

## Save the SAHM Podcast-May

### The Real Struggles of a SAHM

Episode #15 – Unsupported?

**1. What other mommas are saying**

- a. Clearly you are not alone
- b. Know that opinion and expectations don't make you

**2. Why do we feel unsupported?**

- a. Our expectations of others
- b. Other's expectations of us
- c. Over analyzing

**3. Give lots of grace**

- a. Give people the same grace you expect
- b. Don't invest much of yourself in what others think or how they respond
- c. Forgive quickly (*Matthew 6:14-15* "forgive others")
- d. People aren't always going to get it, and that's OK

**4. Open your mouth**

- a. Sometimes we expect people to be mind readers. Don't!
- b. Let them know how you feel
- c. Write notes to yourself often
- d. People can't adjust without knowledge truth
- e. Refuse to engage in fruitless confrontation

**5. Be not moved**

- a. Plant your feet in truth and you won't be shaken by opinion
- b. *Philippians 4:1* "Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved."
- c. Don't forego what you know to be true for you and your family
- d. Don't allow your emotions to make your decisions
- e. It's okay that everyone doesn't agree, as long as you know you're in obedience to God and unity with your family

**\*Today's take away: 5 words to be full of: Grace, Transparency, Honesty, Love, Gratitude**

