beMIGHTY in Christ Academy

DECEMBER PRAYER GUIDE

FINDING JOY

In The Holidays

Ask Dion
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This season can feel like a lot. Between events, sensory overwhelm, routines out of whack, all the expectations of the holidays, joy can feel far away. But joy isn't something we have to chase. It's something we can receive, right here, even in the craziness.

These five anchor prayers are written for the mom who loves deeply, gives endlessly, and sometimes feels empty by December. They're meant to be read whenever you need a moment to breathe and reconnect with God's peace.

You can pray them in the quiet before the house wakes up, in the car after a hard drop-off, or even while holding your child's hand through a tough moment.

Let them steady your heart, refocus your mind, and remind you that joy is not lost. It's waiting in His presence.

"The joy of the Lord is your strength."

— Nehemiah 8:10

Week 1: For When the Holidays Feel Heavy

Scripture: *"The Lord gives strength to his people; the Lord blesses his people with peace."* – Psalm 29:11
Prayer: Lord, this season is supposed to be joyful, but sometimes it just feels hard. Remind me that You are my joy, even when I don't feel merry. Help me release the pressure to make everything perfect and instead focus on what matters most. Meet me in my overwhelm, and let Your quiet joy fill the spaces where my strength runs out.
Amen.

Week 2: For Joy in the Crazy

Scripture: *"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."*– Romans 15:13
Prayer: Jesus, You see the craziness of our days. You also see the beauty tucked between the moments. Help me notice You in both. Teach me to slow down long enough to see the joy. When my patience fades, refill me with Your peace. Remind me that j oy doesn't depend on calm circumstances. It depends on You.
Amen.

Week 3: For Strength When I Feel Empty

Scripture: *"He gives strength to the weary and increases the power of the weak… those who hope in the Lord will renew their strength."* – Isaiah 40:29-31
Prayer: Father, some days I wake up already tired. The holidays add more to my plate when I already feel like I have nothing left to give. But You promise that Your joy is my strength, and I'm clinging to that today.
Renew me from the inside out. Give me the courage to say "no" when I need rest and the wisdom to say "yes" when it matters most. Let Your Spirit restore what exhaustion has drained. Remind me that my worth isn't measured by how much I do, but by how much I am loved by You.
Amen.

Week 4: For Gratitude and Presence

Scripture: "Let the peace of Christ rule in your hearts… And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." – Colossians 3:15-17

Prayer: Help me notice. Help me give thanks for what's right in front of me. Even when plans fall through or the holidays don't look the way I imagined, let gratitude turn my heart toward joy. Teach me to see Your blessings in the small things. May my home reflect Your love more than my decorations ever could. Amen.

Week 5: For a Joy-Filled New Beginning

Scripture: "Forget the former things; do not dwell on the past. See, I am doing a new thing!" – Isaiah 43:18-19

Prayer: Lord, as this year comes to a close, I place all of it in Your hands. You were with me through it all.

Now, as I look ahead, fill me with joyful expectation. I don't know what the next season holds, but I know who holds me. Let Your joy be the light that guides me forward, not because everything is easy, but because You are faithful.

Thank You for being with me, in every season and every story. Amen.

Our MIGHTY mission

Our Mission Statement

Be Mighty Mom exists to walk alongside Christian moms raising autistic, rare disease, or medically complex children, providing a safe space to process their doubts, struggles, and fears. Through encouragement, scripture, and honest conversation, we help moms restore their faith, reclaim their strength, and rise resilient, no matter how hard the journey gets.

Our Core Values

1. Faith-Centered Restoration

We help moms reconnect with God in ways that feel real, usable, and comforting, even in seasons of doubt.

2. A Safe, Honest Space

We acknowledge struggles without judgment, giving moms permission to feel, speak, and be exactly where they are.

3. Strength Through Understanding

We validate experiences, offer encouragement, and remind moms they are not alone in the chaos of parenting medically complex children.

"But the Lord is with me like a mighty warrior; so my persecutors will stumble and not triumph. They will fail and be thoroughly disgraced; their dishonor will never be forgotten."

Jeremiah 20:11

Connect with us!

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God Will Rescue You

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