



JANUARY DEVOTIONAL

FINDING PATIENCE

Waiting on God's Timing

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Hey, it's Ash!



Finding Patience While Waiting On God's Timing

January is here, and if you're anything like me, the calendar flipping to a new year didn't magically reset your life.

Your child's needs didn't pause for the holidays. Medical stress didn't disappear. Routines didn't suddenly become calm, predictable, or easy. And honestly?

Sometimes January feels less like a fresh start and more like a quiet prayer whispered first thing in the morning:

"Lord... I am already tired. Please slow everything down."

Here's an image I keep coming back to when I think about patience. Imagine you wake up every morning with a jar filled with patience. Each piece of patience looks like a little piece of candy.

At the start of the day, the jar is full. But as the day goes on... one piece goes to getting your child ready for the day, another to a meltdown, another to a therapy session or doctor's appointment, another to interrupted sleep, sensory overload, or endless transitions.

And because you love your child so fiercely, most of that patience goes straight to them.

By the end of the day, you might look into the jar and see:

- just a few pieces left,
- a pile of empty wrappers,
- or maybe an empty jar altogether.

And when the jar is empty, it becomes harder. Not because you're failing, but because you're human.

Harder to be gentle with your spouse, to show up well with friends, and harder to respond kindly to yourself.

It can feel like your child gets the very best of you... as they should, but everyone else, including you, gets whatever is left.

That's not a character flaw. That's reality for families carrying more than most.

This month, we're talking about patience. We're going to explore biblical patience. The kind that doesn't come from a limited jar, but from a living God.

Because Scripture shows us that **patience is not a skill we master. It's a strength God supplies.**

Will we be perfect? No. We're human.
Will there still be hard days? Absolutely.

But together, we'll learn how to stop measuring patience by how much we can hold and start receiving patience as something God renews, again and again.

January Scripture:

"But if we hope for what we do not yet have, we wait for it patiently."

– Romans 8:25

My Prayer for You:

Lord, we are stepping into January with open hands.

You see how much this mom is carrying and You know where her patience runs thin.

Grow Your patience in her. Patience for her child, for her circumstances, and for herself.

Help her trust Your timing when she doesn't understand it.

Slow her heart, steady her mind, and stay close to her as she waits.

Ash

How to Pray

- **Like a friend.** Speak your heart openly, wherever you are. God listens anywhere and in all circumstances.
- **With scripture.** Turn verses into your words: “Lord, help me not to grow weary in doing good” (Galatians 6:9).
- **For advocacy.** Pray for clarity in meetings with doctors, therapists, or schools. Pray for your words to be strong, truthful, and loving.
- **For yourself.** Bring your fear, exhaustion, anger, and doubt to God. You are allowed to ask for help, comfort, and strength.

What You Can Pray For

- Your child’s health, peace, and growth.
- Strength and wisdom to advocate fiercely.
- Comfort and patience for siblings and family.
- Guidance for medical decisions, therapy challenges, and everyday hurdles.
- Peace in moments of fear, grief, or doubt.
- Patience, rest, and resilience when you feel depleted.

Day 1: When Your Patience Runs Out

Scripture:

"The Lord is gracious and compassionate, slow to anger and rich in love."

— Psalm 145:8

You don't lose patience because you're a bad mom. You lose patience because you're human. Exhausted, interrupted, touched out, and stretched thin in ways most people never see. God never expected you to manufacture a calm spirit on your own. That was never the assignment.

Patience is not something you're meant to force out of emptiness. It is something God forms in you. When your patience runs out, His does not.

If you're a child of the 90s who grew up in church, you probably remember the WWJD bracelets. They were meant to stop us mid-reaction and redirect our hearts. In moments when your patience is wearing thin with your child, your spouse, or even yourself, this scripture can serve the same purpose. Pause. Breathe. Repeat it in your mind. Memorize it. Write it on a sticky note. Save it on your phone. Not as a rule to live up to, but as a reminder of who God already is toward you and who He is shaping you to become.

