

# Quiet Time

## Eagles Wings

"My husband lost his job last week," she began. "I don't know what we're going to do. We could lose our house. What do I say to the children? I am so afraid!"

I looked into the eyes of this woman in her thirties who had stood in line for over an hour to cast her net into the well of my soul, hoping to catch something that would help her make it through. How do you handle something like that? How do you hide the fear that is tearing at you? Perhaps for as long as you can remember, you have been a patchwork quilt of fears. Perhaps the quilt is a family heirloom, passed on from generation to generation.

I believe that God can help you make a new quilt. David proclaimed, "*My flesh and my heart may fail, but God is the strength of my heart and my portion forever*" (Psalm 73:26).

Isaiah recorded:

*"To whom will you compare me?  
Or who is my equal?" says the Holy One.  
Lift your eyes and look to the heavens:  
Who created all these?*

*He who brings out the starry host one by one,  
and calls them each by name.  
Because of his great power and mighty strength,  
not one of them is missing.*

*Why do you say, O Jacob,  
and complain, O Israel,  
"My way is hidden from the Lord;  
my cause is disregarded by my God"?  
Do you not know? Have you not heard?*

*The Loin is the everlasting God,  
the Creator of the ends of the earth.  
He will not grow tired or weary,  
and his understanding no one can fathom.  
He gives strength to the weary  
and increases the power of the weak.*

*Even youths grow tired and weary,  
and young men stumble and fall;  
but those who hope in the Lord  
will renew their strength.  
They will soar on wings like eagles;  
they will run and not grow weary,*

The eagle is an awesome bird. It has a massive ~~we wings~~ <sup>we wings</sup> ~~and is not afraid of the wind~~ <sup>and is not afraid of the wind</sup> (40:25-31) powerful birds known to modern man. Despite its power, however, the eagle is dependent on the wind. That is one of the reasons eagles' nests are always high on a cliff. The eagle needs the updraft of the wind to fly. When a mother eagle decides that it's time for her young ones to fly, she pushes them out of the nest and watches to see what they'll do. If they fly, she lets them fly. If they begin to fall, she swoops down under them, catches them on her wings, and places them back safely in the nest. She continues to do this until they can fly on their own.

I accept that fear is a part of life. I also know that God is everywhere. I know that his love and grace are always available in abundance. I know that his forgiveness and mercy will enable me to embrace what is true, even the fact that flying is scary. We're not asked to fly on our own; we are just asked to trust the master eagle. When he pushes us out of the nest, we can dare to stretch out our wings and let the wind of the Holy Spirit carry us. We fly, and then we teach our children to do the same.



# News from the Nest

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## April 2008

### 2008 Leadership Summit

This year MOPS at Night sent 3 of your Leaders to Leadership Summit. The Leadership Summit has been designed to encourage, equip and develop us as women, mothers and leaders. Jennifer Jackson, Alena Haun and Andrea Hale attended April 12 in Denver, CO.

The theme was Consumed? Take Time! Here are a few pointers we brought back to share with you:

#### Take Time Back - In Your Home:

- I. Maximize Mealtimes
  - A. Keep your favorite 14 meals stocked in your pantry/freezer
  - B. Keep a clear line of site on counter tops
  - C. Clean up after every meal
- II. Lighten Up Laundry & Closets
  - A. Keep laundry in it's place (basket or hamper)
  - B. Make sure you have time to wash, dry, fold & put away in **1 Day**
- III. Conquer Cleaning and Clutter
  - A. Memory Book for kids papers instead of fridge & cupboards
  - B. 2 minute pickup before every meal
  - C. Have a Daily Pickup routine

#### Take Time Back - In Your Ministry: You must KAIR

- I. Start with a **Kingdom Focus** before making decisions, helping you see the plan God has for your participation in His ministry.
- II. Become **Aware** of women in general, of yourself and the women you work with.
- III. Be **Intentional** to develop those around you so they can make their mark.
- IV. Show **Respect** for their time, talents, priorities and yours

#### Take Time Back - In Your Relationships:

- I. Don't be Consumed by an imposter boss
- II. Be Resumed in a Relationship Provision - Lamentations 3:22-24
  - A. Time belongs to GOD! We are given it for His purpose.
  - B. Determine our Time Wasters - Overdoing, Underplanning, Overreacting, Underestimating & Overcompensating
  - C. Say Rest - Come to Jesus - Matthew 11: 27 & 28
  - D. Say Invest - family, yourself and your growth

