

Renewed Strength

A 30-day Devotional for Single Moms



Jessica A. Jarrett

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To my boys - I love you to the moon and back!

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Stay positive and remember that you are an incredible single mom who is making a meaningful impact on your child's life. Your strength, love, and resilience are truly admirable.

INTRODUCTION

Dear Single Moms, In the beautiful and challenging journey of single motherhood, we often find ourselves searching for strength, guidance, and inspiration. I have walked in your shoes, drinking too much coffee, and praying to make it through long, and often lonely days. Renewed Strength is a 30-day devotional written out of my own heart and from my own experience as a single mom. It is specially crafted to uplift the spirits of single moms, reminding you of your immeasurable worth, resilience, and the incredible impact you have on your children's lives.

Each day, we will delve into Biblical wisdom, offering prayers and reflections tailored to empower single moms, helping you navigate your path with grace and faith. In these daily devotionals, we will explore essential themes such as self-care, perseverance, embracing gratitude, seeking support, and nurturing personal dreams. With heartfelt prayers, Biblical references, and encouraging reflections, my hope is that this devotional would help renew the spirits of single moms, providing you with the faith, encouragement, and inner fortitude needed to tackle each day with renewed strength and unwavering love. Single moms play a remarkable role, and it's my goal to encourage you as you pursue a brighter future for yourself and your children, guided by the loving presence of God.

~Jessica A. Jarrett



Day 1: You are stronger than you think!

Today marks the beginning of our 30-day journey in Renewed Strength. Our first point to ponder is a fundamental truth: You Are Strong. As a single mom, you carry within you an incredible reservoir of strength, often discovered in the midst of life's most challenging moments. In 2 Corinthians 12:9, we find comfort in the words of the Apostle Paul: "My grace is sufficient for you, for my power is made perfect in weakness."

I can't count the number of times I have fallen into bed as soon as I put my boys down. I have a million things to do still - laundry needs changing over, the dishes from dinner are still in the sink, the vehicle registration is almost past the 30-day grace period, and the check engine light came on in my car. The number of things a mother shoulders is magnified 10-fold if she is a single mother. Many times, I have laid across my bed, thinking I would allow myself a five-minute rest, only to be awakened hours later, because a child needed me.

Some days I get all the things done but, if I am honest, that's the exception, not the rule. I am tempted to allow these feelings of weakness to disempower me. But I have to remind myself that God's power is made perfect in weakness. It is usually when we are at our own breaking point that we recognize it is Christ's love that gives us the energy and will to go on. Yes, a bit of stubborn pride, and an over-indulgence in caffeine helps too, but CHRIST who lives in me is what gives me the pep in my step to keep me going.

Let's not forget the first part of the verse: "My grace is sufficient for you..." Dear friends, we may feel like we have to be good at everything, and we have to do everything. If those dishes are not done tonight... If my kid wears jeans that probably need washed, If the toilets didn't get cleaned this weekend, If my list isn't checked off, not only will I feel like I am failing, but the world will think I can't handle it. Please, be gentle on yourself. God sees you, and He loves

you. He has GRACE for you, and you need to extend that grace to yourself.

You, dear single mom, embody these truths every day. Your strength is not found in the absence of weakness but in the resilience to rise, to press forward, and to love deeply. Take a moment to embrace the truth that God's grace upholds you, and your strength is a gift to be celebrated.

Prayer: Heavenly Father, we humbly come before you, acknowledging the incredible strength that resides within every single mom. In the face of challenges, doubts, and weariness, may they find solace in your boundless grace. Help them realize that their strength is not born from a place of invincibility but emerges from moments of vulnerability and reliance on your power. Grant them the wisdom to celebrate their strength as a testament to your grace and their resilience. As they begin this journey, may they do so with unwavering faith in the strength that comes from you. In your name, we pray. Amen.



Day 2: Your love and care make a difference in your child's life

Your Love and Care Make a Difference. As a single mom, your love and care are profound forces that shape the lives of your children. In 1 Corinthians 13:4-7, we are reminded that “love is patient and kind, it bears all things, believes all things, hopes all things, and endures all things.”

Some days it feels like enduring is all you get to do. Just last week I felt like my kids would be better off without me. I didn't feel like I mattered, or made a difference for them. I envisioned telling their father he could have them, and moving to Florida to live on the beach. Of course, mom guilt kicked in immediately, and I felt awful for even thinking those things.

