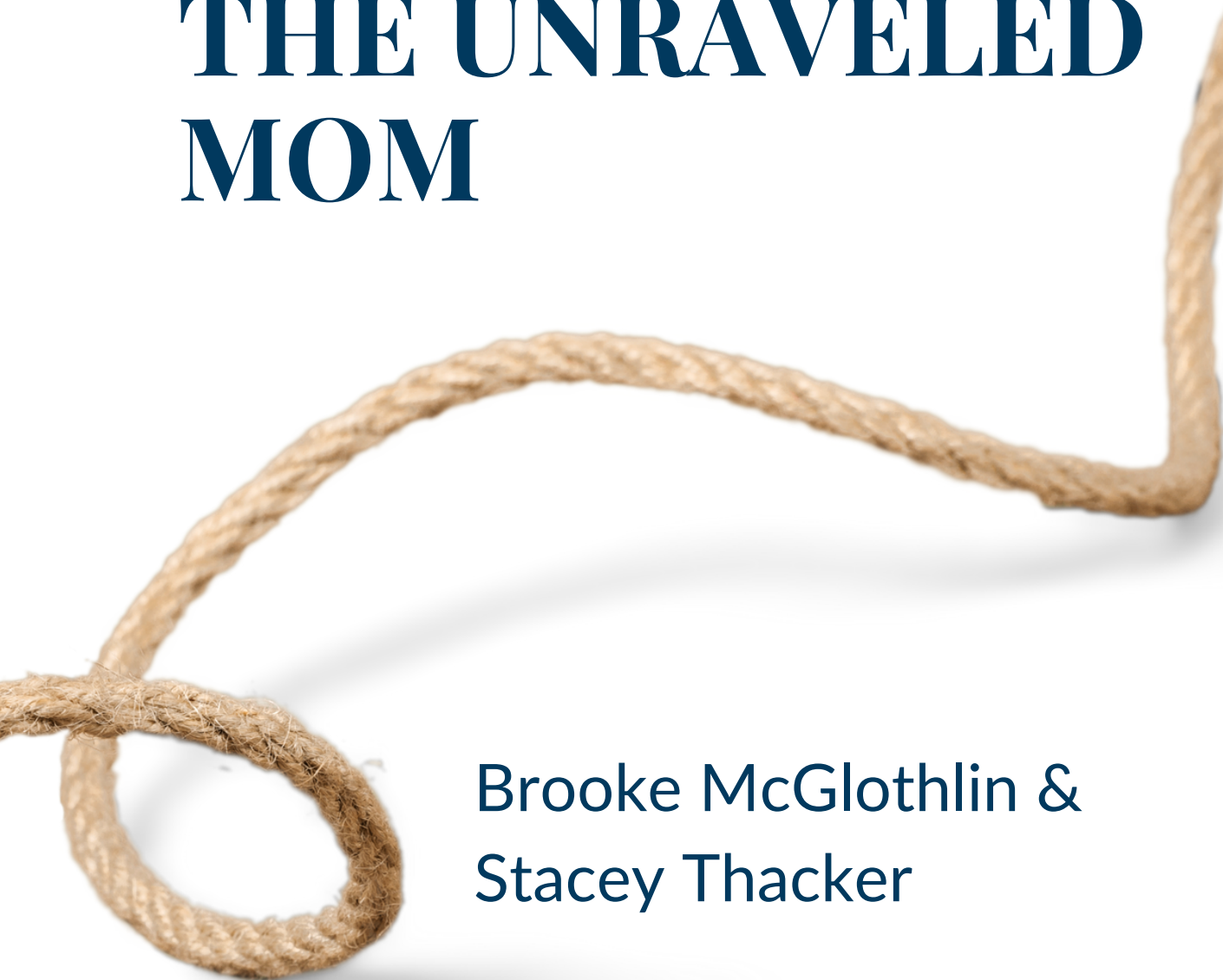


brooke mcglothlin &  
stacey thacker





# PRAYERS FOR THE UNRAVELED MOM



Brooke McGlothlin &  
Stacey Thacker

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2022, Prayers for the Unraveled Mom



# INTRODUCTION

*Dear Weary Mom,*

*This brief prayer guide is designed to be a connection point for your heart to God's heart when you feel unraveled and worn out, and it's based on our book, **Unraveled: Hope for the Mom at the End of Her Rope**. **Unraveled** has been described as a life boat in print form because it points moms to a lasting Source of hope that goes beyond a day at the spa, or slow-sipping their favorite hot beverage. Each prayer is inspired by the content from one chapter of the book.*

*Hope is not a wish, or a sprinkle of magical fairy dust. Hope is a person. And His name is Jesus. THE best way for a weary, unraveled mom to get hope, is to go to Him, and the way He's designed for us to get to Him is through prayer—simple communication with the God who loves us more than we can think or imagine.*

*Our prayer is that the Lord would use these prayers to draw you closer to Him and create a hunger in your heart to pray His Word for your family.*

