

## “Motherhood Changes Everything”

1 Samuel 1:9-20; 24-28; 2:19-21

Mother’s Day 2026

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Life can be \_\_\_\_\_. And a mother’s burden is unique. *How is that?*

- Because the burdens that mothers carry are ones they can’t put down.

### Burdens that not only mothers can’t put down, but also...

grandmothers, single mothers, mister moms, stepmothers, spiritual mothers...

- Burdens regarding their children’s faith, blended families, divorce, the military, dysfunction, addiction...



So, what’s the answer? The answer is found in the story of \_\_\_\_\_ in the Bible. *Let’s learn from her.*

### SCENE 1 – The Breaking Point... 1 Sam 1:9-18

- God \_\_\_\_\_ you to bring your deepest *burden* before Him. (1 Pet 5:7; Heb 4:15-16)

### SCENE 2 – God Responds to Hannah’s Anguish... 1 Sam 1:19-20

- God \_\_\_\_\_ your *burden* and will respond in His perfect timing. (Psa 56:8-NLT; Psa 34:18)

### SCENE 3 – Hannah Dedicates What Is Most Dear to Her... 1 Sam 1:24-28

- Faith means trusting God with your *burden*. It means \_\_\_\_\_. (Prov 3:5-6)

### SCENE 4 – God’s Goodness Continues... 1 Sam 2:19-21

- God is faithful to those who faithfully \_\_\_\_\_ Him with their *burden*. (Psa 37:4-5)

“That was really interesting, Pastor. But it doesn’t really help me with the burden I’m carrying. *Help.*”

*God’s answer is not the removal of your burden. Rather, His answer is that through relationship with Jesus, the burden becomes \_\_\_\_\_. (Mt 11:28-30)*

TURN OVER

Below are practical ways to allow God to carry your burden on His shoulders instead of yours.  
Place a check in the box of the one you will follow through with this week.

- Write down what burdens you the most.** Put that description in your purse or wherever it needs to be.
  - This is what is emotionally exhausting you. Then, whenever necessary, pray over that description instead of carrying it mentally all day long.
  
- Set a daily prayer reminder alarm.** What would be the best time in the day to set it at?
  - As soon as it goes off, stop what you're doing and pull out the description of the burden. Pray over it for a couple of minutes.
  
- Understand that you cannot control people.** You can share your concern, wisdom, and guidance... and that's all you can really do. People have free will.
  - No more manipulating, strong-arming, pleading, arguing, threatening, criticizing... trust the Lord with the situation. Release the loved one to Him.
  
- Bless your children in practical ways.** Pick one of the following and make it a habit:
  - 1. Complement them more, 2. Tell them you're proud of them, 3. The moment you think of them, text them to tell them you're praying for them and to ask for an update regarding their situation ("impulse" text), 4. Set up a breakfast or lunch date "just because", 5. Apologize for the mistake you made
  
- Replace panic with prayer.** Every single time anxiety strikes regarding your child, marriage, finances, etc...
  - Pause. Take a deep slow breath. Pray out loud, "Lord, I give this to You." Then, thank Him for taking the situation into His hands and celebrate the fact that it's all working together for your good. (Rom 8:28)
  
- Did you know that unconfessed sin can hinder your prayers?** Repentance, humility, and surrender is crucial! (Psa 66:18)
  - Search your heart for any unconfessed sin. Confess it – agree with God that what you are doing or refusing to do is sinful – and determine to no longer engage in that sin.
  
- Are you currently reading a book in the Bible? Y/N** The Bible is God's primary way of speaking to you.
  - If you aren't currently reading a book in the Bible, read the chapter in Proverbs that corresponds to the current day of the month. For example, if today is May 10<sup>th</sup>, then read the 10<sup>th</sup> chapter in Proverbs today. Do this daily.
  - Proverbs has 31 chapters, so you will be reading through the book all the way through every month. (Some months will require an extra chapter or two to read.)

*Motherhood changes everything because loving people deeply means carrying burdens that are often too heavy to bear alone. But through honest prayer, surrender, repentance, and trusting God with what we cannot control, Jesus promises that the burden becomes lighter because He carries it with us.*