
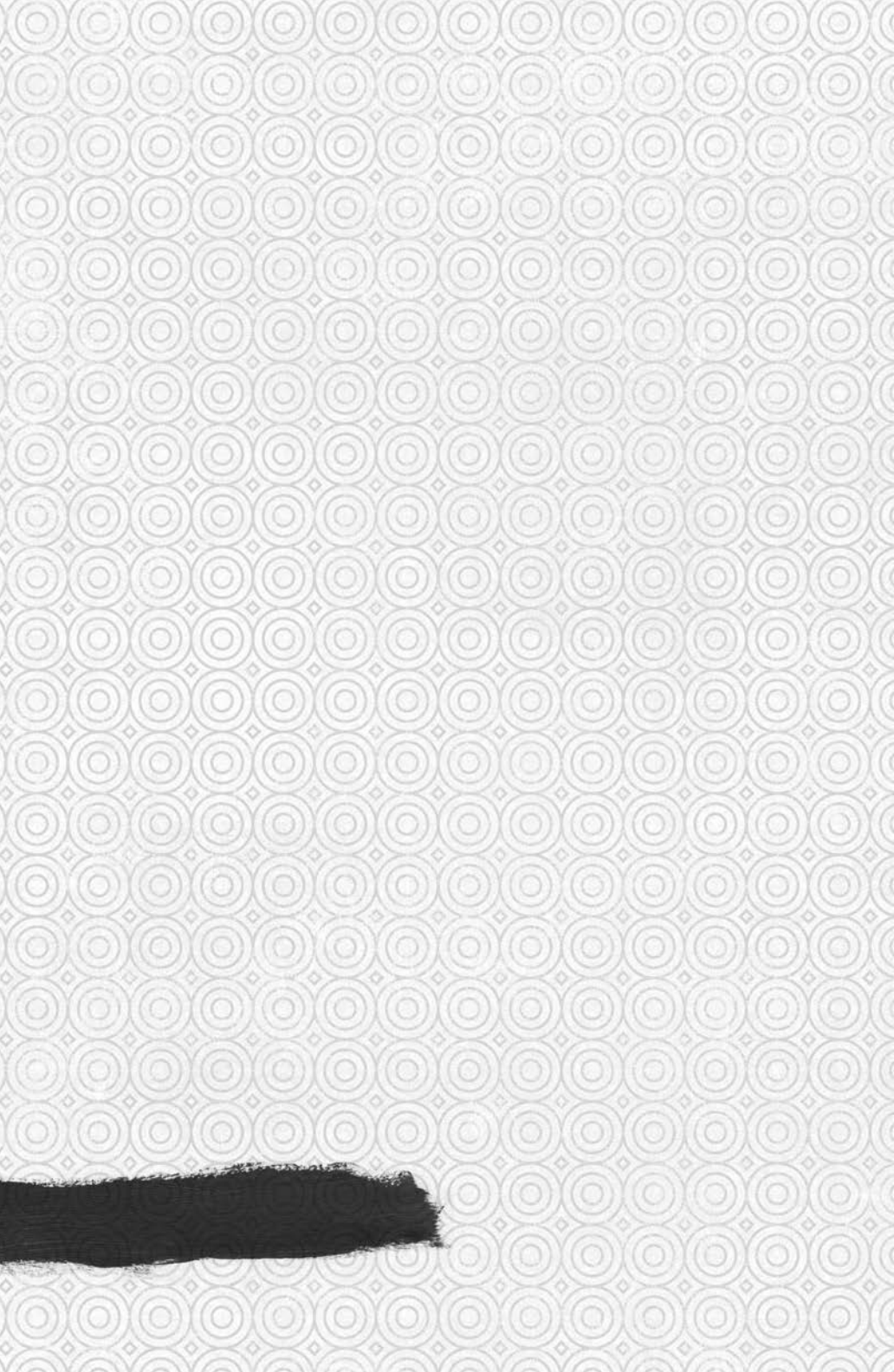




BECOMING MOM STRONG



*Your roots will grow down into God's love
and keep you strong*





BECOMING MOM STRONG

Heidi St. John

TYNDALE
MOMENTUM™



*The nonfiction imprint of
Tyndale House Publishers, Inc.*

Visit Tyndale online at www.tyndale.com.

Visit Tyndale Momentum online at www.tyndalemomentum.com.

TYNDALE, *Tyndale Momentum*, and Tyndale's quill logo are registered trademarks of Tyndale House Publishers, Inc. The Tyndale Momentum logo is a trademark of Tyndale House Publishers, Inc. Tyndale Momentum is the nonfiction imprint of Tyndale House Publishers, Inc., Carol Stream, Illinois.

Becoming MomStrong Journal: Your Roots Will Grow down into God's Love and Keep You Strong

Copyright © 2017 by Heidi St. John. All rights reserved.

Cover illustration of geometric pattern copyright © Ron Dale/Adobe Stock. All rights reserved.

