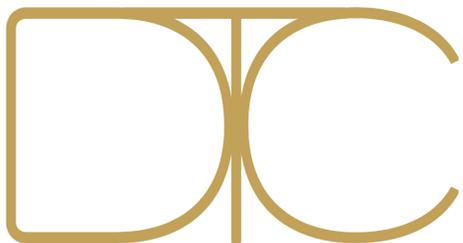


Making God a Priority

A GUIDE TO PEACE FOR BUSY CATHOLIC MOMS



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COACHING

Hello!

It's my deepest honor to share with you my quick-start guide to effectively prioritizing God, the source of peace, first in your life. I've tailor-made it with love for today's busy Catholic moms.

I have great news for you! It is absolutely possible for you to continue your crazy-busy life, while effortlessly keeping God as your highest priority.

Can you imagine having plenty of time to connect to the Source of All Things Wonderful every day because of the way you've organized your life?

Tending to your marriage, children, home and work obligations are important vocations. However, you don't have to handle it all alone. When taking the steps necessary to put – and keep – God first in your life, everything else falls into balance and stays that way.

Prioritizing God makes life work. And, when you do this, you'll find that a sense of peace and ease will arise throughout everything.

If you had the time and energy to take care of yourself, your family and your life's other many aspirations with a sense of purpose, clarity, and peace all while deepening your faith, what would that do for your life? Would this be a dream come true?

If so, you're in the right place!

To get you started on this path to peace, I've compiled six of my best tips – tips that changed my own life in amazing ways. I still use and follow these tips every day and I am so pleased to share them with you now.

SEEK FIRST HIS KINGDOM AND HIS RIGHTEOUSNESS, AND ALL THESE THINGS SHALL BE YOURS AS WELL. - MATTHEW 6:33

One: Choose Your "Why"

I found the best place to begin is to answer the revealing question: "Why do I want to make God a priority in my life?" The answer is all yours to decide, because that's what free will is all about. Your answer holds the key to starting and sustaining this extremely worthy endeavor!

This is the most important step you'll take in developing a strong relationship with God. Your answer to this question is what will carry you through when challenges arise or other priorities pop up. Think on this first and all the other steps will be easy to follow.

Have you been thinking about wanting this for yourself for a while? What has your prayer life looked like recently and what do you want it to look like?

Write these all down. Then write down what it will feel like when you have achieved this goal of prioritizing God first.

How will you show up differently as a mother?

What will it feel like to act from a strengthened relationship with Christ and having followed His direction?

Choose and hold on to WHY you want to put God first in your life. Is your why big enough, strong enough or powerful enough to keep you moving forward in your spiritual journey? If not, adjust, rewrite or dive deeper until the real why is discovered.

For me, I was feeling crushed by life and falling short of the wife, mom, daughter and friend I yearned to be. I was attempting to control everything, please everyone and feel good about myself. I knew I needed to relinquish control and let the Controller of the Universe be in the driver's seat. Putting God first has proven to be the Way!

FOR I AM THE LORD, YOUR GOD, WHO TAKES HOLD OF YOUR RIGHT HAND AND SAYS TO YOU, DO NOT FEAR; I WILL HELP YOU. – ISAIAH 41:13

Two: Take Courage

If you experience some fear when contemplating what you will need to change to prioritize your prayer life, believe it or not, you're doing it right! Feeling fear is normal, but fear also kept me stuck living small and missing out on the close relationship with God I wanted to have. Simply wishing to make a change to prioritize God didn't move the needle closer to having courage. Instead, I discovered that my feelings of doubt and uncertainty were holding me back.

Oftentimes, when we keep ourselves from moving toward what we truly want, it's all because we are avoiding a negative feeling or emotion, resisting the uncomfortableness of change or reacting to our current list of life's responsibilities.

For me, the negative emotion that I wanted to avoid was fear. Fear told me:

- My relationship with God is not that important.
- There will be time for God after I finish this and that.
- God understands.
- I have too much to do.
- Setting boundaries will be hard and my family/work/friends won't understand.

The next time your mind chooses fear, pause and wonder what your life would be like if you choose courage instead.

Courage will give you what you need to take action and make God the first priority in your life.

When we feel unsettled, apprehensive, anxious, overwhelmed and, yes, fearful, you should treat these feelings as little "God nudges" moving you closer to Him, because that's exactly what your soul is craving. So, I ask you to honor your soul's signals and to have the courage to move forward. God is waiting.

Three: Commitment

Until now, you may have been loving God in your heart, but failing to find space to love Him in your daily schedule. That's what I did as a busy mom. What keeps you from making God the highest priority in your life? For me, the answer was commitment. Commitment was also the answer to showing up, following through and creating the result I sought, NO MATTER WHAT. I needed to be 100% committed to reach my goal and make the time for prayer every day.

No matter how many times I tried and failed, stopped and started, or forgot and then remembered, commitment (or lack of it) was at the core of these decisions.

Hearing God's will for your life, having a sense of peace with any circumstance in life that arises, and having a strong intimate relationship with the Controller of ALL things are just a few benefits I received when putting God first.

If you choose all the earthly tasks or live up to society's expectations by filling your time with unimportant things, not eternal things, you will be disappointed.

The fact is: You can't out-pray a busy life. What I've learned is that, by putting God first, I could have peace within my busy life.

Begin by setting aside a manageable length of time to pray. I used to see prayer as another item on an already packed to-do list. Committing to a "doable" amount of time for prayer each day not only has me enjoying my time with God, but looking forward to this special time with just God and me.

Yes, even with kids, a husband, a house to run and a job to go to, I found a time, place and prayer practice that works for me. And I pray, regularly. Why do I honor my commitment? Because it's the only way I've found the clarity of purpose and peace beyond all understanding that I was craving in my life.

