

10 Bible Verses for The Exhausted Mom

1. God will give you rest

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28-30)

2. God will supply your needs

“And my God will supply every need of yours according to his riches in glory in Christ Jesus.” (Philippians 4:19)

3. Everyone gets tired

“Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” (Isaiah 40:30–31)

4. God will carry you

“He will feed his flock like a shepherd. He will carry the lambs in his arms, holding them close to his heart. He will gently lead the mother sheep with their young.” (Isaiah 40:11)

5. Love covers all

“Keep your love for one another at full strength, because love covers a multitude of sins.” (1 Peter 4:8)

6. Do good

“And as for you, brothers and sisters, never tire of doing what is good.” (2 Thessalonians 3:13)

7. God sees you

“God is not unjust; He will not forget your work and the love you have shown Him as you have helped His people and continue to help them.” (Hebrews 6:10)

8. God hears you

“When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken.” (Psalm 34:17-20)

9. God is your rest

“Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken.” (Psalm 62:5–6)

10. God is your power and strength

“You, God, are awesome in your sanctuary; the God of Israel gives power and strength to his people. Praise be to God!” (Psalm 68:35)