



# A Mothers *Voice*

December 2025

## Let's Talk about: Self Control

Solomon said it is better to have self-control than to conquer a city. Begin your day by doing all the hard things first if you get side tracked, make yourself go back and complete them. Make your bed , pick up your clothes, wash the dishes, don't make extra work for others but work hard at what ever you do.

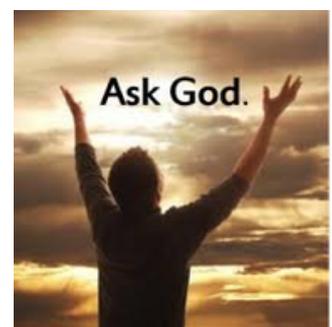
Do one thing at a time, be punctual, plan ahead, everything takes longer than what you think, don't leave everything to the last minute othwise you have to rush around.

Rushing about all the time can make you ill. Giving yourself extra time is good for your health and brings peace.

Accept correction from those who care about you: Wisdom is found in those who take advice  
Proverbs 13-10.

Welcome the feedback Ask God to help you control your thoughts , feelings desires and behaviour.

Get rid of the excuses face the truth even when it hurts and refuse to feel sorry for yourself learn what it vital and of real value. Philippians 1-10





# A Mothers *Voice*

2nd January 2026

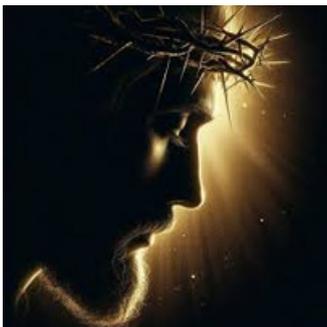
---

## Give Thanks & Praise

Give thanks and praise to our Lord Jesus for each & every day.

Give thanks and praise to our Lord Jesus for always being there for us, for patience and understanding, for wanting only the best, for guiding us in the right direction, and forgiving us and our sins.

Give thanks and praise to our Lord Jesus for letting us be who we are today, for teaching us right from wrong, and for forgiveness.



Forgive and move on.

Give thanks to our Lord Jesus for all you have received and for what you have been able to give whether it be small or large.



Be grateful for what we have around us; there is always someone worse off than ourselves. We can do without objects, but we need love around us, and we need our Lord Jesus in our lives.

Give thanks to our Lord Jesus today!

Health and happiness to you all!

Happy New Year



# A Mothers *Voice*

9th January 2026

---

## A New Year, New Start

A New Year, a new start. Look around us, see what life is giving us, reach out to those who need help, and let others know we need help too.

Look outside your window, see the birds flying and eating, take time to listen to them, their song, their chats to each other.



We need the chats. To talk to someone.  
You will feel a lot lighter when you have spoken,

Bring a smile to someone's face just because you  
have listened to them.

Life is what you make it.  
Make your life a happy one and be at peace.

Open your hearts to God.  
He never stops listening!





# A Mothers *Voice*

15th January 2026

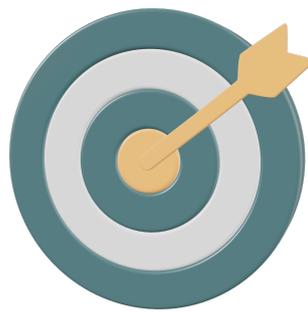
---

## Stay Focused

Keep on target.

We are pulled in all directions taking up all our energy, usually on things we don't really care about or want.

Focus gives you energy, just knowing what you want to do and making the effort to do something lifts you up.



You can accomplish whatever you want to do in life by trusting God and aiming higher.

You move to a higher level, don't keep changing directions, and focus on one thing at a time.

Everything will fit into place.



# A Mothers *Voice*

22nd January 2026

## To Teach. To Learn...

When you teach and are talented, you may have difficulties when it comes to staying teachable. It can be hard to keep developing, it's about attitude; wanting to discover and grow, willingness to learn, unlearn and to relearn.

**When you stop learning you stop leading.** You need to remain teaching to keep growing. This will make an impact. The right attitude helps you to learn.