COMMIT AND DON'T QUIT!

IN ALL YOUR WAYS ACKNOWLEDGE HIM AND HE WILL MAKE STRAIGHT YOUR PATHS. – PROVERBS 3:5

Four: Carve Out the Time

Every busy mom who struggles with putting God first thinks she doesn't have time to prioritize her prayer life.

Is it true? Do you not have enough time?

To determine if this is true, create a time journal to find out how you are actually spending your time. Take your calendar and write down what exactly you spend your time on. Either browse over a past week or start today to keep track during the course of the next few days.

Don't forget to include how much time you spend on social media/Facebook, watching Netflix or doing to-do list items that take you away from what matters most. After that is complete, spend a few moments reviewing your calendar/journal.

Is there room to carve out space each day for what matters most – time with our Creator?

Is it possible to delegate household tasks so that you can have the time you need to take care of yourself?

What are your current expectations of yourself and can you let some go to make sure you are making God a priority?

I found that dedicating some quiet time in the morning is the best way for me to start each day. When I have my daily dose of prayer and quiet reflection, everything else in my life falls into place. I'm handling more, because I filled my soul with what it craves – God.

Five: Connect

Daily prayer is at the heart of prioritizing God. Move beyond putting God first in theory and do it in practice – right in the center of your everyday messiness.

Explore all the ways you can pray to God. Options are vast and methods are personal. Going to Mass or adoration, reading the gospels, saying a rosary from an app (my favorite is Holy Rosary Audio), quietly contemplating Jesus' journey while doing tasks like washing dishes, doing laundry or going for a walk can all be ways to make that connection with God.

Reciting scripture or doing daily devotionals are also forms of prayer. A heartfelt conversation, where you're both speaking from your heart and listening to the replies, is prayer and can happen at any time of day, from any place. (I use my time in the school pick-up line for prayer, too!)

When you take care of your relationship with Christ first and fill yourself with His divine wisdom, you're able to care for others from a place of abundance, rather than scarcity or depletion. This makes a HUGE difference in how busy moms show up for their family. Work out a plan to get the prayer time you need (especially on the days you think there isn't enough time). In fact, talk to your family about finding ways to make this happen. When they start seeing you transform from super busy to beautifully peaceful, they'll make the time for you!

Catholic moms struggle with the guilt that any time alone, even with God, is indulgent. Is it truly indulgent to give your mind, heart and spirit what they need to be content, whole and able to sustain a busy mom's pace?

The answer is NO! Denying yourself time alone with God would be like denying yourself food, water or sleep, and busy moms know how awful that feels.

Faithfulness to prayer allows us to guarantee, in a concrete, effective way, the primacy of God. Our prayer life is a direct measure of how well we are placing God first in our lives.

YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR MIND. THIS IS THE GREAT AND FIRST COMMANDMENT. – MATTHEW 22:37-38

Six: Conversion

Beautiful benefits become apparent when you carry out a daily plan of prioritizing God first in your life.

You become closer to God, expand and soften your heart, grow in the love of others, shine light on your purpose and calling in life, and find a peace that surpasses all understanding.

It seems backward to pause, prioritize and make room for prayer when there are so many things that are pulling for our time and attention.

What we can know as true, however, is that when you place God at the center of your life, everything else falls into its right place. That bears repeating. It is the very act of dedicating time every single day to pray to God and deepen your relationship with Him, that brings you all your desires for your life.



In Conclusion...

So, there they are – my six tips for prioritizing God first, while still managing your busy life as a Catholic mom.

I've been where you are now. I spent many years going through the motions of attending Mass but not much more in spiritual practice. I kept achieving more accolades in life, yet never felt satisfied and had only fleeting bouts of peace during an ever-increasing busy life. Those bouts gave me a taste of what was possible, and I wanted more.

I understand all the struggles that Catholic moms face: feeling overwhelmed with so much to do, the responsibilities of motherhood, the need for support, the doubt in my abilities to pray (yes, we do doubt our prayer life), the pressures for perfection and the almost constant sense of a lack of time.

As I hit a particularly overwhelming time of life, which included moving and caring for my older parents, working a part-time job, renovating our home and juggling the lives and activities of my three children, I became sick with influenza and bronchitis, which had me bedridden for 14 days!

God used the Holy Spirit, however, to place clarity in my heart so I could reprioritize my life. I recognized that my sickness was a gift that forced me to “Be still and know God.” That’s why and when I enacted the six steps I laid out for you today. I now live the most blessed and peaceful life because of it.

Since I reprioritized my life and put God first, I have been able to listen and follow His will for my life. I believe this included hiring a life coach to help take actions toward living out my deepest desires and then creating a life that God meant for me to live.

This has proven to be one of the best decisions and investments I've ever made in my life! It made such a deep impact, I became a certified life coach myself. I felt called to share what I've learned with you, my fellow Catholic moms.

So, What Now?

If you're feeling something missing from your life, if you have struggles and you're not even sure why, if you have a life that "looks perfect" but something feels off – I know that feeling. The main thing I changed to get to "blessed and peaceful" was putting God first.

Because you're a mother, a faith-driven one, you already have the heart and soul to make all the changes you desire at this point in life. I can help you apply these amazing qualities to any struggle you experience that keeps you from feeling God's peace.

I offer a free introductory coaching call to see if life coaching is right for you. You'll get coached on your immediate struggle, learn more about how you can work with me and get answers to questions you may have. For access to this free call, [CLICK HERE](#) to schedule now or visit daniellethienel.com.

I can't wait to meet you!