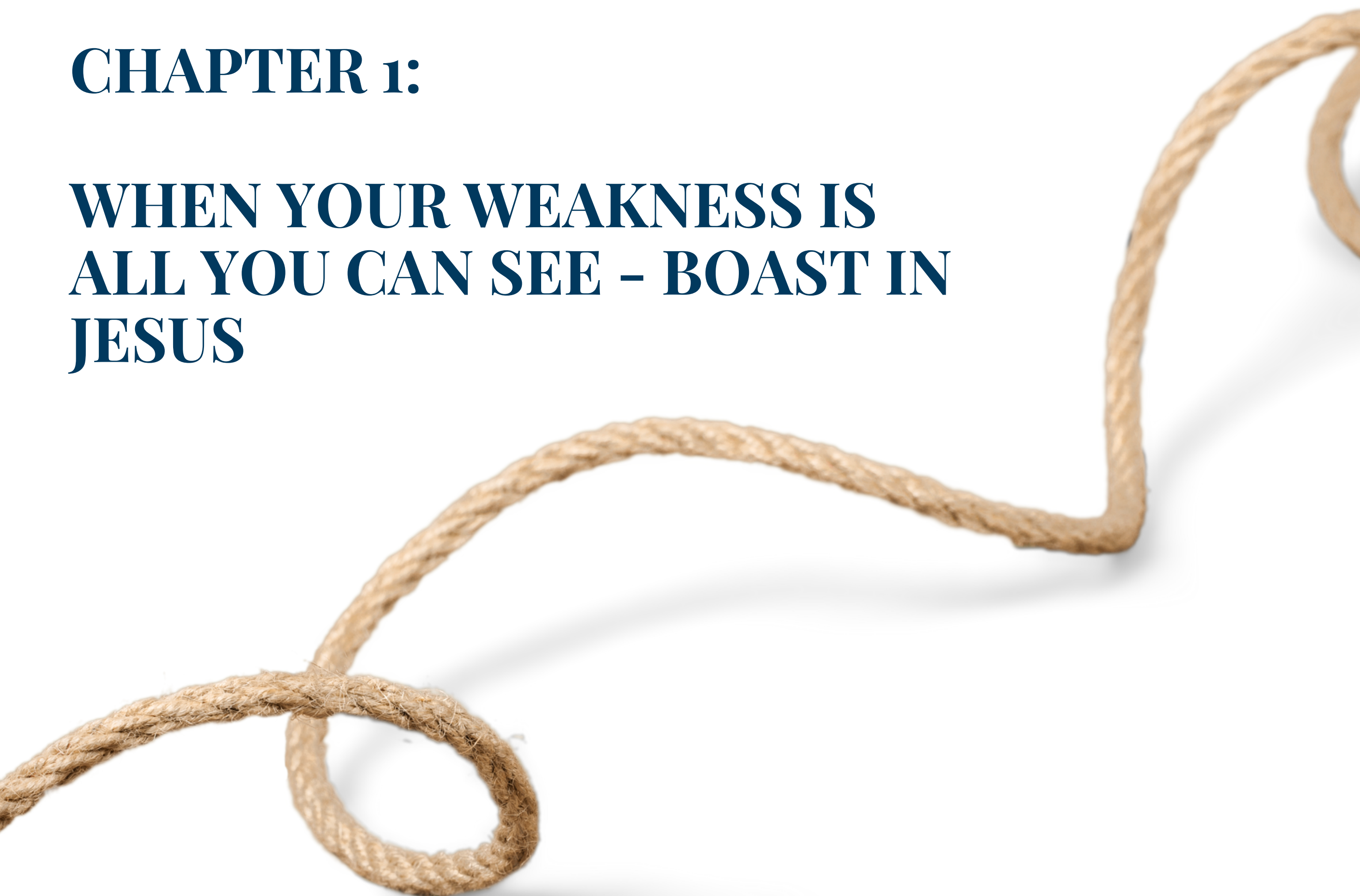
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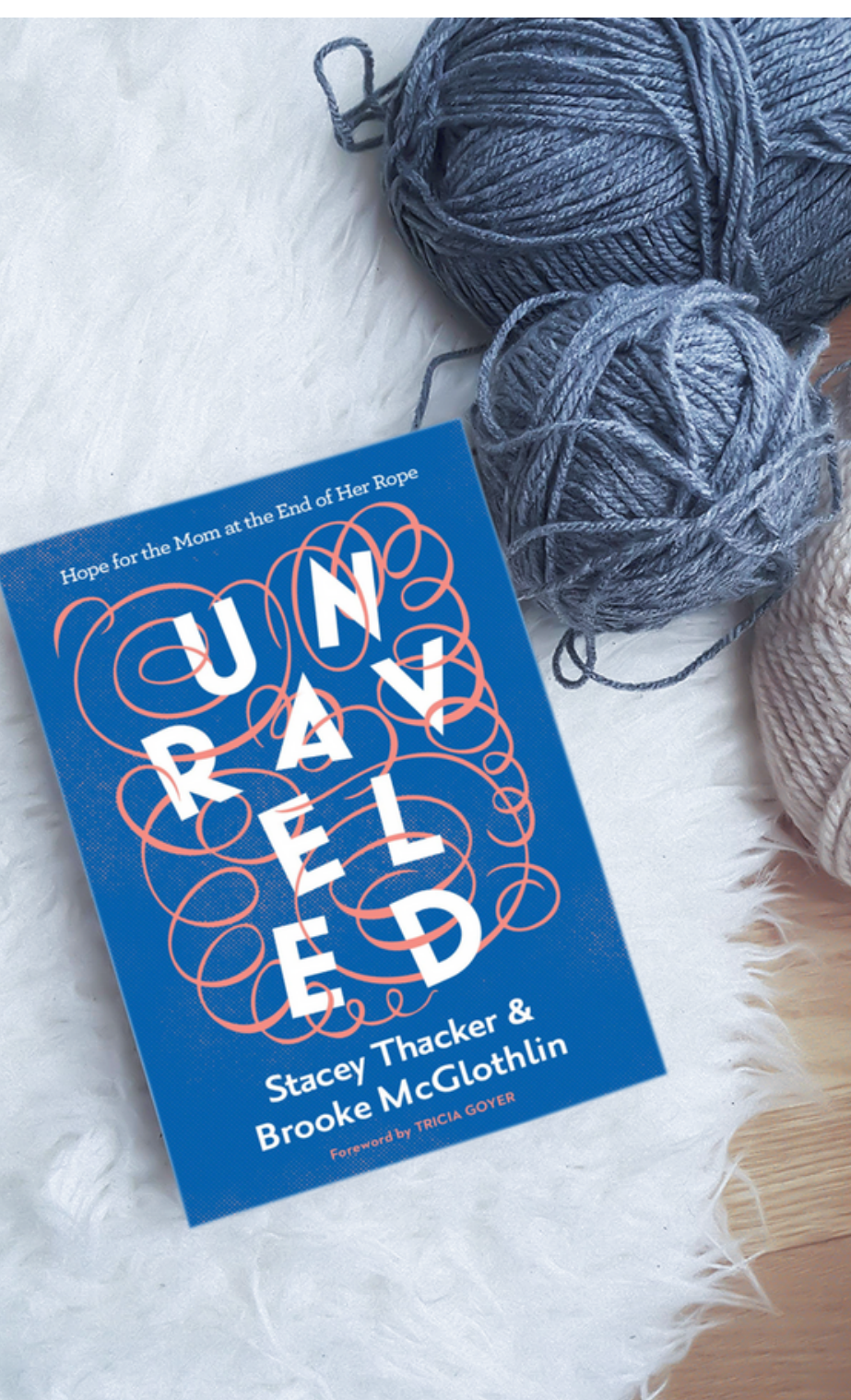
# CHAPTER 1:

## WHEN YOUR WEAKNESS IS ALL YOU CAN SEE – BOAST IN JESUS



**"But he said to me, 'My grace is sufficient for you, for my power is perfected in weakness.' Therefore, I will most gladly boast all the more about my weaknesses, so that Christ's power may reside in me."**

**2 Corinthians 12:9-10**



***Father,***

***Thank You for being so strong. I confess that I'm not always strong. I don't always do or say the right thing, and I worry that my weaknesses will affect those around me, causing them harm.***