# Kids Room

## Children and Chores

*By Christy Wilson Millard*

Training children to do chores can be challenging but the rewards are many. Make your job easier and combat your child's natural adversity to work, by making chores fun! Try these ideas for stimulating your pint-sized task force:

- Make it like a game. Huddle up. "Davy, you get the clothes out of the dryer and into the basket. Then Alice, you get the clothes from the washer into the dryer. Ready? Hands in. Go team!"
- Beat the clock. Time chores to see how fast a job can be finished. Write it down and try to be faster next time.
- In the Army. Have a daily room inspection. Develop a routine. This might include checking under beds for toys or bouncing a quarter on the bed. Make this age appropriate and more fun than strict.
- Make expectations clear. Children need to know what's expected. If they have daily chores, make a list and hang it in plain view. Better yet, use a chalkboard so chores can be checked off when completed.
- Extra chores = extra cash. For older children, post an extra chores list. Beside each item, list the amount of money you will pay for the job. Enterprising children will seize this opportunity to earn extra cash.
- The great toy round-up. To motivate children to pick up toys, get a small wagon. (Or attach a short piece of rope to a sturdy cardboard box.) This is the garbage truck. Help your child "drive" his truck through the house, loading it with toys. Once filled, pull the truck to the child's room and unload.

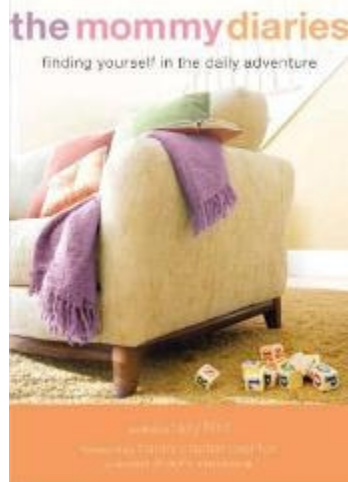


# Looking Ahead

## Join the Adventure!

The MOPS International Membership brings mothers of preschoolers from all over the United States and the world together on the motherhood adventure! All mothers of preschoolers in MOPS groups are registered for MOPS International Membership through their individual groups.

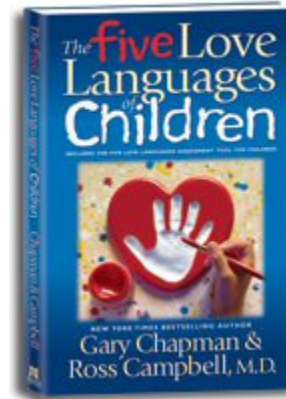
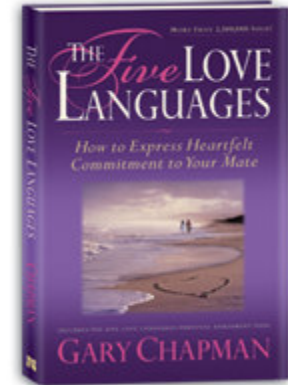
For only \$20 a year\*, a mom can register for membership with MOPS International and receive a one-year subscription to **MomSense magazine**, weekly **Mom-E-Mail** messages, and other great benefits. Beginning April 1, moms can take advantage of the **lowest price of the year** on Membership - \$20.00 per mom. Deadline is June 1st.



# In the Library

## The Five Love Languages ~ *How to Express Heartfelt Commitment to Your Mate*

The marriage-saving phenomenon that started it all! Dr. Gary Chapman uses real-life examples from over thirty years of marriage counseling to illustrate the five distinct languages people use to express love. You'll understand why you feel the way you do, and you'll acquire indispensable methods for helping your spouse feel loved. The Five Love Languages can breathe life into your marriage.



## The Five Love Languages of Children

Loving our children isn't always enough. Learning to speak their love language communicates your love in ways they'll understand right from the start.

Unconditional love is something all children can understand. And The Five Love Languages of Children can help you make your child feel secure, loved and more willing and open to interact with you and your family.

# Mom's Kitchen

We will post favorite recipes here. If you have one you would like to share, let Andrea Hale know.

## Beach Hut Beverage

Hawaiian Punch  
Vanilla Ice Cream  
7-up or Ginger Ale

Directions:

Pour Hawaiian Punch in a blender, with two scoops of ice cream. Blend well and pour over 7-up. Serve immediately.

