



## Mom Seeks God: Practicing Grace in the Chaos

*Julia Roller*

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The first months and years of motherhood can be the most challenging and disorienting of your life—and faith. When you're surrounded by the happy chaos of children, how do you spend quiet time with God if the only quiet time you get is while you sleep? How can you demonstrate a solid spiritual life to your children if you don't have time to pursue one yourself?

When Julia Roller discovered that her spiritual growth had been stunted by the busyness of life with her toddler, she embarked on a yearlong journey through ten spiritual disciplines: prayer, fellowship, submission, study, simplicity, silence, worship, fasting, service, and celebration. As she focused on each discipline, she discovered practical ways to observe them—even in the chaos of her every day.

*Mom Seeks God* offers a highly relatable story and useful advice to help new moms grow in their faith as they address life changes with grace, patience, and prayer. As readers discover ten essential faith practices, they'll learn that motherhood, itself, is a spiritual discipline, and may be God's most effective technique for forming a more Christ-like life.



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