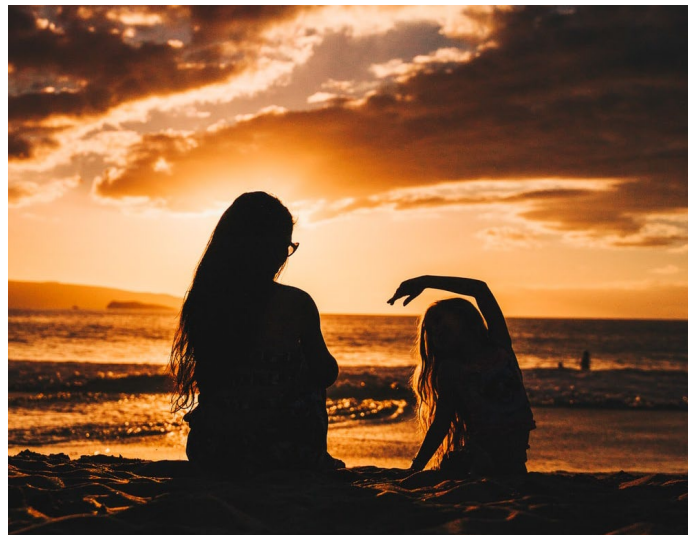


# 10 Myths of Motherhood



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**WD!**

# 10 Myths of Motherhood

## Myth

1. Your kids' self-esteem is everything
2. It gets easier as kids get older
3. Asking for help is a sign of weakness
4. If you mess up, you'll mess up your kids
5. Mom always knows best
6. You can't have bad days
7. You need quiet time for a quiet-time
8. Let the church teach your kids
9. Give kids plenty of choices
10. Counting to 3 gives kids time to obey

## Truth

Your kids' Christ-esteem is everything  
It gets harder as kids get hardened  
Asking for help is a sign of wisdom  
If you mess up, you'll bless up your kids  
Mom knows best if she leads herself best  
There's joy in every age & stage  
Experience God throughout your day  
Create teachable moments everywhere  
Lead kids to choose with fewer options  
Counting to 3 teaches kids to disobey

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# 10 Myths of Motherhood

## **Myth #1: Your kids' self-esteem is everything**

Self-esteem is so very important. Every child needs an overall sense of personal value and self-worth. Positive world views start with positive self views. But the problem with self-esteem is that the person you're valuing is you. Kids take cues from you, Mom, in learning where to draw their self-worth. If you're all about you, or if you let kids think it's all about them, their esteem will crumble when their world, friends, and sometimes you disappoint.

## **Truth #1: Your kids' Christ-esteem is everything**

There's a better way because there's a better who – Christ. Kids with Christ-esteem have true worth because Christ's character is worthy. Building your kids' Christ-esteem starts with you and who you are in Him. Then kids can know who they are in Christ, not who their feelings, society, or friends say they are. Christ-esteem is also rooted in truth spoken with grace, a combo that draws kids into a life of constant renewal, not conforming decay (John 1:14, Rom 12:2).

**Question:** Are you building just your kids' self-esteem OR also their Christ-esteem?

## **Myth #2: It gets easier as kids get older**

“If I can just get past potty training, then things will get easier.” Buuuuut, then comes training wheels, training bras, and drivers training. Always another crisis. Another distraction. Thankfully, kids learn to wipe their bottom, tie shoes, and buckle seat belts, but they also learn to debate, defend, and dispute. The physical is exchanged with far more important spiritual and emotional needs. Don't pray for your ease; prepare for their eternity. For then you don't just live through it. You'll live above it.

## **Truth #2: It gets harder as kids get hardened**

Being a mom doesn't have to be a whoopin', but it gets harder as kids harden. Start when their hearts are like wet cement – moldable and fluid. Yes, kids' questions and problems get tougher, but your daily investments – listening, asking, caring, teaching, encouraging, and disciplining – will form a bonding agent that even the worst influences can't penetrate when kids get set.

**Question:** Are you praying for ease OR preparing kids for eternity by molding their hearts?

## **Myth #3: Asking for help is a sign of weakness**

Supermom syndrome. It's a deal. Do it all. Give kids every advantage. Transport them to endless practices and performances, despite knowing they'll never turn pro. And even if other moms seem to have it all together, they don't, and you know that too. Chances are, those moms also need help, yet lack the courage to ask. Don't act the part. Don't wonder. Focus on what matters, but by all means ask for help. You're not only not being weak; you're blessing someone who wants to help.

**Truth #3: Asking for help is a sign of wisdom**

You don't have to be Supermom to be a super mom. Being super, though, isn't doing everything yourself. Ask for help from your husband, friends, and kids. Then clarify, set realistic expectations, and delegate. Find balance. Don't assume your hubby and others are mind readers or world-class plate spinners. Be a true servant-leader who asks for help – a sign of true wisdom.