We will never reach Jesus' level of patience, and God knows that. But we can lean toward His graciousness. We can ask for His compassion to fill the gap when ours is gone. When we pause long enough to remember His nature, we give ourselves space to respond instead of react. And that space is often where love shows up.

Patience doesn't mean you never feel frustrated. It means you're willing to stop, even for a moment, and invite God into the middle of it.

Reflective Prompt:

Where does my patience run out the fastest?

Prayer:

Lord, meet me where my patience ends and pour Your love into the cracks. Help me pause long enough to remember who You are and who You are growing me to be. Amen.

Day 2: God Is Not Rushing You

Scripture:

"The Lord will fight for you; you need only to be still."

– Exodus 14:14

Impatience is often born from pressure. Pressure to fix, explain, respond, decide, advocate, or hold everything together. But Scripture reminds us of something our nervous systems forget: God is not rushing you.

In Exodus 14, God speaks these words to people who are completely trapped. They cannot fight their way forward or cannot reason their way out. The only thing they can do is panic or trust. And God says, *"I will fight. You be still."*

This can be a hard truth to accept, because if God is fighting for you, it can feel confusing when nothing seems to change. But here's where our understanding of God often needs to grow: God fights in ways we don't always see immediately. He fights for your spirit, your sanity, and your soul.

Being still doesn't mean doing nothing. It means releasing the kind of striving that drains your patience and steals your peace. It's choosing a Holy Spirit-led calm instead of panic-fueled control.

Be still when you've explained, educated, and pleaded with family and nothing has changed. There may be nothing left for you to do. Step back and let God handle what you cannot.

Be still when you're making yet another call to insurance, waiting on answers, or facing systems that feel impossible to move.

Stillness doesn't cancel action, it grounds it. Patience grows when we stop trying to fight battles God never asked us to carry alone.

Reflective Prompt:

Where am I putting pressure on myself that God never asked of me?

Prayer:

God, slow my mind and calm my heart. Help me release what I cannot control and trust You to fight for me. Teach me how to be still without giving up. Amen.

Day 3: When Waiting Feels Heavy

Scripture:

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

– Psalm 37:7a

Patience isn't passive. It's trusting God while you wait. Waiting for answers, for progress, for the next step to finally become clear. Being patient doesn't mean you enjoy the waiting. It means you believe God is working in it, even when it feels unbearably slow.

Waiting is something we understand as humans, but it's rarely something we like. We wait for vacations, weekends, packages to arrive on our doorstep. Even good waiting can feel uncomfortable. But when you're raising a child with disabilities, waiting often carries a different kind of weight.

You wait for milestones, for test results, for call backs from specialists with months-long waitlists. You wait for answers that don't always come quickly or clearly. And then there's your waiting. Waiting for relief. For clarity. For healing in your own heart.

Psalm 37 doesn't tell us to stop living while we wait. It invites us to be still before the Lord. To quiet the frantic striving, the spiraling thoughts, the pressure to control outcomes that were never ours to solve.

Waiting patiently doesn't mean you stop making phone calls or advocating for your child. It means you do those things without letting impatience consume your peace. You keep moving your feet, but you anchor your heart in trust.

So what do we do when waiting feels heavy? We pray. We ask God for patience in the waiting. We invite Him into the frustration, the delays, and the uncertainty. Waiting with God means you don't carry the weight alone.

Reflective Prompt:

What am I waiting on that feels too heavy to carry by myself?

Prayer:

Lord, teach me how to wait with You, not just wait for You. Hold my heart steady when the waiting feels long and heavy. Amen.

Day 4: Slow to Speak, Quick to Breathe

Scripture:

"Everyone should be quick to listen, slow to speak and slow to become angry."

– James 1:19

This isn't a command to "be better." It's an invitation to slow down. We aren't being asked to suppress our emotions. We are being reminded that God gives us space to pause. A slow breath is often the doorway back to patience because it creates room for the Holy Spirit to step in.

