

Day 18

How to Find Motivation for Homemaking

Today I'm writing about **how to find motivation for homemaking** when you feel discouraged or overwhelmed. Homemaking is about more than just keeping house, but often it's the keeping house part of homemaking that feels like the hardest.

There are three things that motivate me to keep up with homemaking. The first is my love for my family, and wanting them to live in a neat and tidy environment. Secondly, I want my family to remember our home as a cozy and warm space and if we have guests over I like the house nice for them. And finally, because I believe God has called me to the ministry of homemaking. So the question I hope to answer today is how to find motivation for homemaking – especially when you feel overwhelmed.



I remember years ago when my oldest children were still really little and I would wake up in the morning to a crying baby and a messy house and I felt discouraged before I even crawled out of bed.

Maybe you feel the same way. Maybe you feel:

- discouraged because life isn't how you imagined it would be
- like you just don't know how to begin cleaning up the mess
- paralyzed by all the things you think you should be doing

I've been a mom for 27 years. And over the last 27 years, there have been many very hard years. I've struggled with abuse, depression, discouragement, shame, guilt, and my self-image just to name a few. And honestly, I still battle with negative thoughts and discouragement from time to time.

1. Ask God for help.

If you are feeling overwhelmed and struggling to find motivation for homemaking, I want to encourage you to know that you are not alone. You have a Savior who loves you very much and He understands exactly where you are at. He sees you.

And you know what? His grace and mercy is there for the taking. All we need to do is draw near to Him.

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.” Hebrews 4:16

So, right now, I want you to close your eyes for just a moment and whisper these words:

Lord, have mercy on my weary soul. Wash me in Your blood. Cleanse me with Your grace. Give me strength for this moment.

I can't tell you that everything will get better right now. But I can share a few life changing ideas that might lead you in the right direction. The problem with facing an overwhelming mess – whether it be a cluttered, dirty house or unhappy children or a difficult marriage – is that there is no magic easy button. Fixing a problem requires work.

2. Get to Work.

If you are struggling to find the motivation to get the basics of homemaking done, I've found that the first step is to actually start. When you are looking at an overwhelming mess, nothing is going to change unless you get on your feet and pick something up.

Pick up one thing. Put it away.
Pick up another thing. Put it away.
Pick up another thing. Put it away.
It's not easy.
It's hard work.

It can be unpleasant.

It can take every ounce of willpower you possess to get it done. But you can do it.

Motivation cannot come from someone else. It has to come from inside you. Ask God to give it to you. His mercy and grace are there for you in your time of need. All you need to do is ask.

But what about when you feel depressed and really don't know where to start?

Maybe you're thinking, yeah, prayer is great and all but I don't feel any different. I'm still discouraged. I'm still sad. I'm still overwhelmed and don't know where to start.

Start in your kitchen.

Clean it up really well. Make the stove and sink shine. Mop the floors. I give you permission to throw away all the stuff that is cluttering your life and your kitchen.

Buy paper plates. You can get a huge pack of them at Dollar General for less than \$5.00. Use them for the next few days until you can get things in order. I use paper plates all the time when I'm busy.

Don't have time to clean the kitchen but still want to feed your family? Use paper plates. It's okay. Really. Your kids will love you anyway.

Get the whole kitchen clean. Go to bed tonight with a clean sink, an empty dishwasher, and counters that are wiped down.

Tomorrow morning, as you set your feet on the floor first thing in the morning, pray. Ask God to give you His mercy and grace. Every time you feel discouraged, pray right then. Ask God to change your negative thoughts to thoughts of peace and joy.

Get up. Feed your family. If you get nothing else done today, go to bed with a clean kitchen.

Repeat.

Repeat.

Repeat.

When you feel like the habit of a clean kitchen is taking hold and you're leaning on the mercy of God, tackle a new project.

Clean your bathroom. Make it sparkle. Make it smell good. Reward yourself with a hot bath, lit candles, and smell good lotion afterward. Put your stuff away. Go to bed with a clean kitchen and a clean bathroom.

If you have very young children you need more grace than ever. Give yourself grace in this moment, in this season. Though the days are long, the years are short. You will not always have young children. Babies grow up. Children turn into adults. It happens much faster than you can imagine!

3. Be Thankful.

It's so easy to fall into a pit of despair. I know this from experience. But a thankful heart can't dwell on the negative. It's impossible!

When you're feeling overwhelmed, you can find motivation for homemaking by reminding yourself of the many blessings you have.

"Give thanks to the Lord, for he is good, for his steadfast love endures forever." Psalm 136:1

I remember reading Ann Voskamp's book, *One Thousand Gifts* several years ago and how profound it was.

It's important when we are feeling overwhelmed and unmotivated to remind ourselves how very blessed we are.

Being thankful when your children are crying and the sink is full of dirty dishes and the laundry is piled high isn't easy. It requires a change in perspective. We have to look past the immediate and see the whole picture.

- See your children.
- Look at your husband.
- Take note of the food in your cupboard.
- Listen to the birds singing.
- Feel the sunshine on your face

I hope you are encouraged today and feel more motivated to do the work that needs to be done. How do you find motivation for homemaking?

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that we MAY RECEIVE MERCY AND FIND GRACE to HELP in TIME of NEED."*
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