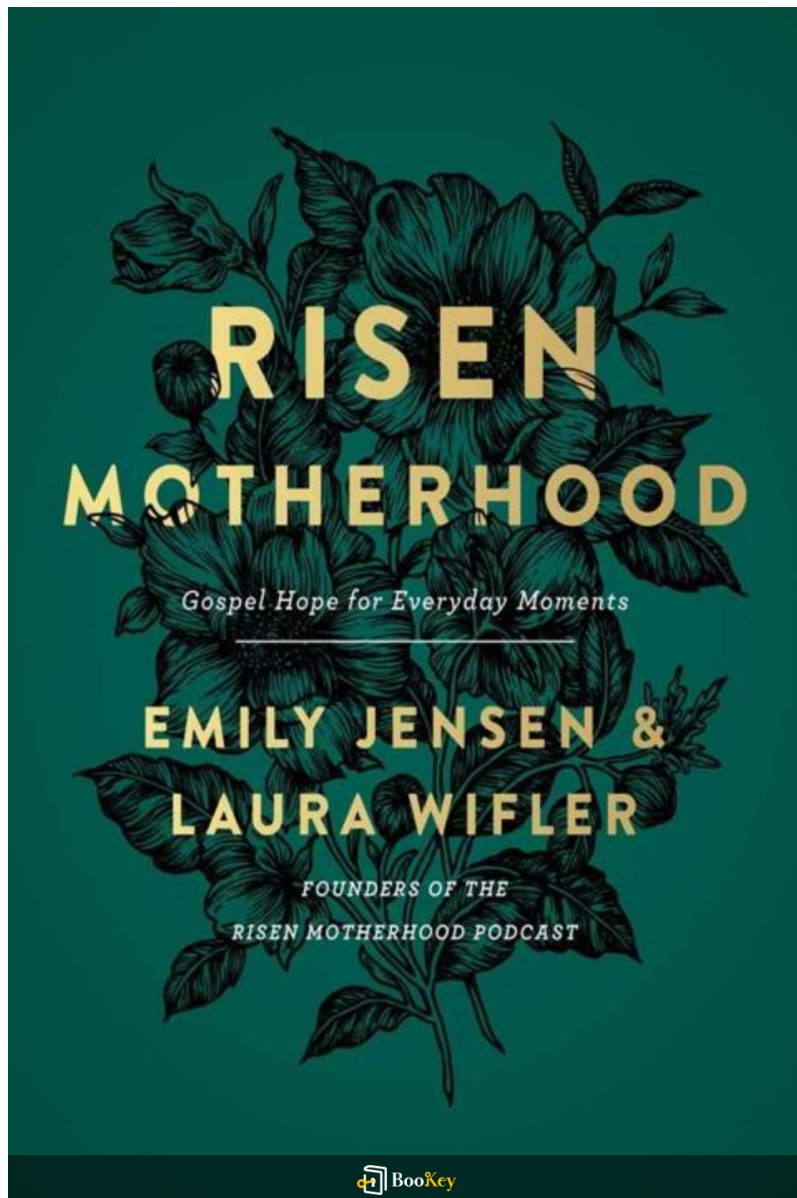


Risen Motherhood PDF

Emily A. Jensen



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About the book

Book Recommendation: "Risen Motherhood" by Emily A. Jensen

In today's world, where motherhood is frequently idealized and sometimes scrutinized, *Risen Motherhood* shines as a beacon of hope and grace.

Author Emily A. Jensen presents a unique viewpoint on parenting, firmly rooted in gospel teachings.

This insightful book delves into how the life-changing significance of Jesus's death and resurrection can influence every facet of motherhood, embracing both hectic moments and everyday routines.

Through a blend of personal stories, scriptural insights, and actionable guidance, Jensen reassures mothers of their struggles while empowering them with the enduring hope and strength that come from faith in Christ.

Explore *Risen Motherhood* to uncover a transformative guide that finds beauty and meaning even in the chaos of parenting.

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About the author

Profile: Emily A. Jensen

Occupation: Author, Speaker, Co-Founder of Risen Motherhood

Background: Emily A. Jensen is a recognized figure in the realm of faith-based parenting. Alongside her sister-in-law, Laura Wifler, she co-founded the thriving ministry platform Risen Motherhood. Emily holds a degree in communications and possesses a profound commitment to theology.

Mission: With a focus on empowering mothers, Emily dedicates her career to providing Gospel-centered hope and wisdom to those navigating the complexities of parenting. Her aim is to encourage mothers to find strength and guidance amidst daily challenges.