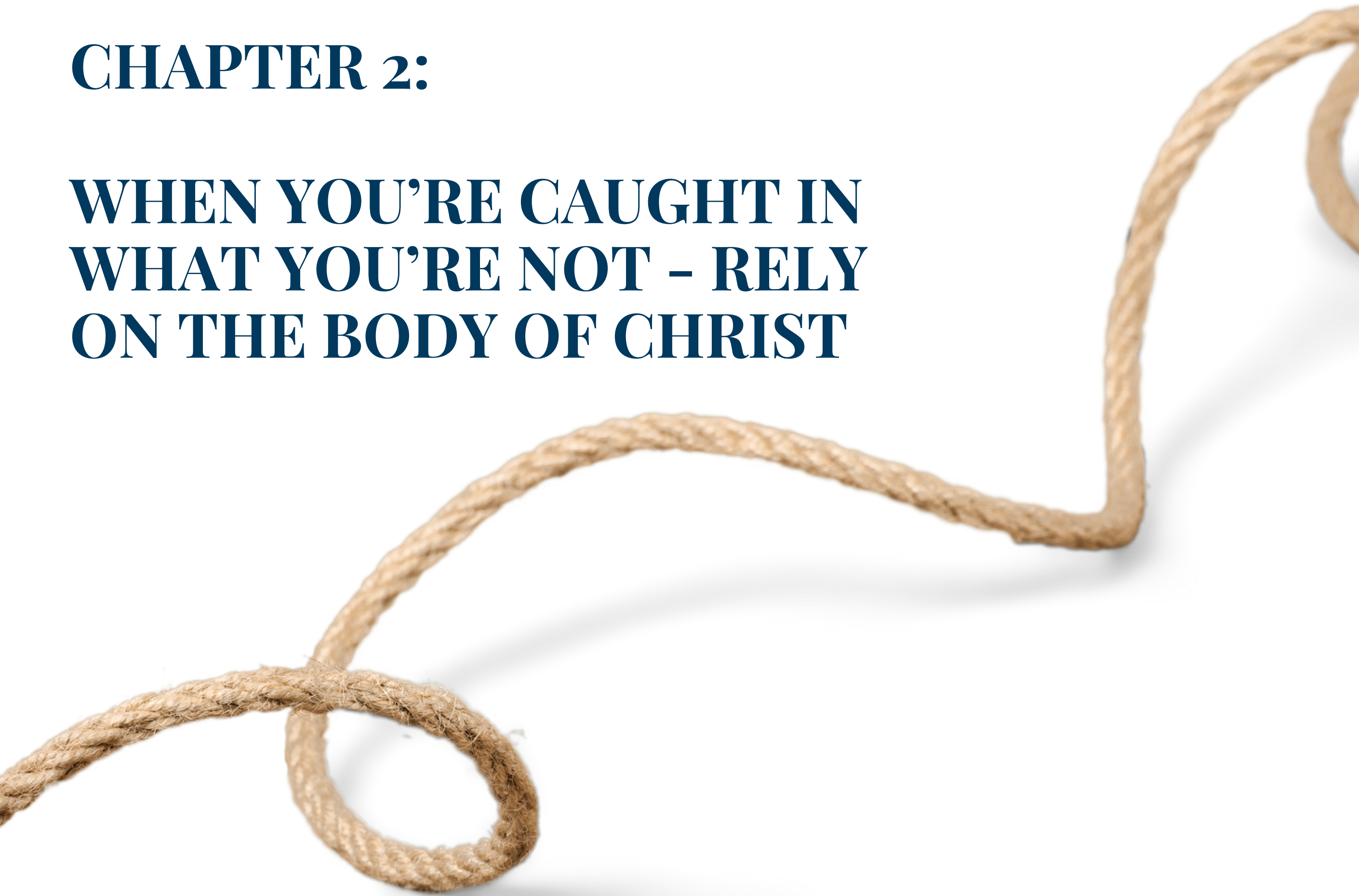
***But I trust You.***

***I trust that these weaknesses are all a part of Your plan for my messy, beautiful life, and that You'll use them to bring Yourself glory. In the hard times, help me not to hide, but to boast in my weaknesses, so that I can function in Your power, and then be truly strong.***



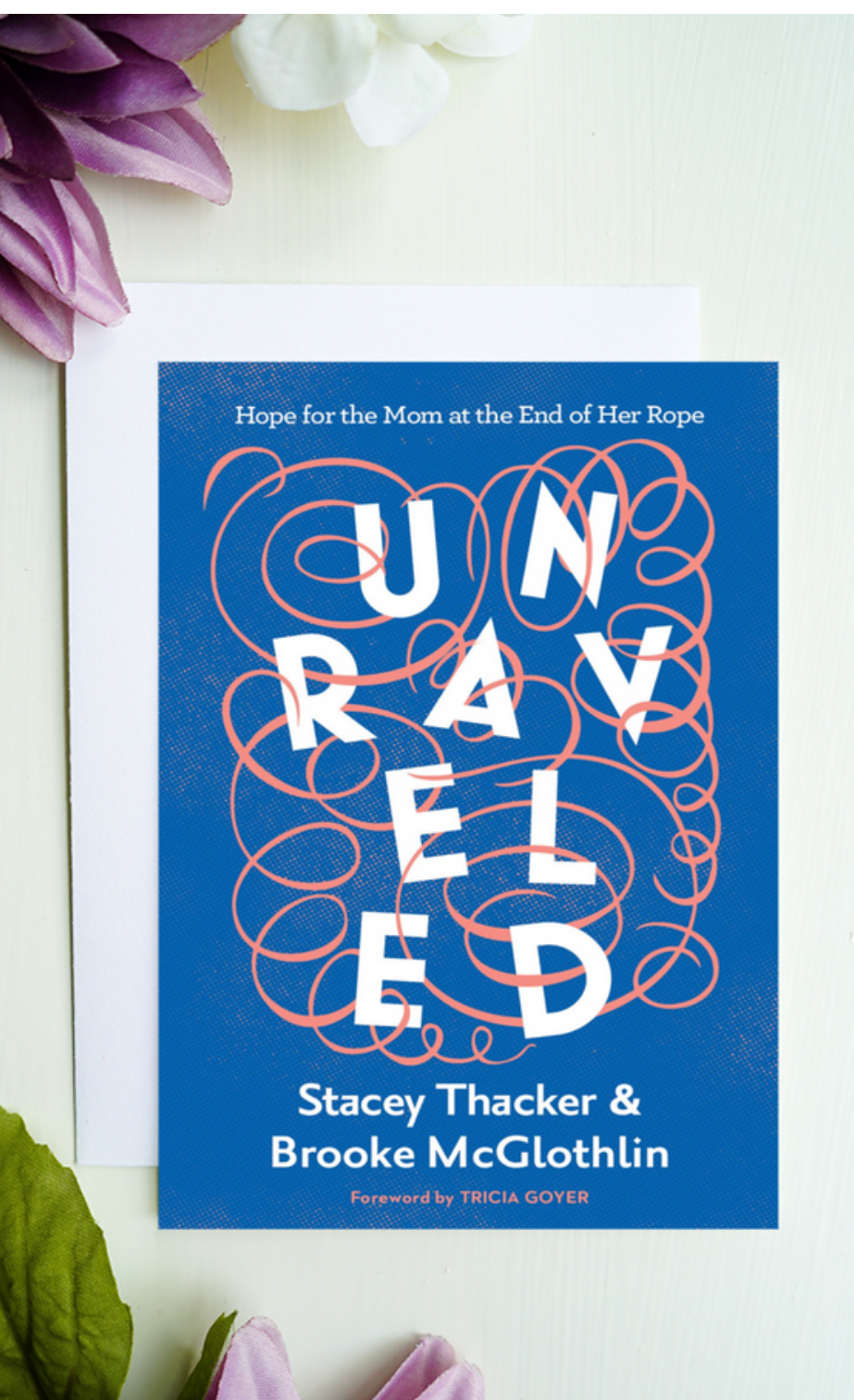
## CHAPTER 2:

# WHEN YOU'RE CAUGHT IN WHAT YOU'RE NOT - RELY ON THE BODY OF CHRIST



"Indeed, the body is not one part but many. If the whole body were an eye, where would the hearing be? If the whole body were an ear, where would the sense of smell be? But as it is, God has arranged each one of the parts in the body just as he wanted."

