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II Samuel 21:10-12 (TLB) – ¹⁰ Then Rizpah, the mother of two of the men, spread sackcloth upon a rock and stayed there through the entire harvest season to prevent the vultures from tearing at their bodies during the day and the wild animals from eating them at night. ¹¹ When David learned what she had done, ¹² he arranged for the men's bones to be buried in the grave of Saul's father, Kish.

<u>Psalm 61:1-2 (NKJV)</u> - ¹ Hear my cry, O God; Attend to my prayer. ² From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock [refuge, sure foundation] that is higher than I.

There are four realities for a Christian mother.

- 1. You stay when other's leave.
- 2. Your heart will inevitably be overwhelmed at some point, as your children struggle and experience pain.
- 3. Though you are a rock for your family, you are not "the rock." Know your limitations and that only God can be an "ever present help in times of trouble."
- 4. For this reason, know that the greatest way you can ease the pain is to lead your family to the rock, refuge and sure foundation that is "higher than I."