



# 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

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## 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.

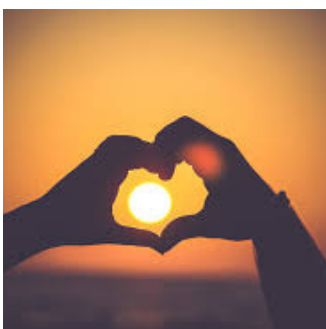


Forgive and move on.

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



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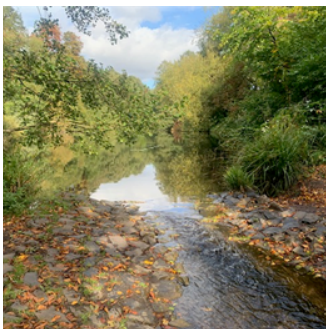
9th January 2026

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## 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

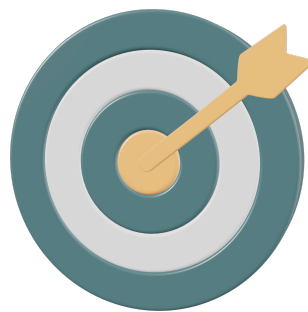
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## Stay Focused

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

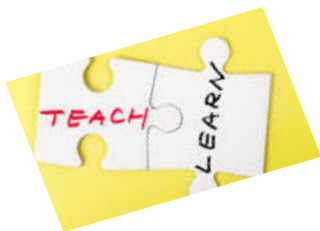
Ask for advice and withhold the advice you normally give; you will see what you can learn from this.

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

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## 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

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## 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."**