### Learn how to learn

Ask for advice and withhold the advice you normally give; you will see what you can learn from this.

You need to be interesting, don't get into old habits, keep learning. This helps you to learn more.

Teachable people are always open to new ideas and are willing to learn from anyone who has something to offer.

A person does not know how much he or she has to learn before he or she realises how little they know.

Stay teachable  
God offers you all of this.



### Proverbs 15:14

"The discerning heart seeks knowledge, but the mouth of a fool feeds on folly."

### Proverbs 18:15

"The heart of the discerning acquires knowledge, for the ears of the wise seek it out."

**Stay teachable  
God offers you all of this.**



# A Mothers *Voice*

30th January 2026

---

## 2 Timothy 3.14.15

The more we read the more we understand .

We hear the Pastor preach a great sermon and think why did I not see that?

The Pastor spends hours praying over it and studying the scriptures .

**We don't.** We need to find it out ourselves, by reading the scriptures, it takes time, effort, concentration and persistence. By reading the scripture's we are feasting on the word of God.

God will teach you to love others by putting you with unloving people, you will learn patience while experiencing irritations, peace in the midst of chaos, joy in the times of sorrow and testing times.

God will put you in situations where you **have to chose** to do the right thing instead of following your natural instinct.

### **Acts 17.11** – Taken from the Amplified Bible

“Now these people were more noble and open-minded than those in Thessalonica, so they received the message [of salvation through faith in the Christ] with great eagerness, examining the Scriptures daily to see if these things were so.”





# A Mothers *Voice*

3rd February 2026

---

## Making Time For Ourselves

Yes it's good and helpful to be there for others ,to guide them to help them and to be there for them when we are needed. S

Sometimes though, we need to look at ourselves and take care of ourselves, have time for ourselves.

We need time to refresh.

Take a step back so we can be strong, refreshed and uplifted.



When we are ready to help ourselves and we have looked after ourselves, we can then give our time and energy to others and help them in the way they need.

God wants us all to be helped and to look after ourselves as well as others.  
We are here for each other.





# A Mothers *Voice*

12th February 2026

## Don't Compare Yourself With Others

Galatians 6:4

Do what you can, be your creative self. Do the best you can with your own life, don't do what others do just to be like them.

Trust yourself and be you, that's what God wants you to do.

You can learn from others and they can learn from you but God created you to be yourself, don't compare yourself to others.

You have your own talents, it's how you use them, you can teach others to do something but let them do it their own way.

Your way is good for you, but sometimes people need to do things their way.

We are all creative in our own way.

### Galatians 6:4-5

**"EACH ONE SHOULD TEST THEIR OWN ACTIONS. THEN THEY CAN TAKE PRIDE IN THEMSELVES ALONE, WITHOUT COMPARING THEMSELVES TO SOMEONE ELSE, FOR EACH ONE SHOULD CARRY THEIR OWN LOAD."**



# A Mothers *Voice*

18th February 2026

## God Forgives and Forgets

God remembers everything you have done right while forgetting everything you have done wrong.



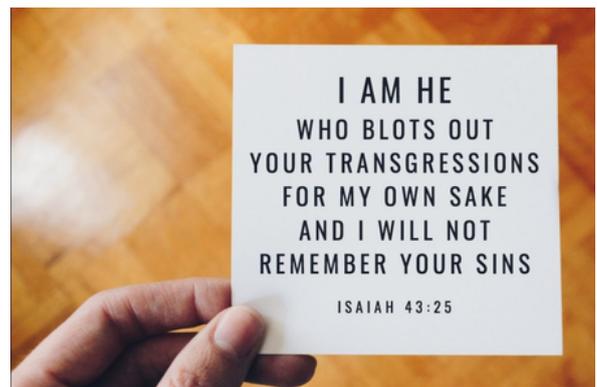
So you should agree with God and do the same. So we can be strong, refreshed and uplifted. When we are ready to help ourselves and look after ourselves, we can then give time and energy to others and help them in the way they need.

God wants us all to be helped and to look after ourselves aswell as others. We are here for each other.

We have a much harder time forgetting.

