

~Mommy Talks~

February 11, 2026

Creating Calm out of Chaos

James 3:13-18

13 Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom.

14 But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth.

15 This wisdom is not that which comes down from above, but is earthly, natural, demonic.

16 For where jealousy and selfish ambition exist, there is disorder and every evil thing.

17 But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy.

18 And the seed whose fruit is righteousness is sown in peace by those who make peace.

1. Calm Moms Know the Answer to the Question (verse 13)
2. Calm Moms Recognize Sin (verse 14)
3. Calm Moms Recognize Where Chaos Originates (verses 15-16)
4. Calm Moms Seek God's Wisdom (verses 17-18)

Some guidelines for creating a godly and biblical calm in your home:

1. Be guided by godly wisdom when it comes to communicating how you feel. Sometimes we add to the chaos by our desire to “express our emotions.” We must learn to ask, “Why do I think I need to let everyone know how I’m feeling? How will it be a blessing to my family for them to hear what I’m feeling?”
2. Even in the midst of a chaotic meltdown, whether it’s from us or someone else, we must learn to ask ourselves, “How can I do what is best for my child/children, hubby *in this situation*?”
3. If there is chaos, consider what worldly philosophies may be colliding with biblical wisdom? Are those worldly philosophies or attitudes coming from you or from your kids?
4. Biblical wisdom requires that we teach our kids first time obedience. As Elisabeth Elliot so memorably said, “Delayed obedience is disobedience.” This is true for them and for us. How would enacting first time obedience reduce the chaos in your home?
5. Chaos may be created by your children, but you don’t have to add to it. *Your response makes all the difference.* You can create calm in the chaos by wisely solving problems and providing encouragement or consequences that may be needed.
6. If something isn’t working, try something else or tweak your current plan. Sometimes a little change can make a big difference.
7. Understand you are called to be a thermostat, not a thermometer. How can you excel at being a thermostat? How can you set the tone for your home?
8. Establish flexible routines or general schedule zones to help set the tone for your home. Consider how to utilize blocks of time to bring routine and order to your home. Think about how you can bring order to that time before breakfast. What routines are in place during breakfast? What are your after breakfast routines and so on? Consider “special focus” ideas to bring order. For example, our daughter was missing time with grownups so instituted what she calls Wiens Wednesdays where a neighbor friend from church comes over for an hour or two. The mommies talk and the kiddos play, but the routine is helpful. They have also instituted Late Night Thursdays to get some uninterrupted time with each kid. The kid gets to choose a snack and a game to play with mom and dad, while mom and dad spend time talking with and enjoying that one. It teaches the rest of the kids to be glad for their sibling, creates calm because emotional needs are being met, and instills delayed gratification in the siblings.

9. One way to be a thermostat is to get up before your kids if you can. If your kids get up when you do (or even before), then train them to maintain a “quiet zone” to allow you to spend time with Jesus. You are equipped to be a thermostat when you meet with the Lord in His Word first thing. If you have littles, try getting showered and dressed before you leave your room to have your quiet time. Getting up early is the one part of the day you “own,” if I can say it that way. In parenting, you must set the tone for the day, not your kids, and one of the easiest ways to begin a culture of calm is for you to get up and spend time with the Lord. Obviously, you can spend time with the Lord at the end of the day, but your needs are different then. See what happens when you get out in front of the day and seek to be with the Lord.
10. Develop a “Stop Whining and Be a Blessing” atmosphere to create biblical calm for you and for your kids. What you’re doing is training them to think of others. Teaching kiddos early that their attitudes can be a blessing to others helps build a culture of calm in your home. This doesn’t mean that you don’t listen to their struggles or help them with their feelings, but there does come a point for all of us when we simply need to stop focusing on ourselves and be a blessing to others.
11. Understand that you don’t have to make immediate decisions. Rash decisions do not lead to biblical calm. Sometimes getting to calm means instituting a “temporary hold” on a decision until you can talk to your hubby and seek the Lord’s wisdom. Obviously, toddlers are the exception to this guideline. With toddlers, you have to act more quickly, but even then, you shouldn’t respond rashly. To be rash means to be hasty, thoughtless, imprudent, foolish, sudden, careless.
12. Biblical calm has a reason for what it does. It thinks beyond trying to make everyone “happy.” Worldly calm is more about exerting control or trying to placate by getting peace at any cost.

Questions for Discussion:

1. Which strategies from the guidelines do you already have in place in your family? How have you seen your home impacted by it to create calm in your family?
2. From the guidelines, discuss which strategy might be (or has been) the most challenging one to put in place. What difficulties have you encountered? What are some reasons to keep trying to put this guideline in place?
3. Share one or two of your own “guidelines” you have put in place in your home. What are some reasons why you and your hubby came up with this plan?
4. Many of you make it a priority to get up before your family so you can spend time with the Lord. *Why* did *you* make this a priority? What are some of your strategies for consistently getting up before your family to spend time with the Lord?
5. How would the “Stop whining and be a blessing” mindset help create calm for your heart? How would it help with your kids? How does this mindset of “Stop whining and be a blessing” collide with worldly philosophies?
6. What are some reasons or ways you can create a biblical calm in your home? Here’s one to get you started: We want to create a biblical calm in our home and family by dealing with sinful attitudes biblically. What are some others?