

have two teenage children, Taylor and Kaitlyn, who are active in their schools and community. When asked what makes Becky a "Supermom," she humbly laughs and states, "I don't know if I really can be called that. I feel like I am barely keeping my head above water at times. With so many responsibilities to keep up with, I make it through with (the strength of) my faith in Christ." Becky has a hectic schedule, and in order to keep what is important in perspective for her children, she sets a daily prayer time with them. "At the end of the day, we always come together and talk about things we need to pray about. My children and I pray together, and we pray for their father who we trust is in God's hands."

As "Supermoms," we need to pray without ceasing. Christ himself demonstrated this when he was in the Garden of Gethsemane. He knew He was getting ready to face a battle, and He didn't give up. He prayed. We can follow Christ's example and pray for our spouse, our children, and ourselves anytime of the day, any place we may be. God wants us to have a constant spirit of prayer and be in constant fellowship with Him. By doing this,

we are choosing to have a direct link to the power that makes us superhuman.

**E = Exercise your body.**

Alright...alright...alright. We've all heard how important it is to exercise, but seriously, how many of us tend to put this behind everything else, and only do it when we have "time" which we really never get? 1 Corinthians 6:19-20 asks us, "Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?" By realizing that our bodies are not ours, it puts a whole new perspective on how we should treat it. As a Supermom, we must be strong and have the stamina to keep up with the demands of our lives. God created our bodies. He designed them in His own image. How much more "super" could that be? It is up to us, however, to take care of them and keep them in shape; since our physical bodies are just flesh and bone, they can die and whither away. Supermoms may not have hours to spend exercising everyday, but we need to make exercise a part of our daily lives as something we do with our families and for our

families. Even doing activities such as playing with your young child at the park instead of just watching them play, walking around the field while your son practices football, push-mowing a portion of your yard, or doing arm reps with the gallons of milk in the fridge help to get your heart rate up and trigger those endorphins for a great burst of energy to attack the battles at hand. Getting exercise into your daily routine helps build the temple of the Spirit and keeps the lair strong and unshakeable against the attacks of the Enemy.

**R = Rest and Retreat**

Ahhh! Not only do we need to exercise our bodies, we need to rest them as well. Christ is our strength, and physically, our human bodies need rest to be strong and powerful. Jesus comforts us in Matthew 11:27-29 by saying, "Come to Me, all you who labor and are heavy laden, and I will give you rest." Rest. This is a beautiful four-letter word that most moms lose sight of once they have given birth, never to regain again. On the contrary, God wants us rest. At the end of the day, find your resting place. Snuggle on the couch with

your spouse, read books with your children, sit down with a good book yourself, or just quietly spend time with God. Soak in His goodness and allow him to refill your tank to take on the heroic feats the next day will bring.

**S = Spend a definite time with God.**

**U = Urge each other on toward Godliness.**

**P = Pray continuously.**

**E = Exercise your body.**

**R = Rest and retreat.**

These are the firm foundations of a Supermom. By following God's plan for our lives, relying on Him, and drawing from his super power we will be able to fight off the wards of the Evil One and rescue our family from a life of meaningless chaos. We may not be able to leap over tall buildings in a single bound, but with Christ's help, we can defend against evil, maintain focus on doing good, and bring our family's personal world to a peace that is beyond understanding. I can... because I am SUPERMOM!

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