**1 Corinthians 12:14, 17-18**



*Father,*

*I know that I don't have to be everything, or be good at everything, to serve my family well, but sometimes it feels that way. I never want to fail them, and when I do, it hurts.*

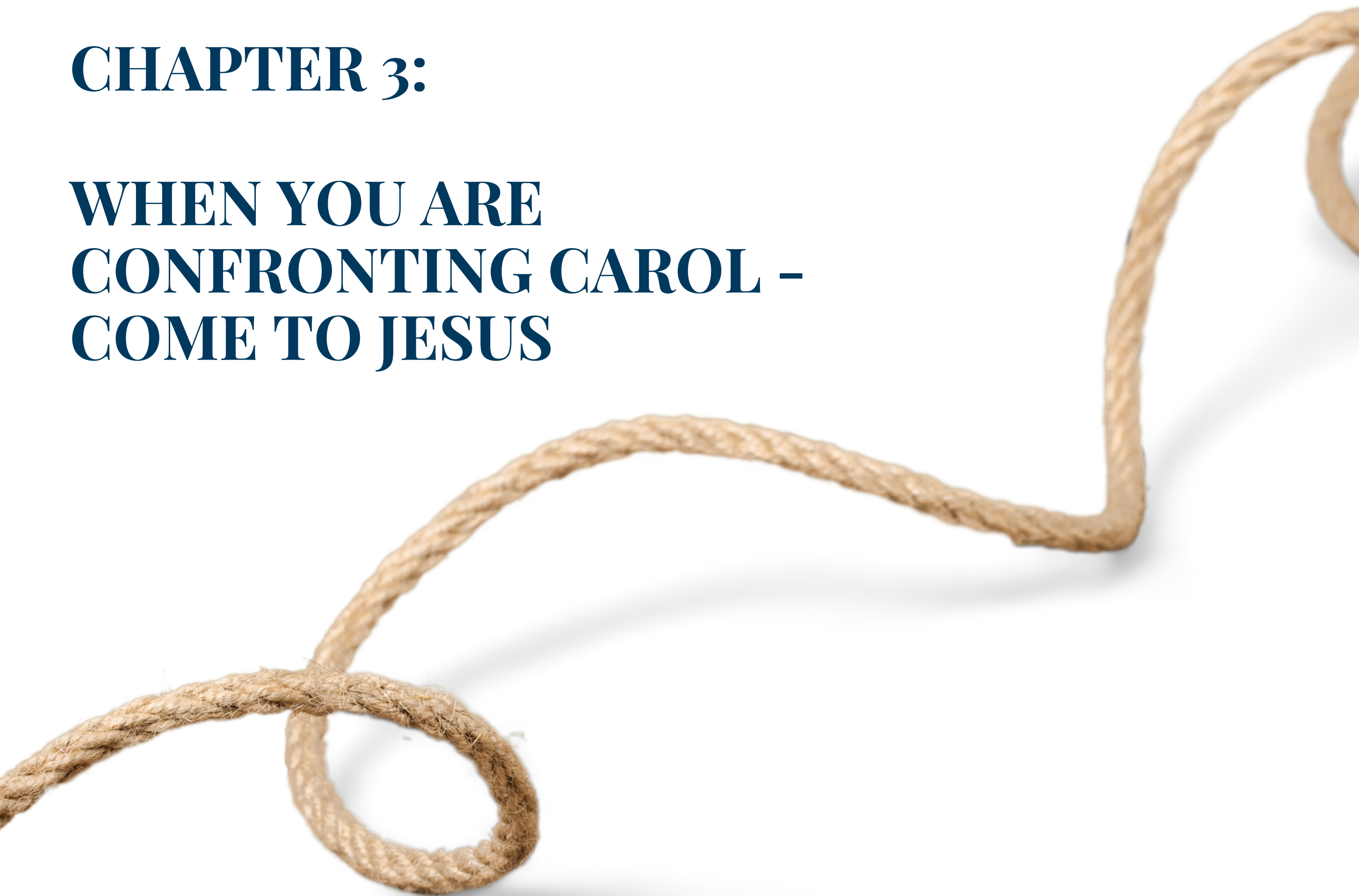
*Sometimes, I feel very alone. But the truth is that You've created me to be a part of Your greater family.*

*Please lead me to other moms who have strengths that complement and support mine, and use us together for Your glory.*



# CHAPTER 3:

## WHEN YOU ARE CONFRONTING CAROL - COME TO JESUS



**"Come to me, all who labor and are heavy laden,  
and I will give you rest."**

**Matthew 11:28**



**LORD,**

***Thank You for the prompting to come to You when  
I am exhausted and overwhelmed.***

***Sometimes in my busy moments I forget Your  
invitation to be near You. Right now, today I  
welcome the rest and refreshment that only You  
can supply for my weary heart.***



