

Read my story in the full article:
I Can't Carry My Children Anymore: All About Coming to an End of Myself, Letting Go and Letting God:
<http://mumskidsjesus.com/cant-carry-children-end-of-myself-letting-go-letting-god/>

12 Practical Ideas to Help You, as You Help Your Child Through Difficult Times.

1. Invite God's presence into your day.

Ask the Holy Spirit to fill you, even before getting out of bed. Be aware of God throughout the day. Take time to read his word. At the moment, I'm using a devotional book called '[Abide](#)' by [Elisa Pulliam](#). This book is helping me connect with God, and his word, in a way I haven't for years. In the middle of this difficult time, I'm finding a new depth of relationship with God, a new joy, and freshness in life. That's amazing, isn't it? I also highly recommend *'[Jesus Calling](#)' by [Sarah Young](#). This devotional has blessed me very much in recent months. Sometimes, it's just good to use something new to get deeper into God's word.

2. Rest. Spiritually.

Rest in God, and in his love. It helps me to hear God whisper 'Goodnight' to me, and hear him speak his words of love and affirmation to me. It helps me to have worship music playing and lie down and know his presence. It's wonderful to know I can rest in his arms: He carries me. A song that is ministering to me today is *'[Who I Am](#)' by [Casting Crowns](#).

3. Rest. Physically.

Sleep helps. A lot. When I'm tired, I'm more emotional. When I'm tired, I'm less able to cope. And it's a circle, when I'm emotional or not coping well, I'm less likely to sleep well. Make time for rest. Make time for extra sleep. Ask others to pray for you to sleep well.

4. Do less. Focus on the things that bring you joy and life.

I've realised I need to drop some things, if I'm to support my children without detriment to my own health and well-being. I have just resigned from my part-time job as librarian. It was just one thing too much. I'm making time for the things that bring me joy and life – writing, and seeing friends. As I nurture myself, I know I'll be in a better place to help my children. [It really is ok to say 'No' sometimes.](#)

5. Give your child to God each day. Give everything to God each day.

Say something like,

Lord I give you (child's name) today. I trust him to you. Thank you, you love him and hold him. I give you (all the problems) and leave them with you. I let go. Thank you for your peace. I rest in your arms.

Picture your child in God's strong arms and love. Know he holds them safe, and has good things for them. Give yourself to God each day. He carries you too.

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6. Talk to God.

Tell God everything. You can tell him every detail of every situation. You can tell him how you're feeling. [You can cry with him, and cry out to him.](#) You can tell him you can't do it, and ask his help. Sometimes, I write down all I'm feeling as a prayer, a kind of psalm, I guess.

7. Be thankful.

Praise God each day for something positive. Thank him for your child. Thank him for the small steps forward. If nothing else, thank him that he's with you, and that he will never leave you nor forsake you (Deuteronomy 31:8). Thankfulness changes my heart, it brings perspective, it allows God to work.

8. Share with others.

I share with my husband. We talk. We pray together. He supports me emotionally and practically. We are in it together (though, I do often take things on myself too much, emotionally and practically). If you don't have a husband who is there for you in that way, find someone – a close friend or church leader – who can listen, pray, and help you practically. I share with trusted friends too, who are a great encouragement. Be vulnerable with others. Ask for their help. Maybe a friend could watch the kids for a while, so that you can rest, or cook you a meal, so that you have one less thing to think about.

9. Cover your mind with the blood of Jesus.

Satan gets at our kids to get at us. When our kids struggle, we struggle. We may be bombarded by feelings such as fear, guilt, hopelessness, worry, suspicion, anger, confusion, condemnation and inadequacy. These feelings are not from God. He calls us his precious daughters. *'For God has not given us a spirit of fear, but of power and of love and of a sound mind.'* 2 Timothy 1:7.

I'm learning to cover my mind by saying something like this:

I cover my mind with the blood of Jesus. I refuse every condemnation (and other feeling). It is not of God. I am a precious daughter of God, loved and special. (Speak a truth that counteracts the lie/negative feeling. Use the [Freedom in Christ 'What is the Truth?'](#) list for ideas.) I speak peace to my mind. I thank you, Jesus, that you died for me and that your blood covers and protects me from every lie and attack of the evil one. I thank you for your goodness. Amen.

Another practice that has been very helpful to me is this: every time a negative thought comes, I think of something to praise God for. After a while of doing this, the negative thoughts stop coming. Satan is not going to continue throwing negative thoughts at me, if each time all I do is praise God. That's the last thing he wants!

10. See a Christian counsellor, or seek other professional help.

There is no shame in saying you need help (and that your child needs help). I have seen three counsellors this past year. I wasn't expecting that! Their wisdom, love, care and prayer has proved invaluable and a huge blessing. It is a relief to know there is someone else involved. Everything does not rest on me!

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11. Pray for your child.

Whether this is by yourself, with your husband or friends, or with the actual child (you can do this with the child in person - they will feel your love and care - or quietly over them as they are sleeping). Speak words of love and affirmation, and God's truth over them. Ask God to help and bless them. Proclaim God's goodness and destiny over their life. It's also powerful to pray in your child's room when he or she is out. I pray something like this, out loud:

I speak the peace of Jesus in this room. I cover every wall, window and doorway with the blood of Jesus, the blood of Jesus that brings deliverance, that brings healing, that brings peace and joy. I cut you free (child's name) from (whatever things are afflicting them), and I speak life and blessing to you (child's name). Holy Spirit come and fill this room. Holy Spirit come and touch (child's name).

You can also pray in the spirit, whether this be in tongues (1 Corinthians 14), or a crying of your heart:

'In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.' Romans 8:26-27

To be honest, there are days when emotion and tiredness overwhelm me. All I can do is cry, and trust God knows my heart. I don't always have the energy to take a stand and fight for my child in prayer. That's ok. And that's why it's so good to have others standing with me.

12. Take small steps. One day at a time.

Sometimes I know the way forward. I have ideas of how to help my child, but even one simple task can paralyse, and seem too much to do. Last week, I needed to send an email to my child's teachers. It took me several days to have emotional capacity and energy to do so. But, it's ok. I don't have to get everything set in place at once. It doesn't all depend on me. I can take small steps. One day at a time. God is holding my child.

I pray these ideas help you get in a good place with God, in a place of rest and hope, in a place where you can let go, and let God. I am learning along with you.

Many blessings to you,

Joanna May

Do read my own story at:

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