There are many moments when I can feel myself about to lose it. Like when my husband asks where the scissors are... even though they've been in the same drawer since we moved into this house five years ago... and it's already been a long day. To him, it's a small question. To me, it can feel like the final straw.

When I snap with an attitude, it looks like an overreaction. But what's really happening is that I've been holding everything together all day, and this feels like the first place I can finally release it. This is where the power of the pause matters.

When we stop for just a moment, before the words spill out, we give ourselves breathing room. Not to stuff our feelings down, but to let God help us respond instead of react. Slowing down doesn't mean everything suddenly feels calm. It means we're choosing not to let frustration lead the conversation.

Not every question needs an immediate answer. Not every moment requires correction. In that pause, we can meet our partners, children, coworkers, and friends with compassion instead of combustion. This is self-control—not as something we force, but something the Spirit produces when we give Him space.

Reflective Prompt:

Where can I pause for two seconds before responding today?

Prayer:

Holy Spirit, help me breathe before I react. Create space in me for patience to grow. Amen.

Day 5: God Grows What You Cannot

Scripture:

"But the fruit of the Spirit is... patience..."

– Galatians 5:22

Fruit grows over time. Slowly. Quietly. Often underground, where no one sees the work happening. Patience grows the same way. Not overnight, not on command, and not through perfection. It is something God grows in you through real life, lived honestly, with Him.

Each of us carries a story shaped by experience. And from that lived experience, many of us have developed resilience we never asked for, compassion we didn't know we had, and strength we had no choice but to discover. But Scripture is clear: it's not the experience itself that produces the fruit, it's the Spirit of God working within us through it.

When the Bible talks about the fruit of the Spirit, it's describing what naturally grows in someone who is living in relationship with God. Salvation opens the door, but growth happens as we continue walking with Him. Patience isn't something you earn by suffering well. It's something God forms as you abide in Him. *Especially* in the hard places.

There are times I say, "I do not have patience for this." And often, what I mean is that I do not have patience for ableism, for judgment, or for people who refuse to see my child's humanity. But that isn't a failure of patience. That's discernment. God never asks us to sacrifice our peace to engage in harm. Choosing not to enter every battle is not impatience... it's wisdom.

God has given us many fruits, and He knows exactly which ones we need in the life we're living. If you're noticing areas where patience feels thin, that's not a sign of failure. It's an invitation. An invitation to ask. To trust. To let God continue growing what you cannot manufacture on your own.

Reflective Prompt:

Where do I see even a tiny sign of growth?

Prayer:

God, grow patience in me in ways I can't manufacture myself. Help me abide in You as You do the work. Amen.

Day 6: Worship in the Waiting

Scripture:

"I waited patiently for the Lord; he turned to me and heard my cry."

– Psalm 40:1

Patience doesn't ignore frustration. It brings it to God. David didn't sanitize his emotions or pretend waiting was easy. He cried out. And Scripture tells us that God turned toward him and listened. That matters. It means God is not distant in your waiting. He is attentive.

Waiting patiently does not mean waiting silently. Biblical patience has room for tears, questions, disappointment, and weariness. What makes the waiting "patient" is not the absence of emotion, but the direction of it. David brought his frustration to God, not away from Him.

The first step in any healthy relationship, including your relationship with God, is honesty. God already knows the weight you're carrying, the resentment you don't want to admit, and the exhaustion you've been pushing through. But there is something forming in you when you choose to name it out loud in His presence. Honesty deepens trust. And trust is where patience takes root.

Asking God for relief, answers, or strength is not pestering Him. It's not a lack of faith. It's an act of dependence. Scripture never presents God as annoyed by our need, only as responsive to it. You can be patient in the waiting and still frustrated by it. Those two things can coexist.

Worship in the waiting doesn't always look like raised hands or quiet songs. Sometimes it looks like telling God the truth and staying anyway. Staying in the conversation. Staying in relationship. That, too, is worship.

Reflective Prompt:

What frustration do I need to bring honestly to God?

Prayer:

Lord, hear my cry. I bring You my frustration, my questions, and my weariness. Meet me here as I wait with You. Amen.