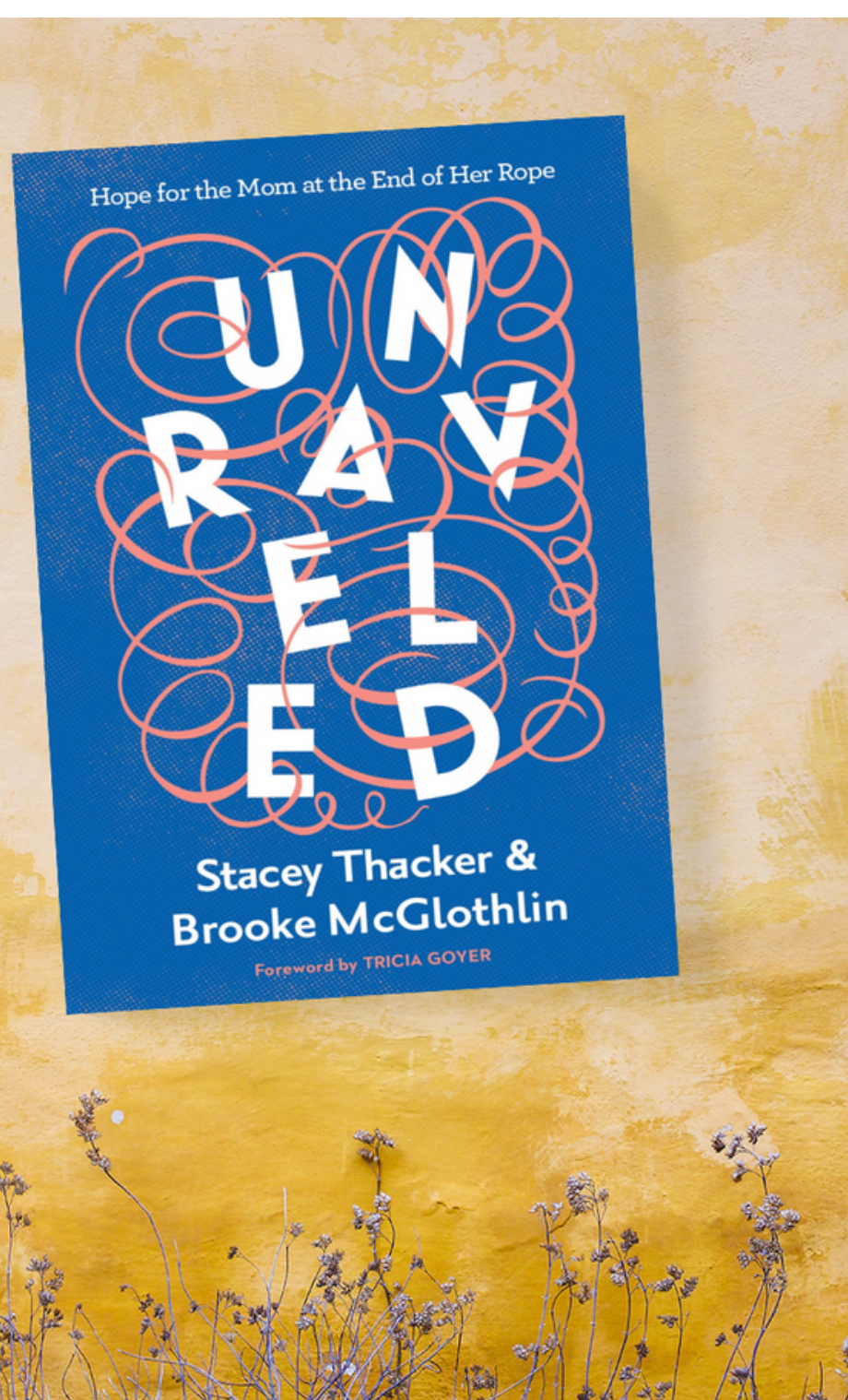
# CHAPTER 4:

## WHEN YOU ARE WEARY FROM THE MARATHON OF MOTHERHOOD - LOOK TO JESUS



**"...Let us run with endurance the race that is set before us, looking to Jesus...who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted."**

**Hebrews 12:1-3**



**LORD,**

***I confess that it is easier for me to look at my right now mess and focus on what is hard. This causes me stress and keeps me from being the mom I truly want to be.***

***Instead, I will cast off everything that discourages me and the sins that easily entangle my heart.***

***I will lock my weary eyes on You so I can run with deep endurance the motherhood race that is before me with all the grace you provide.***



# CHAPTER 5:

## WHEN YOU NEED TO REDEEM MOMMY GUILT – REMEMBER HE IS EVERYTHING YOU NEED



**"His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence..."**

**2 Peter 1:3**



**LORD,**

***Thank You that You do not ask me to equip myself for this journey of motherhood. You have taken care of providing me with everything I need.***

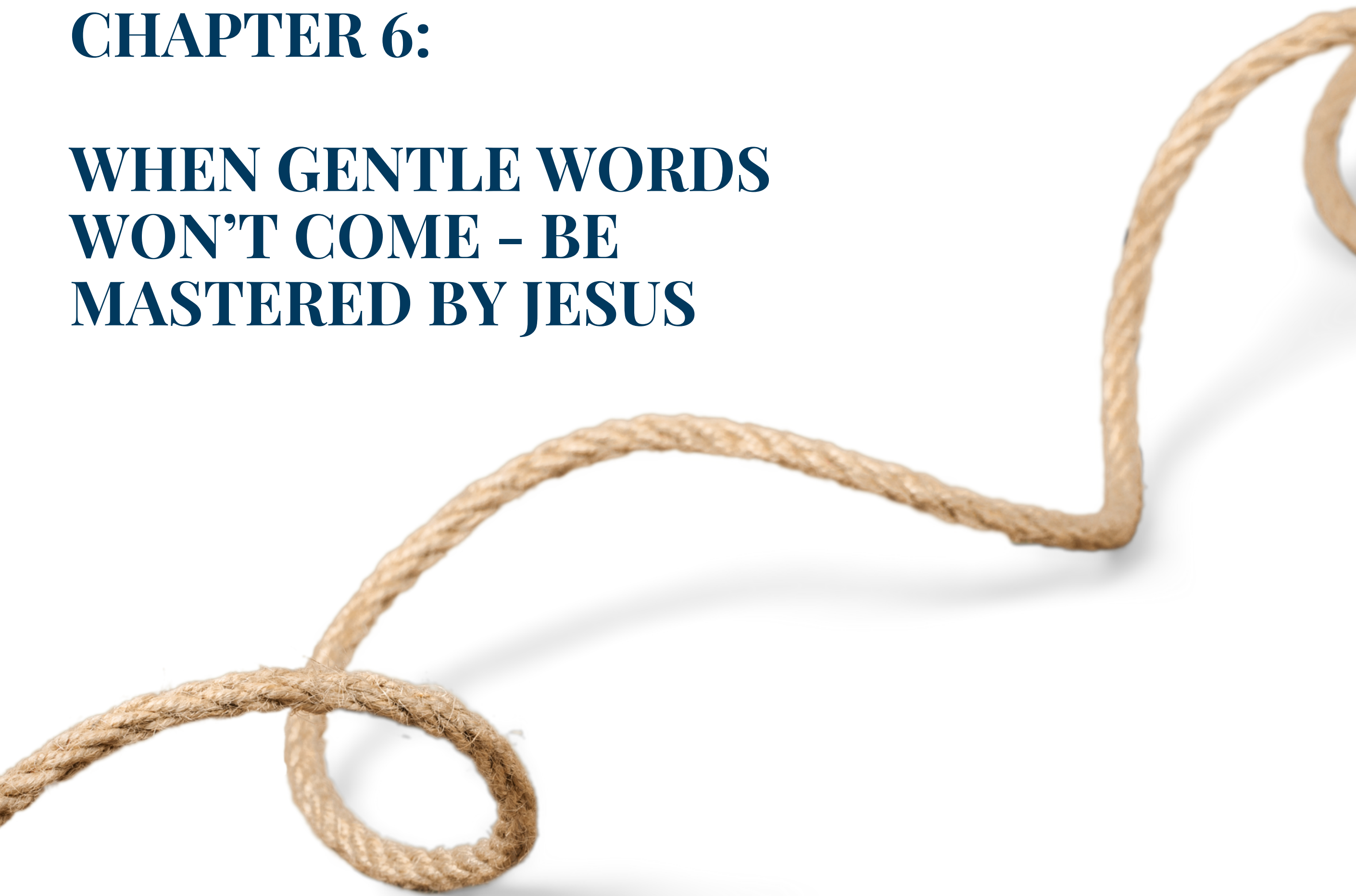
***My part is to run to You instead of from You, to seek You in the morning, talk to You throughout the day, and tell You when I'm coming unraveled. When I do You gently remind me that Your divine power is ready and available for me. I simply have to remember to ask.***

