

# Falling in *Love* With With Motherhood

A 28-Day Valentine Journal for Finding Joy Again



# welcome

Dear friend,

If you're holding this journal, maybe you're tired. Maybe the days feel long and the patience feels short. Maybe you love your children fiercely but wonder where the joy went—or if it was ever really there in the way you hoped it would be.

You're not alone in that wondering.

This little journal isn't about trying harder or doing more. It's about pausing. Noticing. Letting God meet you right where you are; in the middle of the mess, the noise, and the beautiful chaos of raising little ones.

Over the next 28 days, we'll walk together through simple reflections and gentle prompts. Not to add to your load, but to help you see what's already there: the small graces, the quiet moments, the love that grows even when we can't feel it.

Motherhood is hard. But it's also sacred ground. And you don't have to walk it perfectly to walk it well.

With hope and a full cup of grace,

A fellow mom in the journey,  
Earnest Mom

# How to Use This Journal

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There's no right or wrong way to move through these pages. This journal is meant to be a companion, not a task master.

Here are a few gentle suggestions:

**Find a quiet moment.** It doesn't have to be long. Early morning, naptime, or those few minutes after the kids are in bed, whatever works for your season.

**Read slowly.** Let the Scripture and reflection settle. You don't have to rush through. If something stirs in your heart, stay there.

**Write honestly.** These pages are just for you and God. You don't have to be eloquent or have it all figured out. Scribbles count. Half-sentences count. Tears count.

**Give yourself grace.** If you miss a day (or a week), just pick up where you are. There's no catching up needed. Start fresh whenever you're ready.

**Look for the "earnest MOMent."** Each day ends with an invitation to notice one small moment. Not a perfect moment, just a real one. A moment where you're present, even briefly.

*This isn't about achievement. It's about attention. About turning your heart, just a little, toward the goodness that's already woven into your days.*



WEEK ONE

## Beginning *again*

Every day in motherhood is an invitation to start fresh.

This week, we lay down the weight of yesterday and  
open our hands to receive what God has for us today,  
one small grace at a time.



# Day 1

## Starting Where You Are



*"His mercies are new every morning; great is thy faithfulness."*

— *Lamentations 3:23*

You don't have to earn your way into today. You don't have to make up for yesterday's frustrations or fix what felt broken last week. God's mercy doesn't wait for you to get it together first - it meets you right here, right now, in the middle of whatever this morning looks like.

Maybe there are dishes in the sink. Maybe you raised your voice before breakfast. Maybe you're reading this with tired eyes and a lukewarm cup of coffee. That's okay. His faithfulness isn't rattled by your imperfect start. It's already new. Already waiting. Already enough.

What do you need to let go of from yesterday in order to receive today's fresh mercies?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 2



### The Gift of Ordinary

*"This is the day that the Lord has made; let us rejoice and be glad in it."*

—*Psalm 118:24*

Not every day holds a grand celebration or a milestone moment. Most days are just... days. Oatmeal mornings and laundry afternoons and bedtime prayers whispered in the dark. And somehow, those are the days God calls good.

Rejoicing doesn't always look like laughter. Sometimes it looks like choosing to see the gift in the small things; a child's sticky hand reaching for yours, sunlight through the kitchen window, the rhythm of your family's ordinary Tuesday.

What ordinary moment from yesterday might have been a gift you overlooked?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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# Day 3



## When Strength Feels Small

*"My grace is sufficient for you, for my power is made perfect in weakness."*

— 2 Corinthians 12:9

Some days, you don't feel strong. You feel stretched thin, running on empty, wondering how you'll make it to bedtime. But here's the tender truth: God doesn't ask you to be strong on your own. He asks you to let Him be strong through you.

Your weakness isn't a disqualification, it's an invitation. When you have nothing left, there's room for Him to fill in the gaps. And that filling? It's always enough.

Where are you feeling stretched thin right now? Can you name it honestly before God?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 4



### Held in the Waiting

*"Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!"*

*— Psalm 27:14*

So much of motherhood is waiting. Waiting for the tantrum to pass. Waiting for the hard season to shift. Waiting for the breakthrough you've been praying for. And waiting can feel like doing nothing...but it isn't.

Waiting with your heart turned toward God is an act of faith. It's trusting that He's working even when you can't see it. You don't have to rush the process. You can rest in the middle of it, knowing that you are held.

