

Flourish *Mama!*




because motherhood matters

raye wortel



flourish

To grow or develop in a healthy or vigorous way,
especially as the result of a particularly favorable environment.



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*M*otherhood matters.

But it matters beyond what we do for our children. It's also how we care for ourselves in the process of caring for others. In order to give our best, we must first invest in who we are, how we see, think, prioritize and value the life God's has given us.

The attributes contained in this book highlight eight essential areas for a mother *and* a woman to flourish. As you read the short devotionals, meditate on the Scriptures, and spend time in prayer, may you be inspired and challenged to bloom like never before.

My Best for You,

Raye



Faith

"Grow in the grace and knowledge of our Lord
and Savior Jesus Christ."

1 Peter 3:18

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*A*s mamas we tend to lay aside ...

our own personal growth for the sake of our families. Yes, one day we hope to pick up the remnants of our life and bloom for our own causes, but often we say, "now is not the time."

Yet, God never puts limits on when to grow. He doesn't give us permission to stand still because of our circumstances.

Grow in the grace and knowledge of Jesus Christ! It is the greatest foundation and endeavor you can give yourself and your family *right now*.



Leaning

"Who is that coming up from the wilderness, leaning on her beloved?"

Songs of Solomon 8:5



*W*ilderness is the perfect word for motherhood.

Every day seems to unfold a territory we have yet to travel.

And like the wilderness of God's creation, our days are mixed with beauty and fear, purpose and unpredictability.

But when we are in the habit of leaning on our beloved Jesus, he lifts us above the wilderness; smoothing out the terrain.

Let us lean on our Beloved!

Motherhood is indeed wild, but with Jesus we'll see what an amazing and beautiful journey it truly is.





Optimism

"I am like a green olive tree in the house of God.
I trust in the steadfast love of God forever and ever."

Psalm 52:8

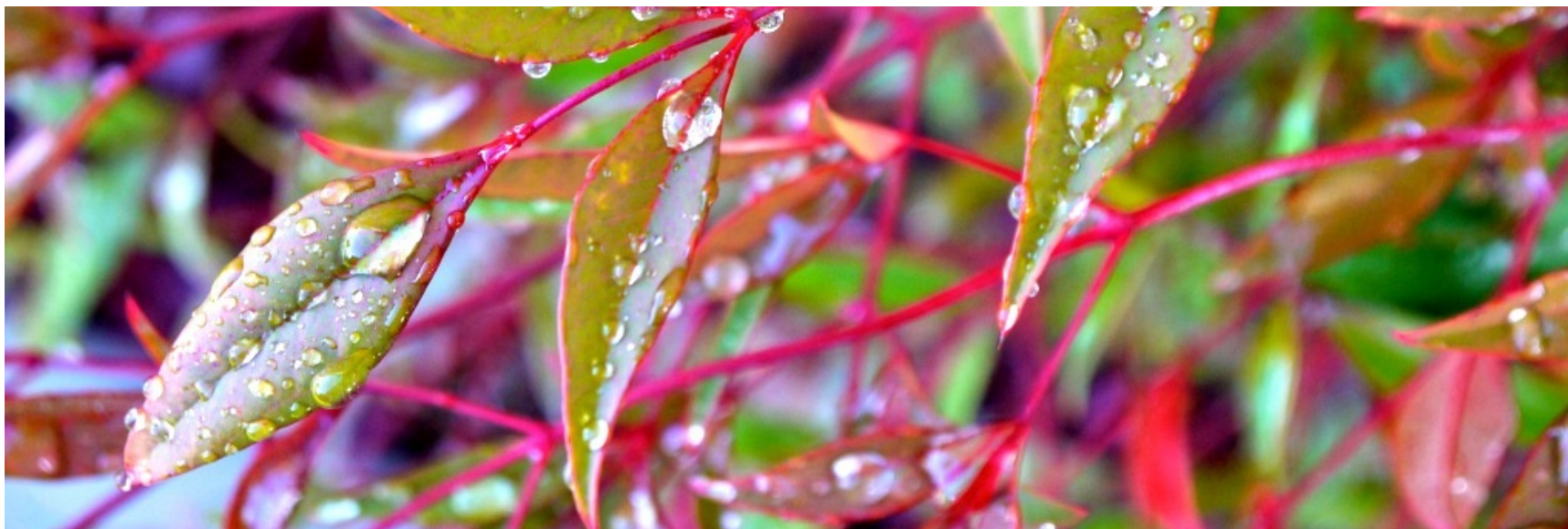
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*N*othing flourishes with optimism quite like an olive tree.

It thrives in the most varied of conditions, producing fruit against tough odds and prospering where most things would die.

As a symbol of faithfulness and steadfastness, it encourages us to remain in the Lord's presence despite what our lives may look like.

When we lean on God, he will show us how to trust in his steadfast love. We'll flourish with the same strength and confidence as an olive tree. We'll know how to stand with certainty against life's conditions, and to live a life of remarkable fruitfulness.



Unity

"Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you."

