**Finding Rest**
So many days were filled with mundane and monotonous tasks that seemingly had no end. No one saw or cared about these things it seemed. Who would know if I cleaned up all the toys again or did the fifth load of laundry or decided to leave dishes in the sink? I was so tired and weary and needed to know if there was even purpose in all of this.

Parenting is a thankless job...and all the more so right now! Add school teacher to every parents already overloaded job description and it exponentially blows up! Encouragement, peace, rest and hope can be just what is needed but how is it found?

Turn to any other place but scripture to try to grasp these things and it quickly becomes elusive. But turn to Lamentations 3 verses 21-27 and read the promises you can trust to get you through the days,

21Yet this I call to mind
    and therefore I have hope:

22Because of the Lord’s great love we are not consumed,
    for his compassions never fail.
23They are new every morning;
    great is your faithfulness.
24I say to myself, “The Lord is my portion;
    therefore I will wait for him.”

25The Lord is good to those whose hope is in him,
    to the one who seeks him;
26it is good to wait quietly
    for the salvation of the Lord.
27It is good for a man to bear the yoke
    while he is young.

Turn to those who has raised children and they will without pause give a young parent listening ears. They know how hard it is because they have walked the road. In those days, I would seek out older (and trusted) people that had raised children and listen to their stories. As I sat with them, one common theme kept exposing itself. They couldn't remember the hard parts. Yes laundry and dishes got done but it wasn't about that for them. It was the memories of their children going through childhood that brought memories back. They would smile, laugh and even the hard parts they would dismiss as "oh, yeah, sure there were loads and loads of laundry...".

Today, know that your purpose is secure in loving, providing, protecting and teaching your children. And find great comfort and true rest, like I did, in this passage from Psalm 62:5-8, and

5Yes, my soul, find rest in God;
    my hope comes from him.
6Truly he is my rock and my salvation;
    he is my fortress, I will not be shaken.
7My salvation and my honor depend on God[[c](https://houstonsfirst.us2.list-manage.com/track/click?u=64a39fd61396677936ecaaf36&id=82c2646239&e=c96041ca1e)];
    he is my mighty rock, my refuge.
8Trust in him at all times, you people;
    pour out your hearts to him,
    for God is our refuge.

If we have not met, I want you to know that I walked into this church 26 years ago with a 5 year old daughter and a 2 month old son in tow. This church embraced me but bigger than that the gospel and what God did in my life changed this ordinary girl forever! And I know He will do the same for you! He will! Enjoy church, the SPF ministry and this SPF newsletter. Allow yourself to get excited about what God has in store for you and your children.

Don't give up!
**Holly Crain, Single Parent Pastor**
Holly.Crain@HoustonsFirst.org
713-957-7674