Despite the hard days, childhood tantrums, melt-downs, attitudes, and ingratitude often thrown at us as single mothers, our children need us, and they love us. Yesterday we learned we are strong, and often we have to be strong enough to carry the emotional load of our children on top of our own heavy mental load. Showing love feels hard at times, especially if we feel like our own love tanks aren't being filled.

Your love is not unnoticed, nor does it come back void. Even if it is a hard day, look your babies in the eyes, and tell them you love them. Tell them one thing you love about them, and speak truth and love over them. You love your children like no one else on earth could, and you are incredibly important to your children - even if they often don't or can't express it.

Your love exemplifies these virtues of patience, kindness, hope, endurance, etc., nurturing the hearts of your children. Your sacrifices and unwavering dedication are the building blocks of their character. Remember that your love and care have a lasting impact, and in them, you find your greatest strength.

Prayer: Heavenly Father, we gather in prayer, recognizing the love and care that single moms pour into their children's lives. In moments of exhaustion or doubt, may they be filled with the assurance that their love is a powerful force, capable of shaping their children's character and instilling values of patience, kindness, and endurance. Grant them the wisdom to understand the significance of their love and the perseverance to continue nurturing their little ones with unwavering dedication. As they begin this day, may they be filled with the confidence that their love indeed makes a profound difference. In your name, we pray. Amen.



Day 3: Take time for self-care

Your days may often be filled with caring for others, leaving little time for yourself. But in the midst of your responsibilities, remember that taking care of your own well-being is not selfish—it is a necessary act of self-love. In Isaiah 40:31, we are reminded that “those who wait upon the Lord will renew their strength.”

Part of waiting upon the Lord involves caring for yourself so that you can continue to care for your family. I tried to think of a long shower as self-care, but quickly realized it wasn't. PLUS, I usually ended up with multiple little people sitting outside my shower, needing me.

One day, I actually took the time to shave my legs, and I was pretty proud that I made it happen. Boy, was I shocked when I got out, and began to put on my lotion, to discover I had only shaved ONE of my legs. I was so distracted that I didn't even do both my legs.

What does self-care look like for a single mom, often on a budget, and with little time? For me, it is something as simple as press-on nails. I discovered a brand that is very affordable, easy to apply, and stays decently. In just a few minutes, my tired-looking hands get a professional refresh, and I feel just a little bit boujee.

Another self-care item for me is my coffee. I have a timer on my pot, and I joke that my coffee always wakes up before I do. I love waking up and having coffee ready for me. It may not make my day better, but it lets me start the day in a way that makes me happy.

I believe our spiritual lives fall under the umbrella of self-care. I find I rarely feel as if I have time to sit for deeper personal Bible study. But I have time in the mornings, while getting dressed that I (sometimes) don't have kiddos awake and needing me. I choose this time every morning to do my Bible study with the Bible App. I usually have a few plans I listen to each morning, that enable me to start my day with scripture and something positive to think about.

Take a moment today to reflect on the importance of self-care, recognizing that it is a path to renewed strength and resilience. What does that look like for you?

Prayer: Heavenly Father, we come before you in recognition of the single moms who often put their own needs aside to care for their families. In moments of weariness and self-doubt, may they understand that self-care is not a selfish act, but an essential step towards self-renewal. Grant them the wisdom to prioritize their physical and mental well-being, and the strength to set aside moments for rest and rejuvenation. As they embark on this day, may they find peace in the understanding that taking care of themselves is a necessary act of self-love, a path to renewed strength, and an essential part of caring for their families. In your name, we pray. Amen.



Day 4: You are not alone

As a single mom, it's easy to feel isolated in your journey, but it's essential to remember that you are not alone. In Ecclesiastes 4:9-10, we learn that “two are better than one, for they have a good reward for their toil.”

Single moms often bear significant burdens, but there is a community of support and understanding waiting to embrace them. I know it often doesn't feel this way. I have felt alone even in a crowd. My friends are amazing, but not many understand where I am in life. I am one of the very few single people in my circle of friends, and often it feels like I fall through the cracks.

Sometimes I even feel very alone in my own home. I went through a time of feeling like the kids and I were not a family. As if, somehow, we were not complete because there was not a dad in the house. It was a very isolating feeling that I had to overcome.

The fact is, you ARE NOT alone. But your feelings of aloneness are your emotions to deal with. How you choose to express them will determine how alone you feel. If you choose to eat your feelings away, in isolation all weekend while your kids are at dad's (I may have done this a few times) you will start to feel VERY alone.

There is an alternative to this isolating, and unhealthy way of being alone. You have the power of communication. Call a friend and ask to do something. Do not wait for the world to come to you, and to remember that you are alone. This may happen occasionally but will not be the norm. Normalize reaching out to your support system of friends and family. “Hey, I need community. What are you doing?”

When I am in need, I am tempted to try to handle it all on my own and have felt as if I had no choice but to do so. However, if I take a moment to think about my church community, circle of friends, and family, I know many who would be upset to discover I needed help

and didn't ask. The times I have humbled myself to ask for help, people have been only too happy to be there for me. So many times, it has been expressed "Please, let me know how I can help you."

Those people are literally waiting to hear from me. It is up to ME to lean on them for support.

Reflect on the presence of friends, family, and fellow single parents who are ready to walk alongside you, offering help, camaraderie, and a network of strength. You are part of a broader community, and in that unity, you can find renewed strength.

Prayer: Heavenly Father, we gather in prayer, acknowledging the single moms who may sometimes feel isolated on their journey. May they find comfort in the knowledge that they are not alone. Open their hearts to the supportive community you have placed in their lives, whether it be friends, family, or fellow single parents.

Encourage them to reach out and accept the help and camaraderie that others are willing to provide. In moments of solitude, let them feel the warmth of your presence and the support of those who are there to uplift and walk beside them. Let them walk in confidence that they are part of a caring community ready to offer strength and encouragement. In your name, we pray. Amen.



Day 5: Your perseverance is a powerful example for your child

You display unwavering perseverance in the face of life's challenges, and this perseverance is not in vain. In James 1:12, we are reminded that “those who persevere under trial will receive the crown of life that the Lord has promised to those who love Him.”

Your steadfast resolve sets a powerful example for your children, teaching them the virtues of determination, faith, and resilience. It is not your children's responsibility to bear your burden, but it is okay for them to know you struggle. It is ok to be honest with them and tell them that something is hard for you to do, or that you are tired. It is ok for them to realize that the budget doesn't stretch as far as you would like it to.

They don't need scary details, or to feel like something their fault, but it is ok for them to know the realities of the home they live in. I would argue that it is healthy for them to realize that you do everything you do because you love your family and have to get the things done - not because you want to do them, or because you like doing the things. They will get a great life lesson of responsibility, perseverance and follow-through from you as you set the example before them.

If you have a difficult co-parenting situation, this is a great example of perseverance. You can show your child how to walk in forgiveness, and grace, while also practicing good personal boundaries and self-respect. There are ways to discuss even this situation with your child in a manner that does not put down the other parent, but acknowledges the relationship that your child clearly observes, and is making their own judgements on. Speak to them about this, ask them questions, and pray with your child about all the emotions and circumstances that come into play in your situation.

Remember that your perseverance is not only a testament to your strength but a beacon of inspiration for your children and all those who witness your journey.

Prayer: Heavenly Father, we gather in prayer, recognizing the remarkable perseverance that single moms display daily. In moments of adversity and fatigue, may they find solace in the understanding that their steadfast determination is not in vain. Grant them the wisdom to lead by example, teaching their children the importance of perseverance, faith, and unwavering resolve. As they begin this day, may they be filled with the confidence that their journey is setting a powerful example for their children, instilling virtues that will shape their lives. In your name, we pray. Amen.

THANK YOU

To all the incredible single moms who have embarked on this "Renewed Strength" devotional journey, I want to extend my heartfelt gratitude and admiration. Your unwavering commitment and determination are a beacon of strength and inspiration for not only yourselves but for those who have had the privilege of witnessing your journey. You've shown that, even in the face of adversity, there's a wellspring of inner power that can be harnessed through faith, perseverance, and the profound love you have for your children.

Your dedication to seeking renewed strength, fostering resilience, and embracing the teachings of these devotionals is nothing short of remarkable. You've shown that you are capable of great things, that your sacrifices are not in vain, and that your love is a beacon of light in your children's lives. As you continue your journey, may you carry the lessons of this devotional with you, knowing that you are not alone, your worth is immeasurable, and your strength is an inspiration to many.

~Jessica A. Jarrett



Jessica Jarrett is a board-certified Master Mental Health Coach, and Advanced Professional Christian Life Coach, with specializations in marriage & family, relationships, grief & loss, and spiritual life.

To learn more about Jessica, and her work, go to www.GenesisWellnessCoaching.com.

There, you will find her podcast and blog, as well as other resources, and can book a free coaching consultation.