2 Corinthians 13:11

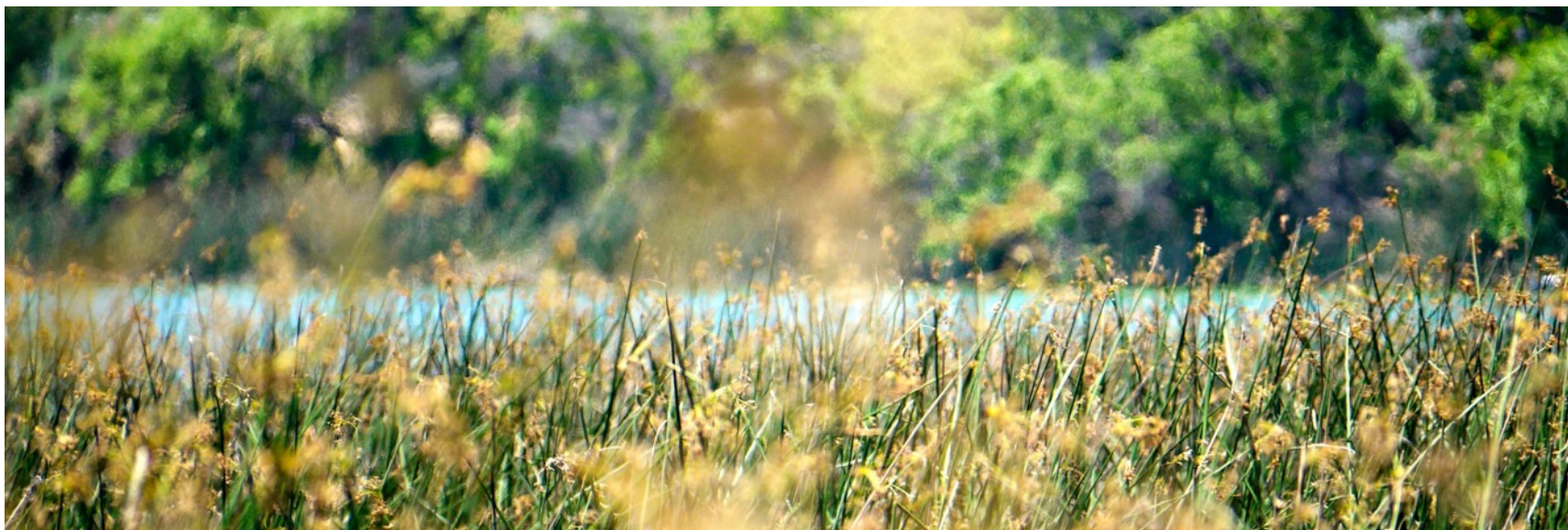
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The phenomenon of motherhood is this:

What goes well with you, goes well with your family. You Mama, are the heartbeat of your home. So how is it beating? Does it race with commotion, resentment or discontent? Is it labored with too much indifference or insensitivity?

Here's the thing about unity:

It'll never feel like an equal arrangement. Unity requires someone to stand up, give up, let go, or move on ... first. It's not about being power-less, but being FULL of the power of God's peace and love to make right the heartbeat of our home. It's believing that differences AND love can indeed, share the same space.



Rest

"Return to your rest, my soul, for the Lord has
been good to you."

Psalm 116:7

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*H*as rest become a long-lost friend from another time?

A faded memory now overrun with life, work, commitments and cares?

The Lord says "Return to your rest." Go. Reach back to a time of untroubled days spent without agenda where worry of undone things didn't exist. Go. Remember seasons of peace granted to you. Return to your rest and remember how good God has been. Ponder his graciousness and consider how he still waits for you to cast upon him all that burdens you.

The Lord is beautiful with his broad shoulders of unfailing goodness and love.



Imagination

"And he has filled him with the Spirit of God, with skill, with intelligence, with knowledge, and with all craftsmanship."

Exodus 35:31

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We are created beings designed to create for the glory of God.

Our hands, heart and mind have been filled with skill, knowledge, and understanding from heaven above.

Imagination is more than curating Pinterest boards or raiding a craft store. It's about finding the unique, creative voice God put inside you. You are a beautiful soul made to create beautiful things for a world that desperately needs it.

Take time to imagine beautiful things. Seek them out and don't limit yourself. Only then you will discover the inner artistry you were born to share with all the earth.



Simplicity

"Better is a handful of quietness than two hands full of toil
and a striving after wind."

Ecclesiastes 4:6

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When we hold work and striving in both hands ...

there's no room for peace. We cannot grasp it with hands already full,
so it slips away amid the commotion of tasks, commitments,
and chasing significance.

God says all we need is a *handful* of quietness to make life better.

Small pockets of peace formed by intentional choices to live
a simpler life. It means letting the unnecessary become unimportant,
and the unimportant to become irrelevant.

Simplicity - measured in handfuls, will refresh and renew our weary
soul making our work all the more meaningful.



Hope

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope through the power of the Holy Spirit."

Romans 15:13

Names are important.

God. Of. Hope. God is the Author and Object of our hope.
The Creator and the Vision by which we live out our time on earth.

This is in contrast to the kind of hope the world offers.
God's hope comes with *all* joy and peace, where the world's
comes with a long string of "hope-so's."

Only God's hope offers certainty, promise and eternity.

But there's a catch. We must trust in him! Only then can he fill us
supernaturally with his hope. A hope designed to overflow throughout
our life and into the lives of others.

Thank you ...

for taking the time to read *Flourish Mama!*. I pray it has inspired you to grow as a mother and a woman.

I'd love to hear how this book impacted you. Let me know by emailing me at raye@thehopefilledroad.com or by sending me a message at www.facebook.com/raye.a.wortel.

Here's to you and the flourishing life you are meant to live!

My Best for You,

Raye

About the Author



Raye Wortel is a wife, mother, writer, speaker, Bible study leader and mentor. She's also founder of [The Hope Filled Road](#).

Raye inspires women to draw closer to Christ and challenges their "inner heart" to follow God with sincerity and authenticity.

Her passion is to help women experience Christ's life-changing victory and hope in their everyday life. Connect with her on [Facebook](#) and [Instagram](#).