What are you waiting for right now? How might God be inviting you to trust Him in the waiting?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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# Day 5



## A LoveThat Sees

*"You have searched me, Lord, and you know me."*

*— Psalm 139:1*

In the blur of motherhood, it's easy to feel invisible. Like no one sees the thousand small things you do. The lunches made, the messes cleaned, the tears dried, the prayers whispered in the hallway.

But God sees. He knows the weight of your days and the tenderness of your trying. He isn't looking for perfection. He's looking at you, fully, lovingly, without disappointment. You are seen, dear one. Every bit of you.

What part of your day feels most invisible? How does it feel to know God sees it all?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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# Day 6



## The Quiet Voice

*"Be still, and know that I am God."*

— *Psalm 46:10*

Stillness feels almost impossible in motherhood. There's always something to do, someone calling your name, a need to meet. But even in the noise, there are small pockets of quiet and God is there, waiting to be found.

Being still doesn't mean your life has to stop. It means pausing your heart, even for a breath. Letting your soul catch up. Remembering that God is God, and you don't have to carry it all alone.

Where can you find even two minutes of stillness today? What do you want to say to God in that moment?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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# Day 7



## Rest as an Offering

*"Come to me, all you who are weary and burdened, and I will give you rest."*

— Matthew 11:28

Rest can feel like a luxury you can't afford. But what if rest isn't about doing nothing, what if it's about letting go? Letting go of the need to fix everything, to be everything, to hold it all together.

Jesus invites the weary. That means you're not disqualified by your tiredness, you are welcomed because of it. Coming to Him is the beginning of rest, even when life stays busy. Your soul can breathe again.

What burden are you carrying that you could lay down today, even just for a moment?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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WEEK TWO

# *love* That Is Chosen

Love in motherhood isn't always a feeling. Sometimes it's a thousand quiet choices. Choosing patience, choosing kindness, choosing to try again. This week, we celebrate love that shows up even when it's hard.



# Day 8



## Love as a Daily Choice

*"Love is patient, love is kind."*

— 1 Corinthians 13:4

Patience at seven in the morning, after a sleepless night, with a toddler who won't put on shoes, that's real love. Kindness in the middle of sibling squabbles and spilled cereal, that's the stuff of faithfulness.

Love in motherhood isn't always tender feelings. Sometimes it's gritting your teeth and choosing gentle words anyway. And that choice? That counts. Every single time.

When was the last time you chose patience or kindness even when it was hard? How did it feel?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 9



### Loving the One(s) in Front of You

*"Whoever receives one such child in my name receives me."*

— *Matthew 18:5*

It's easy to get lost in the big picture; schedules to manage, futures to plan, worries to carry. But sometimes the most sacred thing we can do is simply see the child right in front of us. To meet their eyes. To hear what they're really saying.

When you receive your child, with all their mess and questions and need, you are receiving Christ Himself. The small act of presence is never small at all.

Which child (or which moment) is asking for your presence today? What might it look like to truly see them?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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# Day 10



## Grace in the Imperfect

*"But God commendeth his love toward us in that, while we were yet sinners, Christ died for us."*

— *Romans 5:8*

God didn't wait for you to get it right before He loved you. He loved you in the middle of your mess, and He loves you still. That same grace is available to pour into your mothering today.

You don't have to be a perfect mom to be a loving one. Grace fills in the gaps. Grace covers the sharp words and the missed moments. And grace invites you to begin again, as many times as you need.

Where do you need to receive grace for yourself today? What would it look like to stop striving and simply accept it?

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Today, I'm grateful for:

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# Day 11



## The Language of Serving

*"Serve one another humbly in love."*

— *Galatians 5:13*

The folded laundry. The packed lunches. The bedtime stories told for the hundredth time. Service in motherhood doesn't always look glamorous, but it speaks a language children understand...the language of showing up, again and again.

When you serve your family, you're living out the heart of the gospel. Not perfectly, but faithfully. And that quiet faithfulness? It matters more than you know.

What act of service feels especially heavy right now? Can you ask God to help you see it as an offering?

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Today, I'm grateful for:

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## Day 12



### A Heart That Forgives

*'Be ye kind one to another, tenderhearted, forgiving one another, even as for God for Christ's sake hath forgiven you.'*

— Ephesians 4:32

Motherhood requires so much forgiveness, forgiving the small offenses, the spilled drinks, the hurtful words spoken in frustration. But it also requires forgiving yourself for the moments you wish you could take back.

The same grace that covers your children covers you. You can let go of yesterday's mistakes. You can start this moment fresh. Forgiveness isn't weakness...it's freedom.

