



mom *manifesto*

Start your day with 15 scripture based
declarations for the faith-filled mom!

Meet

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Hey I'm Rebekah, mom to five and unofficially known as the Queen of the Restart. No matter what you do as a mom, you often find yourself "restarting"! New baby, new school, new, job or new mom-life season. My personal faith in Jesus and his Word directly impacts my ability to be a great mom to my children. In fact, I cannot imagine being a mom without the leading of the Holy Spirit. I have used daily Scripture based declarations to pray over and speak life over my children. This is one way I practically use my faith as a mom. I'm excited to resource you with these!



Moms, did you know you have a superpower? And I'm not talking about being able to make dinner, help with homework, unclog a toilet all while bathing the dog! You have a SUPERNATURAL superpower. Your words! The words you speak directly impact your mood, your mindset and your "mom life"! It is so important to SPEAK LIFE - speak God's Word into your day and into your spirit. Now some days are going to be hard and there will be real life circumstances that you will have to acknowledge and take action to deal with. I am not advocating for denying reality. That helps no one. We acknowledge reality, make plans to deal with it and we encourage our faith by agreeing with the truth of God's Word. Think of it as your daily spiritual wellness routine!

You know the famous saying, "when mama's not happy, ain't nobody happy!" Well let's reverse that and say "when mama's spirit is strong and on point, everyone benefits!" It's been a GAME CHANGER in my life and I am excited to share this resource with you. Think of this as your daily spiritual RESTART. Just like working out our physical bodies to get them stronger, we must activate our "spirit body" as well. Model declaring and agreeing with God's truth to your children. They are always watching and listening! You may be surprised one day when they respond to you with one of these declarations!

HOW TO

Declare these out loud every day. For real, your body and your mind need to hear what your Spirit is saying. You will eventually memorize these and perhaps can rattle off unassisted in time. FOr now, print this off and place it over the kitchen sink, on your bathroom mirror or in your car (well, maybe you should keep your eyes on the road and the kids). You can also record yourself making these declarations on the Voice Memo app on your phone and play it in the morning while you get ready. The main thing - SPEAK THEM OUT!



As a mom, I live from a place of kingdom abundance and Lord you are always teaching me about Your ways. Phil 4:19

Jesus, you supply me with everything I need and are my source for creative problem solving and ingenious mom hacks. Ps 34:10

I have more than enough time to connect and make memories with my children. I lack for nothing. Matt 7:11

I have everything I need today to be the mom my children need. When facing a situation where I do not know exactly what to do, I resist fear and agree with Your goodness. 2 Cor 9:8

I believe I am exactly where I am supposed to be today. I also recognize there are seasons to my motherhood and I release any fear, resentment or anxiety about this season or future season. Ps 16:5, Matt 6:33

There is no right or wrong way to be a mom and I will not compare myself or my children to what I see in others. I cannot mess this up. Ps 16:7-8

I have an incredible amount of energy to show up as a mom today because you are my energy source. Your Word says YOU supply my energy and for that I am thankful and receive. Eph 3:20



I am confident as a mom because I follow the leading of the Holy Spirit. You direct my paths and will nudge me in the right direction and course correct when needed. John 14:17, Ps 37

I partner with what the Holy Spirit is doing today in my life and my children's life.

I receive every spiritual blessing that heaven has already prepared for me today. Other moms are drawn to Your spirit at work in my life. Eph 1:3

I easily speak life and encouragement to my children, calling out their God-given identity instead of only nagging about their childish behavior. I refuse to shame or belittle my children. I correct and discipline with love and grace. Ps 127:3-5, I Peter 4:10

I easily hear God's voice loud and clear and my spirit responds quickly to His instruction. Jer 33:3, Isa 30:21

I believe there is no junior Holy Spirit and my children hear God's voice. Matt 19:14, Acts 2:17-18, 39

My children are blessed and I declare that goodness and mercy follows them every day of their life. They were made for signs and wonders and miracles to display God's goodness and power. Zech 9:12-13

I can trust God with the desires of my heart both for my children and for myself. He is always FOR me and never against me and He gives me those desires. Ps 103:2-5

