



—Sally Clarkson—

## **Introduction**

### **1. Focus on Your Heart**

Keep heart at the center of your journey as a mother—a heart for God and a heart for your children.

*And He said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This the great and foremost commandment. The second is like it, ‘You shall love your neighbor as yourself.’”  
Matthew 22:38-39.*

Resist always being Martha, and cultivate a Mary heart.

Cultivate loyalty to God every day! (Genesis 3)

## **2. Feed Your Heart**

Make it a priority to feed your heart. Fill it with greatness, love, beauty, joy, and faith, so that it is the essence of what others have to draw from your soul when you are with them.

Sow life and the Spirit's reality.

*For whatever a man sows, this he will also reap...the one who sows to the Spirit will from the Spirit reap eternal life. Galatians 6:7-9*

Invest your heart in all that is good; protect your heart from all that is evil.  
(Philippians 4:8)

Take responsibility to take care of your yourself! (1 Corinthians 6:19; 2 Corinthians 4:7)

## **3. Strengthen Your Heart**

Never, never, never give up your ideals. Keep wrestling and keep seeking victory!

- Cultivate hope.

*Now faith is the assurance of things hoped for, the conviction of things not seen.  
Hebrews 11:1, 13-16*

*...fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. Hebrews 12:2*

*“The Lord is my portion,” says my soul, “Therefore I have hope in Him.” The Lord is good to those who wait for Him, to the person who seeks Him.  
Lamentations 3:24-25*

- Have an eternal perspective.

Remember that your works, your life, your home and your citizenship is not here—but waiting for you in heaven!

*For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ...Philippians 3:17-21*

*Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. Colossians 3:2*

- Be an overcomer!

*But in all these things we overwhelmingly conquer through Him who loved us.  
Romans 8:37*

*He who overcomes will inherit these things, and I will be his God and he will be My son.  
Revelation 21:7*

“You can’t keep on dancing if you don’t hear the music!”