

## 10 Bible verses for overwhelming parenting days

Parenting is no easy feat. With it, comes challenging days of toddler meltdowns in the grocery store, trying to keep everything in order when your children get sick, or the kids arguing when you're struggling to get them to school on time.

In the middle of the chaos, it's important to take a moment to breathe, and know you are not alone and that God is with you. He is always present on the good and bad days to guide you through the trials and tribulations of parenthood.

Here are some verses for reflection on overwhelming parenting days:

### **Philippians 4:6-7 (NIV)**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

### **John 14:27 (NIV)**

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

### **Matthew 6:33-34 (NIV)**

*But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

### **Proverbs 3: 5-6 (NIV)**

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

### **Isaiah 26:4 (NIV)**

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*Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal.*

**Psalm 46:1-3 (NIV)**

*God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.*

**Isaiah 41:10 (NIV)**

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

**James 1:2-4 (NIV)**

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

**1 Corinthians 16:13 (NIV)**

*Be on your guard; stand firm in the faith; be courageous; be strong.*

**Psalm 55:22 (NIV)**

*Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.*

So when times get hard and you get stressed thinking about all the possible things that could go wrong, dive into Scripture, pray for strength and take things one day at a time. Know that you are a good parent, everything will be OK and you will get through the hard times stronger than ever before with the Lord by your side.

**Do Good:**

- [Pick a Scripture study to follow](#) this week and read one part each day for the next four days. On the fifth day, send it to someone you think would also benefit from it.
- See how you can get involved in the Fight for Good at [westernusa.salvationarmy.org](http://westernusa.salvationarmy.org).
- Did you know The Salvation Army served more than 23 million Americans last year fighting hunger, homelessness, substance abuse and more—all in a fight for good? Where can you help? [Take our quiz](#) to find your cause and learn how you can join in today.