

Mother's Day
"Filling the Cup"
Pastor Bob Reed
May 11, 2008

1. _____ your Life (Psalm 90:12
Ephesians 5:15-17)
2. _____ Your Soul (Psalm 23:1-3, Psalm 42)
3. Choose to have the right _____
(Nehemiah 8:10, Colossians 3:13)
4. _____ from other Women (Ecclesiastes 4:9-10)

Additional Resources
Proverbs 31
"Mom, You're Incredible" by Linda Weber
"The Worn Out Woman" by Dr. Steve Stephens and Alice Gray



Guide to a Quiet Time

1. PRAY.....

Spend a couple minutes asking God to reboot your mind and conscience as you read His Words to you. Thank God for another day of life and tell Him that you will live it for Him. Ask that He would give you wisdom, insight and understanding as you study.

2. READ.... the “Additional passages for study this week”

3. ASK.... these Four Questions (Don’t forget to *answer* them!)

a. What does this say?

b. Why is this included in the Bible?

c. What should I do about it?

How do I apply this? Is this a relationship thing, a thought issue, money issue, purity issue, reconciliation issue, work issue, etc.

d. How can I remember?

Is there something to memorize or write down on a note card, or ask someone to check with you about and hold you accountable?

4. PRAY.....

a. through the passage you were in

For instance if you were reading through Daniel, you could pray that God would give you the courage and conviction that Daniel had when facing opposition.

b. through your schedule

Example - people you are going to meet with, things that need to be accomplished, and the decisions that need to be made. If there are temptations in your schedule or celebrations just ask God to go before you that day.

c. for your relationships

Pray for family, friends, neighbors, co-workers, and acquaintances. You could also pray for missionaries, leaders in your church and country.

Heavenly Father, let the light of your Word shine down into the dark places of my heart. Let the promises of Your Word encourage my soul. Let the truth of Your Word reshape my attitudes, and let the wisdom of Your Word guide my decisions.