

Sabbath for New Moms

By Ruth Hanley



Life for a new mom involves constantly putting her needs on hold in order to respond to her newborn baby's needs. Taking a sabbath rest to tend to her own basic needs can seem impossible, but this activity will encourage the new mom to find time to renew her strength and stamina in order to care for baby with a refreshed spirit.

For

Adult

Season

Spring

Needed

Bible, Self-Care Plan for New Moms worksheet (see last page), pen



 by [footloosie](https://www.footloosie.com/)

Prepare in Advance

- Decide if you will do this activity alone or with another new mom.
- Make a copy of Self-Care Plan for New Moms worksheet (see last page) for each person.

Activity Plan

1. Read aloud 1 Corinthians 12:14-26 from your Bible or the text at the end of this activity. Spend a moment to reflect on verses 25-26. To what extent have you felt honored lately as a member of the body of Christ? When you stop and take notice, which part of your own body or spirit has been suffering lately?
2. Read and reflect on the following devotion:

While you are busy mothering in the first year, it is too easy to form a habit of putting your own basic self-care on hold in order to respond to your infant's constant needs. Responding to your child's needs is right and important, but when and how do you care for your own basic needs as well? Some things can't wait a whole year! Daily showers, a visit to the doctor, clothes that fit comfortably, and relationships with supportive friends and family members are all important in your self-care. It is important to honor your own basic health and wellness, so that you can embrace the important work to which God has called you—the joyful, tiring work of mothering an infant.

3. Fill out the Self-Care Plan for New Moms worksheet, which will help you choose ways to care for yourself that are most relevant and important for you right now. Then, strategize how to make your choices a reality now and a routine for the future. Remember that your basic self-care isn't selfish. Caring for yourself is a way of remembering that you and your infant are both children of God. God loves and cherishes each of you.
4. Finish with prayer:

God, you have created me in your image and granted me this one body, which has brought forth light and hope into this world. Help me to remember that I am your child and to tend to my self-care needs at this time. Grant me the time and strength to take better care of myself, so that I can take good care of my child and do your work in this world by tending your light with love. In Jesus' name. Amen.



1 Corinthians 12:14-26

¹⁴ For the body does not consist of one member but of many. ¹⁵ If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. ¹⁶ And if the ear should say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. ¹⁷ If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell? ¹⁸ But as it is, God arranged the members in the body, each one of them, as he chose. ¹⁹ If all were a single member, where would the body be? ²⁰ As it is, there are many parts, yet one body.

²¹ The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you." ²² On the contrary, the parts of the body that seem to be weaker are indispensable, ²³ and on those parts of the body that we think less honorable we bestow the greater honor, and our unpresentable parts are treated with greater modesty, ²⁴ which our more presentable parts do not require. But God has so composed the body, giving greater honor to the part that lacked it, ²⁵ that there may be no division in the body, but that the members may have the same care for one another. ²⁶ If one member suffers, all suffer together; if one member is honored, all rejoice together.



Self-Care Plan for New Moms

God, you have created me in your image and granted me this one body, which has brought forth light and hope into this world. Help me to remember that I am your child and to tend to my self-care needs at this time. Grant me the time and strength to take better care of myself, so that I can take good care of my child and do your work in this world by tending your light with love. In Jesus' name. Amen.

In the list below, check off the five things you would like to be able to do immediately or in the near future. (There are no wrong answers.)

- Find a babysitter, fellow mom, or family member to watch my baby so I can get some sleep.
- Go to the doctor or dentist for a checkup.
- Wear my prescribed equipment (for example, wrist brace, shoe orthotics, glasses, contacts) for support and health.
- Make sure I take my prescribed medication or see my doctor to re-evaluate my medication.
- Make sure I lift and support my baby in an ergonomic way.
- Make sure my baby bag isn't too heavy or hard to carry.
- Find a therapist or post-partum support group.
- Do some kind of exercise or movement: walk, yoga, work out with a video, a sport I love, dance.
- Brush and floss my teeth regularly.
- Take a shower regularly.
- Take a long, soaking bath _____ times a week.
- Get a massage.
- Spend time alone with my partner.
- Dress up and go out with friends.
- Eat three healthy meals and snacks each day.
- Drink at least one glass of water with each meal and snack.
- Get a pedicure or manicure.
- Put on makeup in the morning.
- Wear clothes that fit my body and feel comfortable.
- Get a haircut.
- Other: _____

One thing I will do to care for myself TODAY is:

One thing I want to do more regularly to care for myself is:

What are some ways I can make this happen?

My plan for finding time for this activity is:

