beMIGHTY in Christ Academy

JANUARY PRAYER GUIDE

FINDING PATIENCE

In God's Presence

Ask Dion
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This month brings its own kind of weight. New routines, new schedules, new hopes… and the same daily challenges that stretch your patience in ways other people don't always see. When communication is hard, sleep is uneven, appointments are overwhelming, or the waiting feels endless…patience can feel impossible.

But patience *isn't* something you have to manufacture on your own. It's something God grows in you.

These five prayers are written for the mom who is trying her best, loving fiercely, and sometimes wondering if her patience is enough. They're for the moments when you're overstimulated, exhausted, or barely hanging on.

Pray them whenever you need to. In the car, in the closet, or even in the bathroom. Speak them while you're waiting on answers, waiting on progress, or waiting on God to move.

Let these prayers steady you, soften you, and remind you that patience is not a test you're failing. It's a gift God is already growing in you. All you need to do is pray, wait, and trust.

May His peace anchor you this month, and may His patience become your strength.

"Be still before the Lord and wait patiently for Him."

— Psalm 37:7 (NIV)

Week 1: "Lord, Grow Patience in Me."

Scripture: *"But let patience have her perfect work…"* — James 1:4
Prayer: Father, I come to You with a heart that feels stretched thin. I want to be patient, but sometimes I'm overwhelmed, frustrated, or simply exhausted. James 1:4 reminds me that patience is part of Your work in me and not something I have to master on my own. So today, I surrender my timeline, my expectations, and my need to fix everything. Grow patience in me, Lord. Shape me gently. Use every moment, especially the hard ones, to make me more like You. Amen.

Week 2: " Give Me Strength for the Waiting."

Scripture: *"The Lord is good to those who wait for Him, to the soul who seeks Him."* — Lamentations 3:25
Prayer: God, You see my waiting. The appointments, the therapies, the setbacks, the slow progress, and the days that feel never-ending. Lamentations 3:25 reminds me that You are good to those who wait on You. So today, I lean into Your goodness. Renew my strength, not because everything is easy, but because You are near. Anchor my heart in the truth that waiting on You is never wasted. Amen.

Week 3: "Help Me Be Still."

Scripture: *"Be still before the Lord and wait patiently for Him…"* — Psalm 37:7
Prayer: Lord, stillness doesn't come naturally to me. My mind races, my to-do list grows, and my heart feels anxious. But Psalm 37:7 calls me to be still and wait patiently. Teach me how to slow my breathing, quiet my heart, and rest in Your presence. Remind me that I don't have to rush ahead or force answers. You are already working. Give me patient trust today, even in the places where I feel uncertain or afraid. Amen.

Week 4: "Grant Me Patience."

Scripture: *"You also must be patient. Strengthen your hearts, for the Lord's coming is near."* — James 5:8
Prayer: Jesus, You know the pressures I carry. The medical decisions, sensory overload, endless responsibilities, and the emotional weight I rarely say out loud. James 5:8 calls me to be patient and to strengthen my heart. So today, strengthen me. Help me breathe through the overwhelm and trust that You are present in every challenge. Teach me patient endurance, not through my strength, but through Yours. Amen.

Week 5: "I Will Trust In Your Perfect Timing."

Scripture: *"The vision awaits its appointed time… If it seems slow, wait for it; it will surely come."* — Habakkuk 2:3
Prayer: Father, waiting feels slow and discouraging sometimes. I want answers, clarity, and breakthrough right now. But Habakkuk 2:3 reminds me that everything You've planned has an appointed time, and nothing can stop what You have ordained. Help me trust Your timing when my heart feels restless. Give me courage to wait, faith to believe, and peace to release what I cannot control. I trust that what You are doing, though unseen, is right on time. 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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