We remember all our mistakes, that's why it's hard to forget and forgive ourselves than it is to receive God's forgiveness.

**God has forgiven and forgotten your sin.**





# A Mothers *Voice*

25th February 2026

---

## Put Our Trust in God

God still loves you even when you fail, God wants you to have enjoyment and fullness in life.

You must believe that having God's love will carry you through to victory when all powers of hell are against you.

God will see you through tough times and He will take you into a place of peace.

**GOD LOVES YOU!**

God is always there for you and will always love you even when you fail. Be confident of His love.

John wrote "We know how much God loves us, and we have put our trust in his love." (1 John 14:6)

**God is love, all who live in love, live in God, and God lives in them.**

You have the blessing of God



# A Mothers *Voice*

4<sup>th</sup> March 2026

## Learning to Pray Wanting to Pray



We ask how should we pray, I don't know what we should pray for.

If you believe and love God, you can ask what you want and need, release your worries to God, ask for what help you want.

God will answer, He may not answer straight away, He will answer when the time is right.

Confine in God, He is listening to you. He is there, He will help you in many ways. It will not always be the way you would like it or when. **But God knows the right time.**

Tell God what you are feeling, your worries, your hopes, help and seek reassurance.

Pray for others we all need praying for.

There is no right way or wrong way to pray.

God is always here for you, he's listening and answering your prayers.

**God loves you.  
Talk to God today.**





# A Mothers *Voice*

11<sup>th</sup> MArch 2026

## God is Always There for You

When you feel overwhelmed and are afraid to make a wrong move, or you have said no to something you would really like to say yes to.

If you don't try you will never know, we all have to start somewhere, don't overthink things. **Be positive!**

Yes you will make mistakes, but that's how you learn. Put one foot in front of the other, like you have done all your life, you can do whatever you want.

It does not matter if you don't finish as long as you tried your best. If you already knew how to do it well, it wouldn't be a lesson.

Do something you want to do and just try.

I

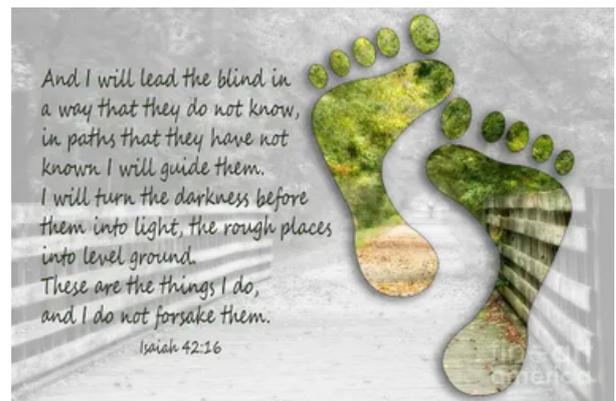
God says when your in over your head, I'll be there with you.

Isaiah. 43.2

You have got to help yourself for God to bring you through.

What you need to know is **God goes ahead of you.**

Isaiah 42.16





# A Mothers *Voice*

19<sup>th</sup> MArch 2026

---

## Feeling Insecure

Do you avoid doing things, meeting people going places because of insecurities? Feeling inadequate, embarrassed or feel people just don't take you seriously? Have you ever had a panic attack? The pain in the chest, the not being able to move or breathe, sweating, not wanting to move?

We avoid situations rather than facing them, and we then fear more and this controls us. We say things to ourselves, then say we can't do it, but we can! We can do it!

We just don't try, we think the worst in everything and we shouldn't, we should think differently and say to ourselves "I can get through this. I can do this! It's alright if I fail - the never minds". - but what if you are here to teach yourself the what ifs.

By God's grace, I can learn to handle this, I can still feel anxious and still do it, I don't like this feeling but it will pass, I will get used to it with practice and Gods help.

When Jeremiah's fears kicked in and he wanted to run from a public speaking assignment, God said to him "You must go wherever I send you and say whatever I tell you, and don't be afraid of people, for I will be with you and will protect you."

**Choose to face it in faith instead of running from it, watch how God will get you through it.**