

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

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



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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



Grow your **faith**.
Refresh your **spirit**.
Find peace in **prayer**.

As a mom raising an autistic child with medical complexities and a rare disease, I know how life can feel overwhelming and how easy it is to put yourself last. I wanted to create a space prayer is simple, joyful, and part of your everyday life.

The Be Mighty in Christ Academy is a monthly subscription designed to help moms connect with God through guided prayer and devotion.

Here's what you'll get as a member:

- **Monthly Devotional** – meaningful reflections for daily inspiration.
- **Prayer Guide** – prayers to guide you through the week with strength and courage.
- **Subscriber-Only Podcast Episode** – a monthly message or teaching for encouragement and growth.
- **Monthly Pre-Recorded Prayer Circle** – join in prayer anytime that fits your schedule.
- **& more on the way!**

Everything is sent straight to your email. No need to download new apps. It's simplified for your life so you can get refreshed and closer to God.

All of this for **just \$27 a month**. Your personal space to connect with God, no matter how busy life gets.

Join today and start your journey of faith restoration.

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