**Question:** Are you trying to do it all OR do you allow others to be part of the solution?

**Myth #4: If you mess up, you'll mess up your kids**

“If I mess up, who knows what my kids will say about me one day in counseling?” If that's ever you, as gently as I can say this: STOP IT! Your kids' psyche, like their bones, are way more pliable and mendable than yours. Their bad choices don't mean you're a bad mom. They're just imperfect, like you. Don't live with regret; live with resolve. And know that how you overcome mistakes can help your kids stay on the path to faithfulness, because they'll see how to overcome their own mess ups.

**Truth #4: If you fess up, you'll bless up your kids**

“I'm sorry. I was wrong. I'll do better. Will you forgive me?” Hmm. Fessing up. What a concept. Don't let your parenting goal be perfection; make it purification – removing contaminants so that your kids can be spiritually clean. You're coming clean so that they can be clean. For by truly fessing up, you're truly blessing up your kids. You're modeling how imperfect sinners connect with a perfect Savior who cleanses them from all unrighteousness (1 John 1:9).

**Question:** When you mess up, do you kick yourself OR use it to bless your kids?

**Myth #5: Mom always knows best**

Moms wear so many hats – doctor, psychiatrist, nutritionist, educator, and more. Everyone assumes you know what to do because that's what you do – care for everybody's everything. The problem is that you can't know everything. You can't wear every hat. So don't bear that burden. Instead, turn your questions over to God, who actually does know best. Cast your cares on Him (Ps 55:22, 1 Pet 5:7). Rest in Him (2 Cor 4:16). And don't lean on your own understanding (Prov 3:5-6).

**Truth #5: Mom knows best if she leads herself best**

Knowing best requires you to lead yourself best. And leading yourself starts with knowing and aligning with God. Knowledge is key, but knowledge itself puffs up (1 Cor 8:1). Instead, seek applied knowledge – aka wisdom – which God gives to those who obey Him (Prov 2:6-7). Then again, kids follow those they love and respect. Therefore, the best way to get your kids to follow wisely is to love and respect wisely . . . and nobody can do that quite like a mom.

**Question:** Do you always know best OR do you always learn & align best?

### **Myth #6: You can't have bad days**

When Momma ain't happy, ain't nobody happy. Still, moms feel the need to always be on because everyone is counting on you. While no child should have to live the rollercoaster of a moody mom, cut yourself some slack. Don't hold on too tightly to today no matter how good or bad it may be. Instead, remember Ecclesiastes 3:1 – there's a time and a season for everything, even in the bad days when you need to choose joy because you ain't happy.

#### **Truth #6: There's joy in every age & stage**

Motherhood isn't always fun. There's sleep deprivation, projectile vomiting, teenage drama, and more. But do you wait for the good times before having a good time? Please don't. Kids grow up too fast. You blink and they're grown. Rejoice even when you aren't enjoying today. If you'll choose joy, you'll always find it. You may have to look really hard, but it's there, as long as you let go of past failures and embrace today's age & stage.

**Question:** Do you find joy in just the good days OR in every age & stage?

### **Myth #7: You need quiet time for a quiet-time**

With all the challenges and demands of being a mom, how do you find time for God? Do you wait for quiet time to have a quiet time? Sadly, quiet rarely happens. Suns rise and suns set, but quiet isn't in your forecast. You can learn tips and tools, but time with God starts with knowing that quietness is more about your spirit than it is about silence. For when God speaks in your spirit, it's like nothing else exists . . . time stands still and a noisy world becomes mute.

#### **Truth #7: Experience God throughout your day**

Listening is a key to experiencing God. Don't wait for things to slow down before you listen up. Create margin with disciplines like: Sunrise time (set your alarm early), Lights-out time (just God and you; no TV), Shower time (worship music and Scriptures), and Color time (Bible journal while kids are coloring). These disciplines work, though, only if you listen with discipline throughout your day no matter how loud it gets.

**Question:** Do you need silence to have a quiet time OR do you listen with discipline?

### **Myth #8: Let the church teach your kids**

We were blessed with a church that partnered with us in raising godly kids. But we've seen a sad trend – parents expect a church to do a parent's job. After Sunday School, many parents ask their kids, "What Bible verse and song did you learn today?" . . . and they want to be impressed. But in parenting seminars, Anna says: "What if Sunday School teachers asked your kids, 'What Bible verse and song did you learn at home this week?'" If Anna asked your child, would she be impressed? Church partners are great, but the #1 place for kids to learn about Jesus is at home. And that's your job.

