Cravings
desiring God in the midst of motherhood

Every mama could use a helper in their day. Mama Helpers from Cravings are meant to encourage you to include God, others, self, your home, and FUN! into your day.

Print, trim, and incorporate them into your everyday.

With Joy, Carey

#Mamahelpers

- God
- Others
- Self
- Home
- Fun

M

- Read Jonah 2:1-2
- Give a FB shout out.
- Ask for help.
- Clean out your cookbooks.
- Look at old pictures.

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T

- Read Jonah 2:3
- Snuggle.
- SMILE!
- Clean out the condiments.
- Give a surprise.

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W

- Read Jonah 2:4
- Play hide n seek.
- Put flowers on your shopping list.
- Clean the "stuff" off the fridge doors.
- Play with glow sticks.

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Th

- Read Jonah 2:5-6
- Be encouraging.
- Enjoy a treat.
- Wipe down the top of the fridge.
- Take a moonlight walk.

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F

- Read Jonah 2:7
- Write a love note.
- Put on your favorite lotion .
- Wipe down the counters.
- Get a slurpie.

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Weekend

- Read Jonah 2:8-10
- Sit on the floor and play.
- Listen to oldies.
- Do something you skipped
- Plan a date.

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