Day 7: Strength for Today

Scripture:

"He gives strength to the weary and increases the power of the weak."

— Isaiah 40:29

Patience isn't about mustering up extra grit to get through tomorrow. It's about finding the strength for today. For the next meltdown, the next doctor's appointment, the next moment you feel stretched to your limits. God doesn't ask you to carry tomorrow's burdens today; He asks you to lean into Him for the portion of grace you need right now.

There are days when it feels like the weight is too much. You've been giving, giving, giving... physically, emotionally, spiritually... and your energy tank is empty. Yet Scripture reminds us that God is not distant from our weakness. He strengthens the weary. He increases the power of the weak. He does not wait for you to get it together, prove yourself, or finish it all on your own. He meets you right where you are, exactly as you are.

This promise doesn't erase hardship or eliminate frustration. It doesn't make meltdowns disappear or fix systems that are broken. What it does is provide a supernatural supply of endurance in the moments that feel unbearable. You may feel small, inadequate, or overwhelmed, but God's strength is not measured by your ability. It's measured by His power flowing into you.

Lean on Him in the small, ordinary moments. Take that deep breath when your patience is thinning. Ask for His help when your voice shakes with frustration. The power to respond in love, to make the right call, to stay present for your child. That is not human strength alone. That is God's strength working in you.

Reflective Prompt:

Where do I need strength today, right now, not later?

Prayer:

God, give me the strength I need for today. Fill my weak spots with Your power, so I can show up with love, hope, and faithfulness. Amen.

Day 8: A Soft Answer

Scripture:

"A gentle answer turns away wrath..."

— Proverbs 15:1

Gentleness doesn't always come naturally. Especially on the days when you're exhausted, overstimulated, or carrying the weight of your child's needs. It's easy to react sharply, to respond in frustration, or to let irritation spill over onto those you love most. Yet Scripture invites us to pause, breathe, and respond differently.

A soft answer isn't about pretending everything is okay. It isn't about ignoring your feelings or letting others take advantage. It's about letting God's peace settle your heart so that your words reflect His love rather than your exhaustion. When you take a slow breath and let His Spirit guide your response, you create space for connection instead of conflict.

Think about those moments where your child repeats a behavior, your spouse asks a question that feels small to them but overwhelming to you, or a friend misunderstands your intent. A gentle answer, rooted in God's patience, has the power to diffuse tension, model self-control, and demonstrate love. Even when you are running on empty.

Reflective Prompt:

Where can I soften my tone and respond with gentleness instead of frustration?

Prayer:

Lord, when my words feel sharp, soften my heart. Help me respond with patience, love, and grace, reflecting Your peace even in the hard moments. Amen.

Day 9: Patience in the Unseen

Scripture:

"For we live by faith, not by sight."

— 2 Corinthians 5:7

Not all progress is visible. Not every answer comes immediately. You may be pouring into your child, advocating for care, and working tirelessly for their needs. And yet the results can feel invisible. You might be waiting for doctors' appointments, therapy breakthroughs, or even your own healing. Patience is required in the spaces where the work is unseen, and faith becomes the anchor.

God is at work even when we cannot see it. He's orchestrating growth, planting seeds, and shaping hearts; including our own; in ways we may never fully recognize. Waiting doesn't mean inactivity; it means trust. Trusting that each call you make, each word of encouragement, each act of love is part of a bigger picture God is weaving.

Even when frustration creeps in, or hope feels fragile, God is still moving. Your faithfulness in the unseen spaces demonstrates a trust deeper than what is visible. This is holy work. The quiet, patient endurance that builds strength, character, and trust in God's timing.

Reflective Prompt:

Where am I struggling because I cannot see the results yet?

Prayer:

Lord, help me trust Your unseen work. Teach me to walk faithfully in the waiting, knowing You are accomplishing far more than I can see. Amen.

Day 10: He Knows Your Limits

Scripture:

"For he knows how we are formed, he remembers that we are dust."