***This is a prayer You delight in answering for Your glory.***



# CHAPTER 6:

## WHEN GENTLE WORDS WON'T COME – BE MASTERED BY JESUS



**"‘Everything is permissible for me,’ but not everything is beneficial. ‘Everything is permissible for me,’ but I will not be mastered by anything.”**

**1 Corinthians 6:12**



**Father,**

***I have big emotions. And while I know that emotions come from You, and aren't bad in and of themselves, sometimes mine get out of hand, and I spew them all over the people I love most in the world. I don't want to do this.***

***I only want to be mastered by You, Lord.***

***Help me to submit my emotions to Your Lordship, to pause and pray before letting them loose, and to shut my mouth and examine my heart on a more regular basis.***



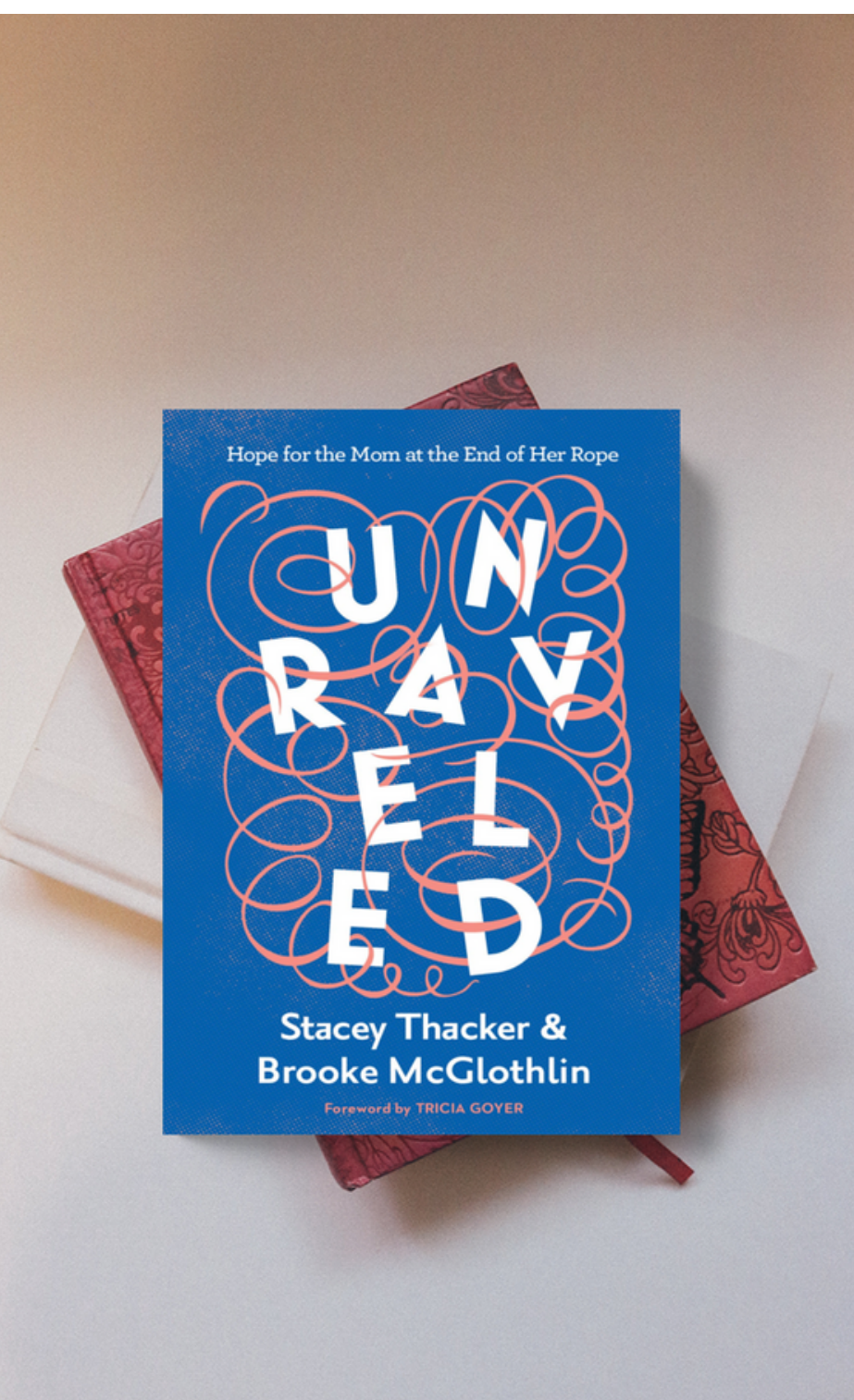
# CHAPTER 7:

## WHEN YOU WANT TO RUN AND HIDE – KNOW THAT YOU ARE SEEN



**"For the eyes of the Lord run to and fro throughout the whole earth, to give strong support to those whose heart is blameless toward him."**

**2 Chronicles 16:9a**



**LORD,**

***I am in awe of the fact that I am never unseen by You.***

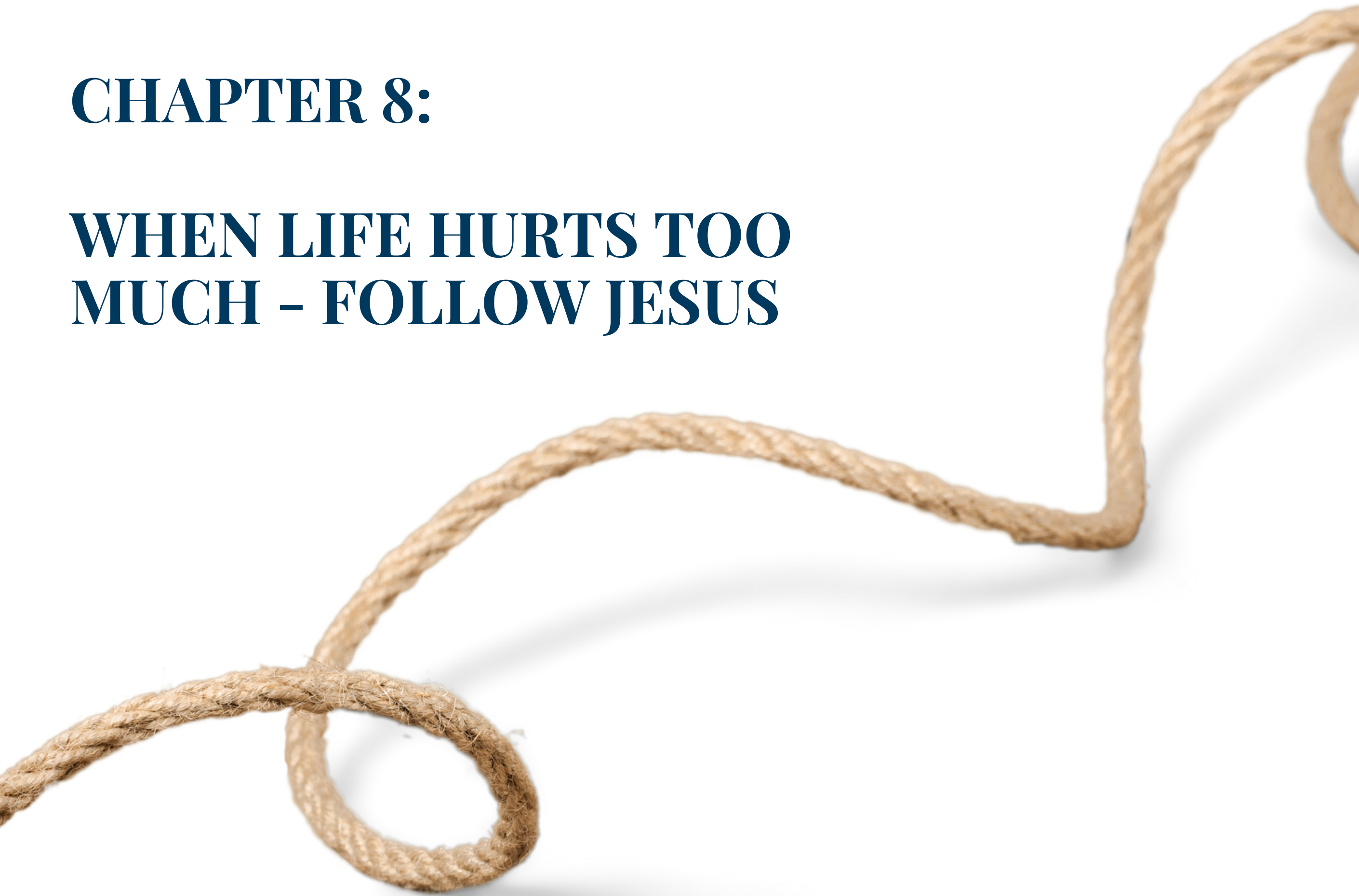
***You search the earth, seeking intently those who are wholeheartedly devoted to You. You have one purpose in mind: to strongly support me. Even on the days I am at the end of my rope and I'm tempted to run and hide, I can't hide from You.***