Cover paint strokes by Julie Chen. Copyright © Tyndale House Publishers, Inc. All rights reserved.

Interior illustrations of geometric patterns copyright © Lyudmyla Kharlamova/Shutterstock. All rights reserved.

Designed by Julie Chen

Published in association with William K. Jensen Literary Agency, 119 Bampton Court, Eugene, Oregon 97404

Unless otherwise indicated, all Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked NIV are taken from the Holy Bible, *New International Version*,[®] NIV.[®] Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.[®] Used by permission. All rights reserved worldwide.

Every effort has been made to provide accurate source attribution for selections in this journal. Should any attributions be found to be incorrect, the publisher welcomes written documentation supporting correction for subsequent printings. For material not in public domain, selection was made according to generally accepted fair use standards and practices.

For information about special discounts for bulk purchases, please contact Tyndale House Publishers at csresponse@tyndale.com, or call 1-800-323-9400.

ISBN 978-1-4964-1276-8

Printed in China

23 22 21 20 19 18 17
7 6 5 4 3 2 1



Welcome!

These empty pages are your future, soon to become your past. They will read the most personal tale you shall ever find in a book.

—Anonymous

*W*ELCOME, DEAR MOM!

I am so glad you have decided to give journaling a try. I love journaling—but I have to confess, I'm not always good at it. Like me, you may love the idea of journaling and start off with great intentions, only to feel defeated and lose momentum when life does what it does best—change the plan. As a mother of seven, I've had my plans interrupted more times than I can count. Sound familiar?

There have been seasons in my journey as a mom when I've written in my journal every day. But there have also been times when days, weeks, or even an entire year has gone by while my journal just sat there, unloved and untouched. And

do you know what? That's okay. After all, raising the next generation of teachers, doctors, pastors, judges, attorneys, and parents is an important and time-consuming job! But looking back, even the silence between those entries serves as a valuable reminder of the season I was in at the time. And that in itself is a gift I will cherish forever.

My point is, journaling is an activity that should bring you joy, regardless of how often you're able to do it. Even if you only write in your journal occasionally, I promise you the frustrations, fears, dreams, triumphs, and, yes, even the unspoken emotions you give words to now will become a treasured keepsake in the years to come.

As you start putting your thoughts onto the pages of this book, you'll soon discover a rhythm of your heart, expressed in prayers, stories, and even the unfinished sentences of a busy mom. This is your space, your canvas. Savor these moments of quiet (or not-so-quiet!) reflection. You're on an extraordinary journey, precious mom. It will be worth it to take the time to record the moments you just might otherwise forget about along the way.

I'll be praying for you!

 Heidi St. John



A Few Tips for Successful Journaling

- Keep your journal where you'll use it most. A dear friend of mine keeps hers by her bed, and for a few years I kept mine in my diaper bag, because I never knew when I'd have a free moment in the car or at a doctor's appointment.
- Try to write when you're least distracted. Quiet time is a friend to moms who are trying to sort out their thoughts and feelings.
- Don't beat yourself up when the days get away from you. There were many times when a baby had kept me up all night and my journal entry said, "Would rather be sleeping!"
- Write whatever comes to mind. It may be a special interaction you had with your child that day or an unexpected moment that you don't want to forget.
- Be real. Your journal should reflect the real you—flaws and all. When I look back over years of journal entries,

slow heart changes become evident. Growth in my marriage, my mothering, and even my dependence on God show up with greater clarity over time. Yours will too!

- Date each entry. Looking back, you'll see that God's timing is perfect. He never does anything without your good in mind.
- Highlight answers to prayer. These answers can be forgotten in the day-to-day hustle of life. When we write them down, they become precious reminders that God can be trusted with future problems too.
- Record your favorite verses or quotes that encourage you. Remember, your children may read your journals one day! What encourages you will encourage them, too!
- Write about your children—their growth in the Lord, their struggles, and answers to your prayers for them.
- Write about your marriage. Sometimes it's the little moments that end up making the biggest impact. Every marriage has its ups and downs. Times spent writing prayers for your husband can become precious moments of remembrance in years to come.

Handwriting practice lines consisting of 20 horizontal dotted lines.



Fill your paper with the breathings of your heart.

— William Wordsworth



The very essence of your words is truth;
all your just regulations will stand forever.

— Psalm 119:160

A series of 20 horizontal dotted lines for writing.

A series of 20 horizontal dotted lines for writing, arranged in a vertical column on the left side of the page.





A series of 20 horizontal dotted lines, evenly spaced, extending across the width of the page, intended for writing.

Handwriting practice lines consisting of 20 horizontal dotted lines.



God never wastes anything.

—HSJ



Make them holy by your truth; teach
them your word, which is truth.

— *John 17:17*

A series of 20 horizontal dotted lines for writing.

Handwriting practice lines consisting of 20 horizontal dotted lines.

