



Grace *for* *Motherhood*



The Myth vs Reality

Stay in Shape

Bye Bye Shape

Myth



Reality



The Myth vs Reality

Sleep Through Quietly

Cry Out Loudly

Myth



Reality



The Myth vs Reality

I love piano!

I'm forced to...





Myth



Reality



The Myth of Motherhood

-  The 'Natural Instinct' Myth
-  The 'Self-Sacrificing' Mom
-  The 'Fulfilled' Mom
-  The 'Super' Mom



Key struggles reported by Malaysian mothers

Personal Factors and Work-Life Conflict:

A Study of a Malaysian Statutory Body - November 2016

 **80–90% of working mothers in the Klang Valley report high conflict between career and domestic responsibilities.**



Key struggles reported by Malaysian mothers

Personal Factors and Work-Life Conflict:

A Study of a Malaysian Statutory Body - November 2016



Stay-at-home mothers face challenges regarding their mental health, lack of breaks, and high pressure to be perfect caregivers, often managing 24/7 with limited support.



Key struggles reported by Malaysian mothers

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Single mothers often face severe financial constraints and struggles with food security.



Key struggles reported by Malaysian mothers

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 Nearly 42.5% of parents, with **mothers** being particularly vulnerable, face mental health challenges, with roughly 1 in 5 experiencing perinatal issues.



Key struggles reported by Malaysian mothers

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Mothers with children born overseas face legal battles to secure Malaysian citizenship for their children.



Key struggles reported by Malaysian mothers

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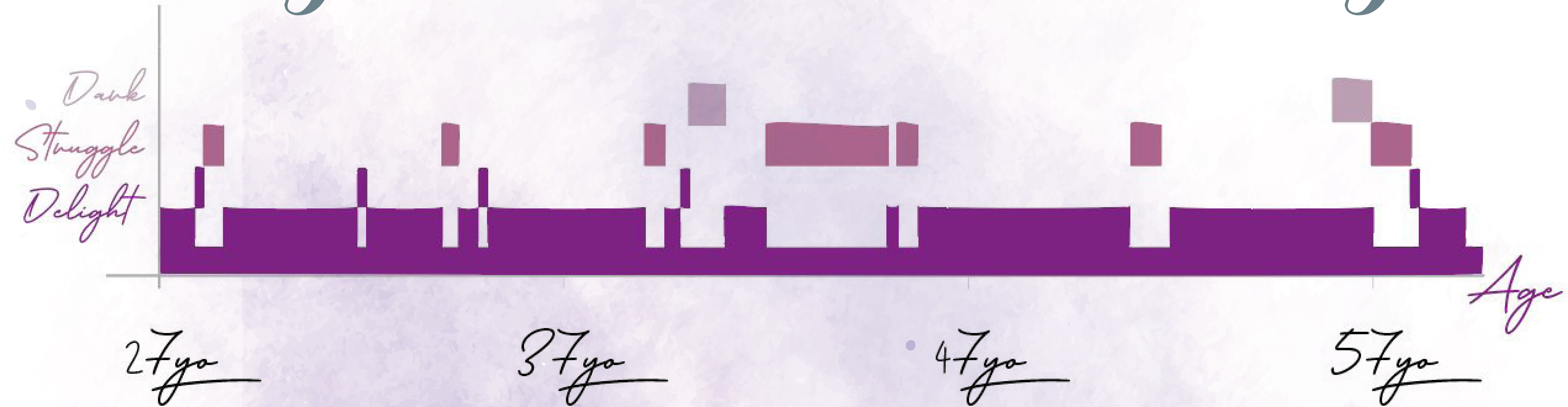
Some mothers face long-term battles regarding child custody and rights, especially in cases involving religious conversion.



*Motherhood
comes with many
afflictions*



My Motherhood Journey



The Word of the Lord

But he said to me, “**My grace is sufficient for you, for my power is made perfect in weakness.**” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

2 Corinthians 12:9 (ESV)



Grace



GREEK - **Charis** (favor, kindness)



HEBREW - **Chesed** (חֶסֶד): loyal love, lovingkindness, or unwavering covenant faithfulness.

Khen (חֵן): unmerited favor or charm, emphasizing the delight God takes in extending help to the undeserving.

Chanan (חָנַן): to bend or stoop in kindness to one who is lower, indicating a divine intervention to lift someone up.

Perfect



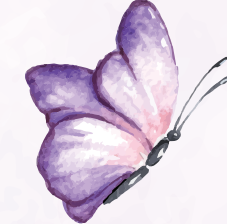
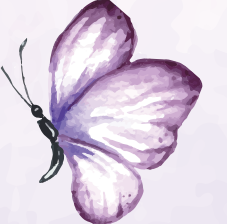



GREEK - τελειται (*teleitai*),
*root word - τελέω (*teleō*)*

*brought to completion, fully accomplished,
fully expressed, reaching its intended goal*



Paul

-  Revelations and divine encounters
-  Thorn in the flesh that tormented
-  Prayed 3 times for it to be removed
-  Jesus responded and said, “My grace...”
-  Paul redirected to boast in his infirmities, allowing the power of Christ to rest in him

2 Corinthians 12:1-10



Learning from Paul

God's solution to earthly suffering is not to take away the trials to make earth a paradise. His answer to suffering is to give us more of Himself and His all-sufficient grace so that we have enough to endure the trials.



Old Testament verses that most parallel 2 Corinthians 12:9

Isaiah 40:29-31 “**He gives** power to the faint and increases the strength of the weak... but those who **wait/hope** in the Lord will **renew** their strength.”



The Exchange of Strength

“..those who **wait/hope** in the Lord will **renew** their strength.”

Wait/Hope (*Qavah* - הָוָה):
to bind together by twisting

Renew (*Chalaph* - חָלַף):
exchanging our finite weakness
for His infinite power



How to make *Qavah* happen?

His Presence

In my distress I called upon the Lord;
to my God I cried for help.
From his temple he heard my voice,
and my cry to him reached his ears.

Psalm 18:6



The Lord is near to
the brokenhearted
and saves the crushed
in spirit.

Psalm 34:18



How to make *Qavah* happen?

His Word

My soul melts away
for sorrow;
strengthen me according
to your word!

Psalm 119:28



Your words were found,
and I ate them,
and your words became to me a joy
and the delight of my heart

Jeremiah 15:16



How to make *Qavah* happen?

His Spirit

But you, beloved, building
yourselves up in your most holy
faith and praying in the Holy Spirit

Jude 20

...and uphold me by
Your generous Spirit

Psalm 51:12



*God answers the mess of life
with one word:*

Grace.

- Max Lucado