— Psalm 103:14

God does not expect you to be perfect or unbreakable. He knows exactly how you are made... your strengths, your weaknesses, your emotional and physical limits. When you feel stretched beyond what you can bear, Scripture reminds us that God is not shocked or disappointed; He is compassionate and present.

Parenting a child with disabilities or medical complexities tests our limits every day. There will be moments when patience is gone, energy is depleted, and your heart feels heavy. Yet God meets you in those limits, not outside them. He reminds you that being human is not a flaw; it's His design. And He provides strength, wisdom, and grace exactly where you are.

Recognizing your limits is not a weakness; it's a step toward freedom. When we accept that we cannot do it all ourselves, we open space for God to act. Lean into Him, release guilt, and allow His love to sustain you.

Reflective Prompt:

Where am I expecting more of myself than God does?

Prayer:

Jesus, remind me of my limits and help me lean on Your strength instead of my own. Teach me to rest in Your care, knowing You are faithful. Amen.

Day 11: Patience in Parenting

Scripture:

"Train up a child in the way he should go..."

— Proverbs 22:6a

Parenting, especially for moms of children with unique needs, is a long game. It takes repetition, redirection, and endless patience. You may not see immediate results. You may feel like every small step forward is followed by two steps back. And yet, God is shaping both your child and you through this journey.

Every moment of teaching, redirecting, and supporting is a seed planted in the soil of your child's life. Patience doesn't come from sheer willpower; it comes from trusting God's hand in the process. He sees the heart, the effort, and the intention even when progress seems invisible.

The work you do today... in tears, in laughter, in frustration... is not wasted. God honors it, and He honors the way you partner with Him in shaping your child's life. Even on days when patience feels impossible, remember: God is at work in both you and your child, and every act of patience is part of His plan.

Reflective Prompt:

Which part of parenting feels the most repetitive or draining right now?

Prayer:

Lord, give me patience for the long road ahead. Help me trust that You are at work, even when I cannot see the results. Amen.

Day 12: Peace in the Chaos

Scripture:

"You will keep in perfect peace those whose minds are steadfast."

– Isaiah 26:3

Peace and patience are closely linked. When your mind is fixed on God, you are able to navigate even the chaos of daily life with greater patience. Parenting, therapy appointments, medical needs, and daily responsibilities can feel like a storm. But when your heart is rooted in Him, His peace shields you from being swept away by frustration or fear.

Perfect peace does not mean life is calm or easy. It means your heart is anchored, your mind is steady, and your perspective is shaped by God's presence. This steadiness allows patience to flourish. You can respond with love rather than anger, grace rather than frustration, and hope rather than despair.

Even small practices... a moment of prayer, a deep breath, a short pause... can help your mind return to God, allowing His peace to fill the spaces where patience is thinning.

Reflective Prompt:

What helps me return my mind to God?

Prayer:

God, steady my heart and mind. Let Your peace flow through me so patience can take root in every moment. Amen.

Day 13: Slow Progress Is Still Progress

Scripture:

"Do not grow weary in doing good..."

— 2 Thessalonians 3:13

Progress isn't always dramatic. Most of the time, it is tiny, uncelebrated, and barely noticeable. And yet, God sees it all. Each small step forward in your child's development, each moment you responded with patience instead of frustration, each act of love in the midst of exhaustion... these are victories, even if they go unseen.

When you feel like nothing is changing, remember that patience and perseverance are part of the spiritual work God is doing in you. Small victories, repeated consistently over time, build resilience, character, and faith. God is faithful to honor your faithfulness, even when the growth seems invisible.

Slow progress can feel frustrating because we want results immediately. But God's timing and His work in both you and your child often unfold in hidden, quiet ways. Every moment you choose to persist, to show up, and to love despite difficulty, you are participating in His good work.

Reflective Prompt:

What small win can I celebrate today, even if it feels minor?

Prayer:

Lord, help me notice and celebrate the small signs of growth. Teach me to trust that slow progress is still Your work at hand. Amen.

