

## PARENT CONVERSATIONS

The “mosts” of motherhood

**Moms and dads will benefit from this reminder of what to focus on during parenthood.**

EARLY IN MY career as a counselor and speaker—when my children were toddlers—I created a presentation titled “The ‘mosts’ of motherhood.” Now, as I parent four teenagers, I find myself returning to those same “mosts” again and again, because God’s Word doesn’t age with our children. It remains unchanging through every season.

### **MOST IMPORTANT**

How much screen time is too much? Should she stay in piano if she wants to quit? Is it okay that he doesn’t want to go to college? These are the kinds of questions that have followed me through motherhood—so many decisions and opportunities to doubt, stress, and feel guilty. The truth is, most of the time there is no one right answer. And ultimately, those questions all pale in comparison to this one: Do my children know that God loves them and what he has done for them? I can research trends, prioritize goals, and guide my children in many important ways, but teaching them about their Savior is what is most important.

“Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them fade from your heart as long as you live. Teach them to your children and to their children after them” (Deuteronomy 4:9).

### **MOST POWERFUL**

I’ve found that as my children grow, their needs are more complex, and I feel helpless to influence tough situations. I can’t make that friend be kind to her. I can’t fix the sports injury that has him out for the season. I can’t find him his dream job. I forget that God has given me the best way to help. Since he loves my children so much, he loves when I talk to him about them, when I ask him to bless them and take care of them. He listens to my requests and says that they are powerful and effective. He answers according to his will and for their eternal good. When I pray for my children, I am doing what is most powerful.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God” (Philippians 4:6).

### **MOST COMFORTING**

When they were little, motherhood was broken bones and sickness and bullying. Now it’s broken hearts and anxiety and deceptive philosophies. I want to protect my children and spare them from pain, and it can be overwhelming to think about the dangers they face during each stage. That’s when I need to remember that my children are not mine—they are God’s. They exist because he created them, and he loves them infinitely more than I do. He sees them at all times, and he knows everything about them. He commands his angels to protect them, and his desire is to draw them close and bring them to heaven with him. In the middle of the night when I start to worry, that is the thought that is most comforting.

“To all who did receive him, to those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband’s will, but born of God” (John 1:12-13).

Reflecting on these “mosts” has been grounding for me through the varied and often challenging seasons of motherhood. I pray that these “mosts” can be a blessing to you as well.



*Sarah Reik; her husband, Dan; and their children are members at Morning Star, Jackson, Wisconsin.*

**LISTEN TO** > a podcast Sarah Reik did on this topic by scanning the QR code.

