

## Save the SAHM Podcast-February

### Keep It LIT

Episode #1- This is a job- I don't care what they say!

1. **Be assured. This is a job! It's important and you are qualified.**
  - a. Stop wondering if what you're doing is work
  - b. You are training up the next generation
  - c. Proverbs 22:6
  - d. Train: teach a particular skill or type of behavior through practice and instruction over a period of time; point or aim something
  - e. Stop looking for affirmation from people
    - o It's a distraction from purpose
    - o Causes us to be reliant on people instead of God
    - o Can fade into idolatry
2. **Treat it like a job and a privilege, not a bother.**
  - a. First, be grateful. You have been chosen to do what you're doing
  - b. Psalm 127:3- Children are a heritage
  - c. Heritage: property that is or may be inherited; an inheritance; a special or individual possession; an allotted portion
  - d. Our children are allotted specifically to us as an inheritance from the Lord
  - e. We have to be responsible with what we have been given to govern
  - f. Colossians 3:23
  - g. Make a plan for your days
  - h. Proverbs 21:5; Proverbs 16:3
  - i. We can't just flail our way about life and expect to feel successful
  - j. Make lists and actually check them off
3. **Remember! Your position is valuable.**
  - a. Sometimes it feels thankless, but our purpose and position is valuable
  - b. When we see value in ourselves, so will others
  - c. You were placed in this season for a purpose
  - d. You are the only mom they have in your home
  - e. Imagine if you weren't there; gain some healthy perspective
4. **Be confident. You are enough.**
  - a. There's only one you
  - b. Psalm 139:13-15 (Woven with purpose)



- c. Find your mantra (Mine is: )
- 5. **Clock out** (determine a stop time for everyday)
  - a. Not clocking out leads to burnout
  - b. There must be a start and stop to this thing

Today's Take Away: Your job is valuable, and so are you.