Day 14: Patience With Yourself

Scripture:

"Love is patient... it does not keep a record of wrongs."

— 1 Corinthians 13:4–5

You are quick to extend grace to your children, your spouse, or even to strangers... but yourself? Not always. We often measure our patience by the standards we cannot meet, forgetting that God's patience toward us is unlimited and unwavering.

Patience with yourself is not indulgence or weakness; it is spiritual maturity. God's love doesn't keep a record of your mistakes, and neither should you. When you falter, He is still faithful, still merciful, still working in you. You can extend the same grace to yourself that He extends to you.

Consider the moments you've criticized yourself today, or the things you feel you "should" have handled better. Replace those judgments with God's perspective: compassionate, patient, and filled with hope. Practicing patience with yourself is not just a spiritual exercise. It is a necessary act of love that allows you to refill, restore your energy, and extend patience outward more effectively.

Reflective Prompt:

Where am I being too hard on myself, and how can I offer grace instead?

Prayer:

Jesus, help me offer myself the same patience and grace I give to others. Remind me that I am loved, forgiven, and equipped to keep going. Amen.

Day 15: God Finishes What He Starts

Scripture:

"He who calls you is faithful; He will surely do it."

— 1 Thessalonians 5:24

Patience grows because God is faithful, not because you are strong. You don't have to force your patience, manufacture calm, or push yourself to the breaking point. God is the One who completes the work He begins in you. Your role is simply to stay close, to remain surrendered, and to trust Him with both your heart and your journey.

Even when progress feels slow, when setbacks happen, or when exhaustion tempts you to quit, God's faithfulness does not waver. He is constantly shaping, growing, and completing the work of patience in your heart, often in ways you cannot yet see.

Remember that patience is not a finish line you cross alone. It is a lifelong partnership with God. Every surrendered moment, every pause before frustration, every act of grace toward your child or yourself is part of the work He is completing in you. You may not see the final masterpiece yet, but His promise is true: He finishes what He starts.

Reflective Prompt:

Where do I need to trust God's faithfulness more than my own effort?

Prayer:

Lord, thank You for finishing what You start in me. Help me remain close, faithful, and surrendered, knowing You are growing patience in ways I cannot manufacture myself. Amen.

the **be** **MIGHTY** *in* **Prayer** *Method*



A prayer framework created to give you
control when you have nothing else to do,
but need to do something.

Be Mighty in Prayer

Prayer doesn't have a secret formula. God hears even the prayers you can't put into words. Sometimes, prayer is all you can do, and in those moments, it gives you strength, hope, and courage to keep going.

This is where Be Mighty Mom meets prayer. You don't have to have it all together. You don't need perfect words. You just need to show up.

Here's how to Be Mighty in Prayer:

B: Be Honest with God

Name what you feel. Fear, frustration, exhaustion. it's okay. God can handle it. Like David in the Psalms, pour out your honest emotions. (Psalm 62:8)

E: Entrust Your Burdens to Him

Give what you can't carry to the Lord. (1 Peter 5:7, "Cast all your anxiety on Him")

M: Make Your Request

Ask for what you need. Courage, patience, wisdom, or strength. Ask boldly for what you need. (Philippians 4:6)

I: Invite God In. Immerse Yourself in His Presence

Pause to notice His presence. Even a quiet breath or a sense that you're not alone matters. Pause and rest in God's nearness. (Psalm 46:10)

G: Give Thanks

Even for small things. Gratitude shifts your heart and reminds you God is at work, even in tiny ways. Gratitude shifts your focus. (1 Thessalonians 5:18)

H: Hold On in Faith

Trust that showing up in prayer matters, even when it feels like nothing is changing. Stay persistent, even when you don't see answers yet. (Luke 18:1)

T: Take Faithful Action

Prayer often leads to movement. Listen for guidance, take one small step, or just show up for your child with what you have. Let prayer move your feet. (James 2:17)

Y: Yield to His Will

Surrender control and trust His plan. (Luke 22:42)

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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