***Today, by faith I will run towards You—the God who sees me and strengthens me.***



# CHAPTER 8:

## WHEN LIFE HURTS TOO MUCH - FOLLOW JESUS



"Simon Peter answered, 'Lord, to whom will we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'"

John 6:68-69



*Jesus,*

*I confess that I want to choose what comes into my life, and at what time. I don't want to hurt. I don't want those I love to hurt. And it's hard to trust You, hard not to turn away when I know You could prevent it.*

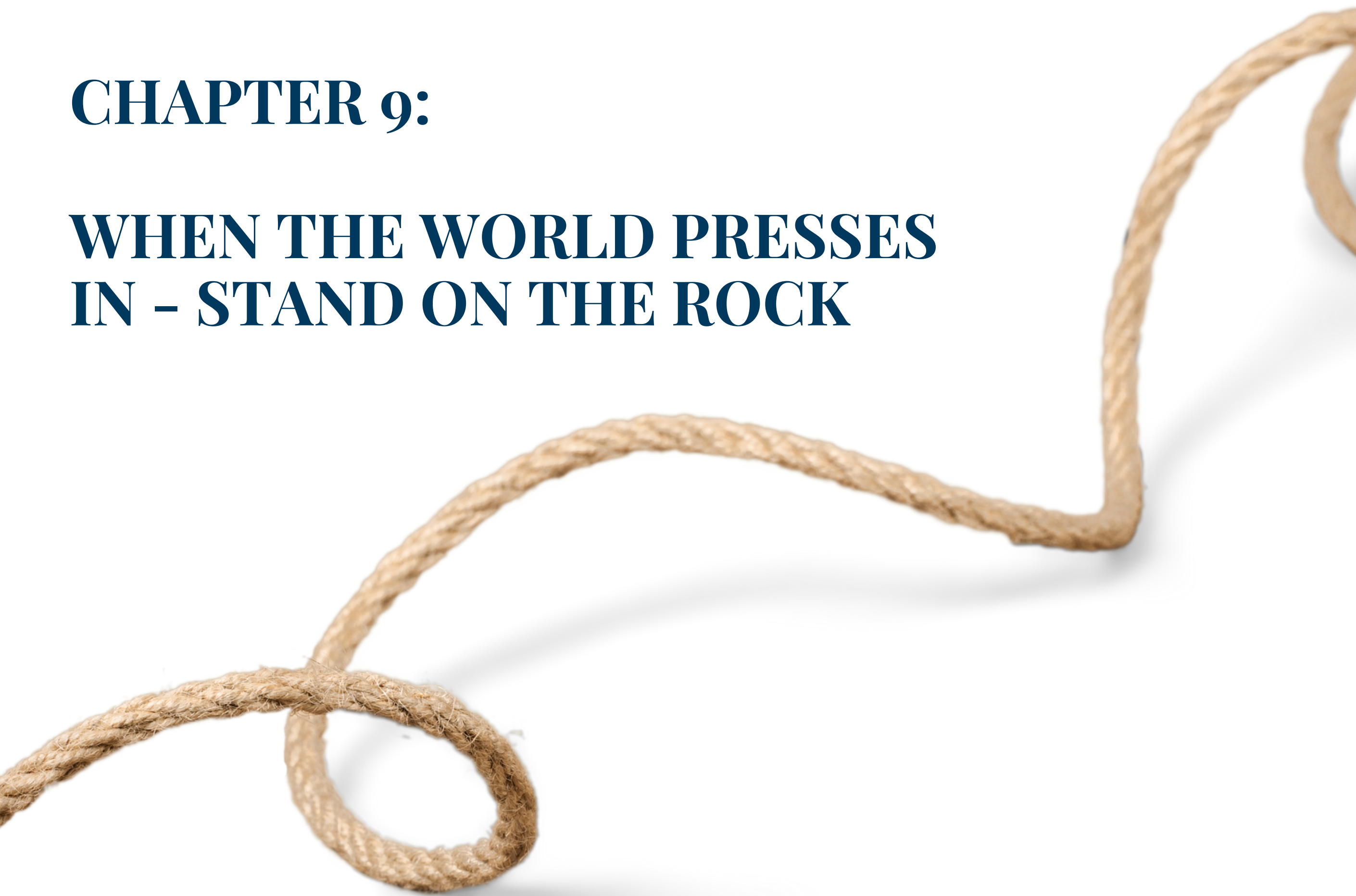
*And yet, I can't unknow what I know.*

*You love me. You died for me. You are the Christ, the Holy One of God. I know it. I know it. So because of Your grace, and in Your strength, I'll follow You. Help me.*



## CHAPTER 9:

# WHEN THE WORLD PRESSES IN - STAND ON THE ROCK



**"I will show you what someone is like who comes to me, hears my words, and acts on them: He is like a man building a house, who dug deep and laid the foundation on the rock. When the flood came, the river crashed against that house and couldn't shake it, because it was well built."**

**Luke 6:47-48**



***Father,***

***Build my foundation on the Rock—Your Son, Jesus Christ. Draw me to Your Word. Help me understand and apply it.***

***Grow my faith and relationship with You.***

***Settle me in Your truth. Grow Your roots deeply in the soil of my heart, so that when the floods come, and the river crashes against me, I won't be shaken.***



# CHAPTER 10:

## WHEN YOU MOVE FROM WEARINESS TO WORSHIP – HE OFFERS YOU A GARMENT OF PRAISE



"...to grant to those who mourn in Zion—to give them a beautiful headdress instead of ashes, the oil of gladness instead of mourning, the garment of praise instead of a faint spirit; that they may be called oaks of righteousness, the planting of the Lord, that he may be glorified.”