### **Truth #8: Create teachable moments everywhere**

My kids were blessed that Anna is the opposite of spiritually passive – a master of teachable moments. Despite normally being a dutiful follower, Anna transforms into a proactive conveyer of God’s love with kids through flowers and rain and fingers and butterflies and food . . . anything they understand. What teachable moments do you create from everyday life?

**Question:** Do you let a church teach your kids OR do you help them find God everywhere?

### **Myth #9: Give kids plenty of choices**

We often treat kids as if choices are a right, instead of a privilege. We think we’re being kind by giving kids open-ended options, teaching them independence, and hoping they’ll choose well. But we’re doing the opposite – we’re feeding their discontentment. And a discontented heart is a bottomless pit. We need to train kids to be like the Apostle Paul – content, but never satisfied with themselves.

### **Truth #9: Lead kids to choose with fewer options**

When it comes to giving kids options, less is more. Seal off the pit of discontentment by giving them tools for joy. For example, give choices when they’re thankful and obedient. Lay out options when they ask respectfully. Either-or choices give them comfort and clarity, but open-ended questions confuse and overwhelm. Leading kids with fewer, proper options shows them how to rejoice in hope, trials, and the Lord (Rom 12:12, Jam 1:2, Phil 4:4).

**Question:** Are you giving kids too many confusing choices OR fewer options that bring joy?

### **Myth #10: Counting to 3 gives kids time to obey**

Another myth is that kids need time and space to come in line and not hurt their feelings. It sounds good, but it doesn’t prepare kids for everyday living or for eternal life. What teacher or boss counts to three or gives you three chances? Instead, clarify the benefits of obeying and the consequences of not. Don’t say it if you don’t mean it, but if you say it, back it up. Then again, God never counts to three in the Bible because He says what He means and He means what He says . . . the first time.

### **Truth #10: Counting to 3 teaches kids to disobey**

It’s simple actually. Delayed obedience is disobedience. Still, there’s a reason parents count to three – it works. It coerces kids to act when they hear the “th” of three. But coerced obedience also isn’t obedience. Obedience is about alignment, not compliance. If your kids copied your example, would they obey immediately with a graceful heart? Or would they wait begrudgingly until the last possible minute as if God was saying the “th” of three?

**Question:** Are you coercing & hoping for compliance OR leading your kids to truly obey?

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## Discussion Guide

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2. Are you praying for ease OR preparing kids for eternity by molding their hearts?
3. Are you trying to do it all OR do you allow others to be part of the solution?
4. When you mess up, do you kick yourself OR use it to bless your kids?
5. Do you know always best OR do you always learn & align best?
6. Do you find joy in just the good days OR in every age & stage?
7. Do you need silence to have a quiet time OR do you listen with discipline?
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9. Are you giving kids too many confusing choices OR fewer options that bring joy?
10. Are you coercing & hoping for compliance OR leading your kids to truly obey?

## About Tim



I'm a simple man with a simple focus: faith and family. My story is one of simple obedience.

I was living my dreams as CFO/part-owner of an award-winning national restaurant chain until I sensed a restlessness I couldn't explain. As a 49-year-old, God called me to serve Him as my church's Executive/Admin Pastor. Out of board rooms; into prayer rooms.

Eight years later, God led me to exchange my pastoral role for a volunteer strategist role at my church and share success principles learned at home and work. Again, God turned simple obedience into a new world of blessings. Also, I serve as CFO of Rental One, a company that exists to serve others with excellence. Back into board rooms (without leaving prayer rooms).

My purpose and passion didn't change; just the outlet. I'm still driven to help my family and others want what they need to be faithful. I'm not pushing my purpose on you; I want to help you lead *your family* to faithfully fulfill your own.

My family leadership was featured in *Stories of True Financial Freedom: God's Impact in Real Lives* by Crown Financial Ministries (Bridge-Logos, 2006). And my work leadership was featured in *Your Signature Work: Creating Excellence and Influencing Others* by Dianna Booher (Tyndale House, 2004). My legacy, though, is helping people hear, "Well done!" from God and family.

## Next Steps

Learn more by subscribing to my free blog at [www.timalba.com](http://www.timalba.com). You'll receive ongoing inspirational content to put your family on the path to faithfulness. Topics include parenting, home/career leadership, character, faith, and family. You'll also find other free resources such as *10 Fallacies of Fatherhood* and *7 Key Questions Your Kids Wish You Had Answered Sooner*.

Also, at [www.WellDoneMomAndDad.com](http://www.WellDoneMomAndDad.com), you can order the book upon which these 10 myths are based – ***Well Done, Mom & Dad!: A Practical Guide to Turn Good Intentions into Godly Legacies*** (release date: August 17, 2021) – as well as download a **free companion Workbook** to apply this book's legacy-making lessons.