Is there something you need to forgive; either someone else, or yourself? What would it feel like to release it?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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# Day 13



## The Power of Gentleness

*"A gentle answer turns away wrath, but a harsh word stirs up anger."*

— *Proverbs 15:1*

Gentleness isn't weakness. It's choosing softness when you could choose sharp. It's lowering your voice when you want to raise it. It's meeting frustration with calm instead of chaos.

You won't always get it right, none of us do. But every gentle word plants a seed. And those seeds grow into something beautiful in the hearts of your children.

Think of a recent moment of tension. How might a gentler response have changed the outcome?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 14



### Love That Believes

*"Love bears all things, believes all things, hopes all things, endures all things."*

— 1 Corinthians 13:7

Love believes the best. About your children, about your journey, about what God is doing even when you can't see it. It holds on to hope when circumstances feel hopeless.

Believing in your children doesn't mean ignoring their struggles. It means choosing to see them as God sees them; beloved, capable of growth, and full of potential you might not yet see.

What do you hope for your children? What potential do you see in them that they might not see in themselves?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## WEEK THREE

# Finding *joy* in the Middle

Joy isn't something we find at the end of the hard seasons, it hides in the middle of them. This week, we train our eyes to see the small delights God tucks into our ordinary days.



## Day 15



### Joy in the Unexpected

*"A cheerful heart is good medicine."*

— *Proverbs 17:22*

Joy often shows up unannounced, in a child's silly joke, a song playing on the radio, a moment of unexpected quiet. It's easy to miss if we're not paying attention.

Today, look for the lightness. Let yourself laugh at the absurdity of motherhood. Joy doesn't require perfection, sometimes it just requires noticing.

When was the last time something made you genuinely laugh? What was it?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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# Day 16



## Delight in Small Things

*"Delight yourself in the Lord, and he will give you the desires of your heart."*

— *Psalm 37:4*

Delighting in God doesn't always look like a quiet devotional time. Sometimes it looks like noticing His fingerprints in the small things...the way your child's hair curls after a bath, the smell of bread baking, the peace of a sleeping house.

When we learn to see God in the small, ordinary moments, delight begins to find us everywhere.

What small, everyday thing brings you unexpected delight? How might you savor it more today?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 17



### The Joy of Togetherness

*"How good and pleasant it is when God's people live together in unity!"*

— Psalm 133:1

There's something sacred about sitting around a table together, even when it's noisy. About pile-ups on the couch, about car rides that turn into conversations, about family rhythms that feel chaotic but also somehow right.

Togetherness isn't always tidy. But it's a gift, one we'll look back on with fondness, even when it feels hard in the moment.

What family togetherness moment (even a messy one) do you want to remember?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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# Day 18



## Joy in the Learning

*"The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding."*

— *Proverbs 9:10*

Whether you're helping with math at the kitchen table, reading aloud on the couch, or answering a thousand curious questions in the car; learning is happening all around you. And so is wonder.

Every "why?" is an invitation. Every discovery is a gift. Somewhere in the middle of teaching, you might find you're learning something too.

What has your child been curious about lately? What might God be teaching you through their questions?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 19



### Gratitude as a Practice

*"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

— 1 Thessalonians 5:18

Gratitude doesn't always come naturally, especially in the hard seasons. But it can become a practice, a daily turning of your heart toward what's good, even when things feel heavy.

You don't have to feel grateful for everything. But you can choose to look for one thing, just one, and let that be enough to start.

What is one thing you can thank God for right now, even if today is hard?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 20



### Joy in the Letting Go

*"Cast all your anxiety on him because he cares for you."*

— 1 Peter 5:7

Sometimes joy requires release. Letting go of expectations, of control, of the need to fix everything. Trusting that God is big enough to carry what you were never meant to hold alone.

What would it feel like to loosen your grip today? To breathe out the worry and breathe in His care?

What expectation or worry could you release to God today? What might shift if you let it go?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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# Day 21



## The Fullness of Now

*"So do not worry about tomorrow, for tomorrow will worry about itself."*

— *Matthew 6:34*

It's tempting to live in tomorrow, the worries, the what-ifs, the endless planning. But today is where the life is. Today is where the grace is given. Today is where your children are.

What if you stopped reaching for tomorrow long enough to hold today? Not perfectly, but present. That's where joy lives.