Isaiah 61:3



**LORD,**

*It is easy for me to be stuck in a habit of weariness. I confess that some days I choose it because it feels familiar. But you offer me something better when I look to you.*

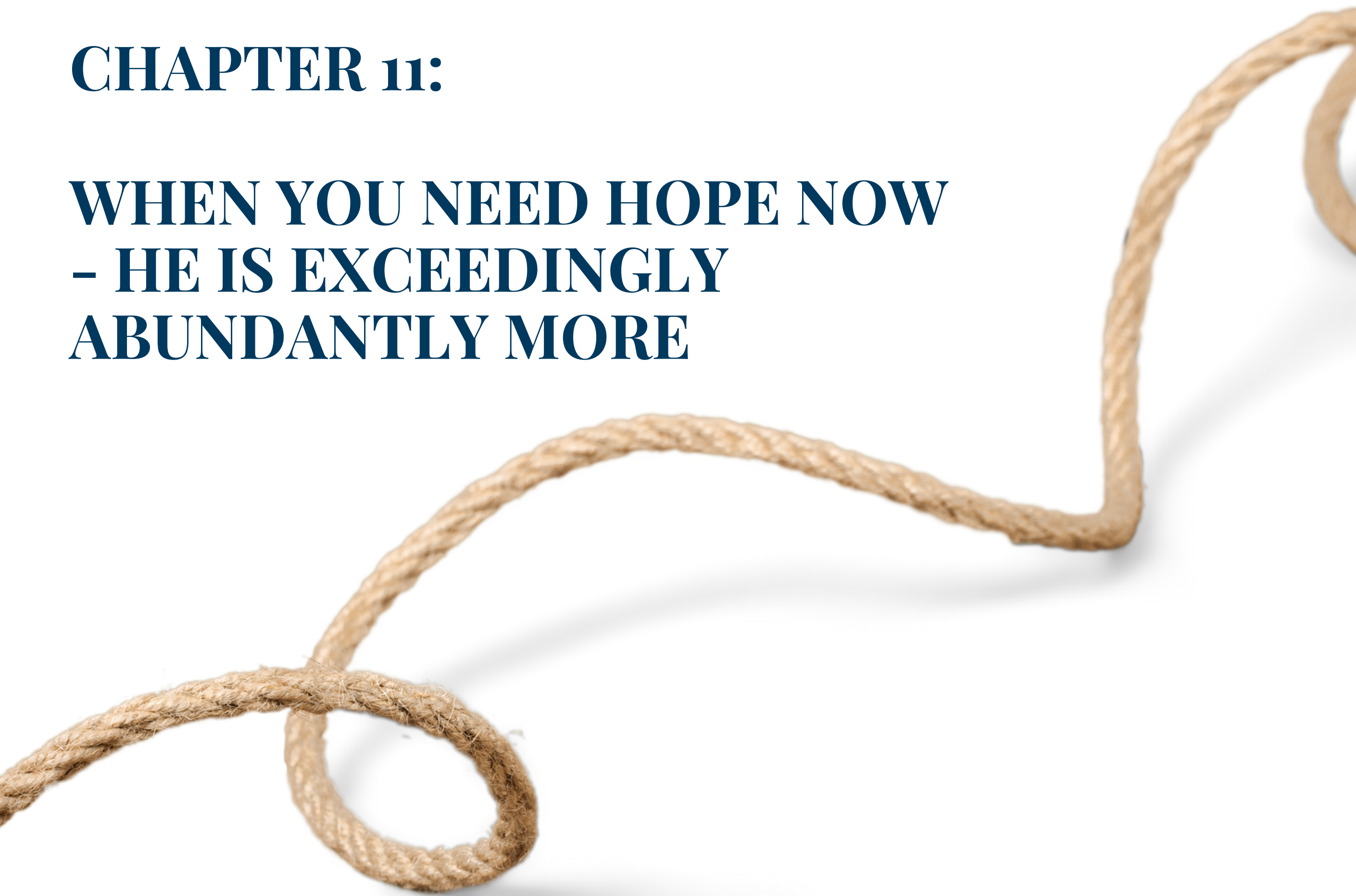
*Today, by faith I want to open my hands and give you my sorrow and sadness and ask you to encircle me with joy and a garment of praise.*

*May you be glorified in this heart transformation that is only possible by your power on display in my life.*



## CHAPTER 11:

# WHEN YOU NEED HOPE NOW - HE IS EXCEEDINGLY ABUNDANTLY MORE



"Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen."

**Ephesians 3:20-21**



**LORD,**

*Not only do You meet me in my mess, but You desire to do a deep work within me beyond what I can hope for and imagine. I want that, too.*

*Teach me Your character, reveal Your heart to me. Change more than my circumstances, change my heart, and be glorified in my home forever and ever.*

*And may everyone who sees me, recognize my true source of hope comes from You.*



# BONUS:

## A PRAYER OF HOPE FOR THE WEARY MOM

*Lord, I'm weary.*

*Add in some chaos, a dash of disobedience, and an undercurrent of overwhelm and you'll get a taste of what I feel like most days. I can't seem to get myself together, and I don't feel much like the girl I used to be. But I'm still Your girl, so here's the prayer where I tell You I'm in desperate need of some hope. Lots of it. Just drown me in it. I promise I won't even care about my hair.*

*I need You to wash me in Your word, and give me the faith to believe You even when I really don't (Mark 9:24). Help me love others well (Romans 12:9). Especially these "others" who call me mom. When I'm weak (which, You know, is every day), help me remember it's the perfect time for You to be strong (2 Corinthians 12:9), and work in my heart so that my greatest desire is to sit at Your feet (Luke 10:39) so I can get to know You more. When I feel persecuted (again, pretty much every day), remind me that suffering produces perseverance; perseverance, character; and character, hope. I think I have to go through all those things before I'll really understand what hope is, so give me the strength to rejoice when life throws me the hard stuff (Romans 5:3-4).*

*Sometimes, Lord, my mouth feels out of control, and when I spew on the people I love most in this world I feel sick. Place a guard over my mouth (Psalm 141:3) and make my tongue like the tongue of the wise so I can bring healing and not hurt (Proverbs 12:18). I know love covers a multitude of sins (Proverbs 10:2), so soften my heart to Your ways (Ezekiel 36:26), and use my life to tell Your story to those who might be watching, waiting to see if You're worth it. You are. Help my life to reflect it.*

*Most of all, Lord, when I'm feeling down, like today, help me to remember this, and therefore have hope:*

*"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. 'The Lord is my portion,' says my soul, 'therefore I will hope in him'" (Lamentations 3:22-24).*

*In Jesus' Name, Amen.*