What pulls your mind toward tomorrow? How might you bring your heart back to today?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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WEEK FOUR

## *love* That Grows Over Time

Love in motherhood deepens slowly—through late nights and early mornings, through years of showing up. This final week, we honor the long, faithful work of loving well, one day at a time.



## Day 22



### Roots Growing Deep

*"Blessed is the one who trusts in the Lord... they will be like a tree planted by the water that sends out its roots by the stream."*

*— Jeremiah 17:7-8*

Growth often happens underground, where no one can see. The daily faithfulness, the quiet prayers, the showing up even when it's hard, these are roots going deep.

You may not see the fruit yet. But the roots you're growing in your children (and in yourself) will bear something beautiful in time.

What "root" are you trying to grow in your family? How do you see it taking hold, even slowly?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 23



### The Long Obedience

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."*

— Galatians 6:9

Motherhood is a long obedience. It's not one heroic act, it's a thousand small ones. Breakfast made, shoes tied, tears wiped. Day after day after day.

There will be a harvest. You won't see all of it in this season, but it's coming. Keep going, dear one. What you're doing matters more than you know.

Where do you feel weary right now? What encouragement do you need to keep going?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 24



### Hope for the Journey

*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."*

— Jeremiah 29:11

God's plans for your family are good, even when the road feels uncertain. He sees the whole story, not just this chapter. And His hope for you stretches far beyond today's challenges.

You can trust Him with your children's futures, and with your own. He is faithful to finish what He started.

What hopes do you hold for your family's future? How might trusting God's plans bring you peace?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 25



### Love That Perseveres

*"Love never fails."*

— 1 Corinthians 13:8

Love in motherhood isn't always tidy or triumphant. Sometimes it's simply refusing to give up. It's showing up one more time. It's trying again after a hard day.

That kind of love—the steady, imperfect, persevering kind—never fails. Not because you're perfect, but because love itself is stronger than your worst days.

How has your love for your children persevered through a difficult season? What kept you going?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 26



### Building a Legacy

*Train a child up in the way he should go: and when he is old, he will not depart from it.*

— Proverbs 22:6

Every bedtime story, every conversation about hard things, every apology offered and grace given, these are all part of a legacy being built. Not a perfect one, but a real one.

You are laying a foundation. Stone by stone. Day by day. And what you're building will last longer than you can imagine.

What values or truths do you most want to pass on to your children? How are you living those out today?

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Today, I'm grateful for:

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One earnest MOMent I want to notice today:

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## Day 27



### Trusting the Gardener

*"I planted the seed, Apollos watered it, but God has been making it grow."*

— 1 Corinthians 3:6

You plant. You water. You tend. But the growth? That's God's work. You aren't responsible for everything that happens in your children's hearts, only for the seeds you faithfully plant.

Let that take some pressure off. Trust the Gardener. He's been growing beautiful things long before you came along, and He won't stop now.

What outcome have you been trying to control? What would it look like to release it to God?

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Today, I'm grateful for:

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# Day 28



## LoveThat Remains

*"And now these three remain: faith, hope and love. But the greatest of these is love."*

*— 1 Corinthians 13:13*

Seasons change. Children grow. The years slip by faster than we expect. But love? Love remains. The love you pour out now will echo in your children's hearts for years to come.

You've spent 28 days turning your heart toward joy, toward gratitude, toward the quiet miracle of motherhood. Keep going. Keep noticing. Keep loving. That's the whole point.

What has shifted in your heart over these 28 days? What do you want to carry forward?

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Today, I'm grateful for:

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# A Gentle Closing

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Dear friend,

You made it. Twenty-eight days of pausing, reflecting, and looking for the love that was already there all along. Maybe some days felt easier than others. Maybe you skipped a few and came back. Maybe you cried on page twelve and laughed on page nineteen. However you got here, you're here. And that matters.

Falling in love with motherhood isn't about arriving somewhere perfect. It's about noticing the beauty in the middle of the mess. It's about choosing gratitude when you'd rather complain. It's about letting God meet you in the kitchen, the carpool line, the bedtime prayers, the moments that feel anything but spiritual.

Love in motherhood grows slowly...like trees, like children, like faith itself. You may not see all the fruit of your labors today. But it's growing. Every gentle word. Every patient breath. Every time you tried again. It's all adding up to something beautiful.

Keep going, mama. Keep noticing the small graces. Keep looking for God in the ordinary. And when the days feel long and the patience feels thin, remember: you were never meant to do this alone. His mercies are new every morning, and so is the chance to begin again.



We are in this together,  
one earnest MOMent at a time.

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MOM



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