Contributions:

- Writings: Emily's written work integrates personal anecdotes with scriptural insights, making her message relatable and grounded in faith.
- Podcast: Through engaging podcast episodes, she shares valuable lessons and perspectives on spiritual journeys.
- Speaking Engagements: Emily's speaking engagements foster an environment of understanding and support for mothers seeking to parent

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with intention and faith.

Impact: Her thoughtful approach has garnered a wide audience, establishing her as a trusted voice and impactful leader in the faith-based parenting community.

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Risen Motherhood Summary

Written by Listenbrief

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Risen Motherhood Summary Chapter List

1. Understanding the Gospel and Its Impact on Motherhood
2. Embracing God's Design in Our Daily Lives
3. Navigating Challenges and Finding Strength through Faith
4. Building Community and Support in the Motherhood Journey
5. Living Out the Gospel in Our Parenting Practices

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1. Understanding the Gospel and Its Impact on Motherhood

In "Risen Motherhood," Emily A. Jensen focuses on understanding the Gospel and its profound impact on the journey of motherhood. The Gospel is the core of the Christian faith, detailing the life, death, and resurrection of Jesus Christ, which brings hope and purpose not just to individuals but to families and communities. Jensen posits that recognizing and embracing the Gospel is crucial for mothers as they navigate the often challenging and exhausting roles they play.

One of the foundational aspects of the Gospel is the concept of grace, which Jensen highlights as pivotal when approaching motherhood. The journey into motherhood is filled with unforeseen circumstances, doubts, and struggles, making it evident that mothers are not perfect, nor do they need to be. The understanding that their worth is not derived from their ability to parent flawlessly, but instead from the grace offered through Christ, can be liberating. For example, when a mother feels overwhelmed by the demands of raising young children or falls short of her own expectations, the Gospel reassures her that she is still loved and accepted by God regardless of her perceived shortcomings.

Moreover, Jensen discusses how the Gospel empowers mothers to find strength in their vulnerabilities. By reflecting on her own experiences, she

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illustrates that challenges such as postpartum depression, feelings of isolation, or the weight of societal expectations can lead to feelings of inadequacy. However, through the Gospel message, mothers can find encouragement and the ability to lean on God's strength in their weakest moments. In practice, this might look like turning to prayer, seeking scripture for strength, or finding comfort in the community of other believers who share similar experiences.

Jensen emphasizes the importance of embracing God's design in daily life as a means to experience the transformative power of the Gospel. This includes recognizing the sacredness of motherhood as a calling that involves both mundane tasks and profound responsibilities. For instance, the daily routines of feeding, cleaning, and comforting children are not just chores but reflections of Christ's nurturing care for humanity. By viewing their work through this lens, mothers can infuse their everyday activities with purpose and intentionality, making the mundane sacred.

Additionally, Jensen talks about the importance of navigating challenges with a Gospel-centered perspective. She provides practical examples of how mothers can invite God into their struggles—whether through church community support, scripture memorization, or devotional practices that center their hearts on God. Each encounter with difficulty can serve as an opportunity to learn more about God's character, deepening a mother's faith

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and resilience.

Community support also plays a vital role in the motherhood journey, which Jensen underscores as a significant aspect of living out the Gospel. Women are encouraged to build networks of relationships within their church and local communities, providing mutual support, encouragement, and accountability. She advocates for the establishment of small groups or mom meet-ups where experiences can be shared openly, thereby fostering an environment where mothers can draw strength from one another.

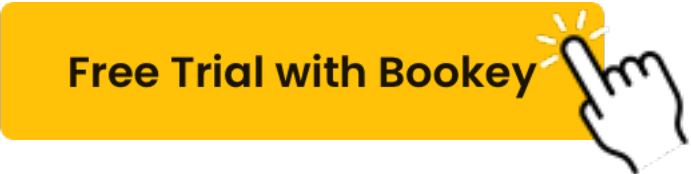
Lastly, "Risen Motherhood" urges mothers to live out the Gospel in their parenting practices. Jensen highlights the importance of teaching children about God's love and truth, incorporating biblical principles into the fabric of family life. This may involve family devotionals, prayer time, or discussing moral lessons from a faith-based perspective. The idea is that as mothers embody the Gospel in their own lives, they naturally impart these values to their children, equipping the next generation to navigate their own complexities with faith and hope.

In conclusion, Jensen's writing reflects a deeply rooted understanding of how the Gospel shapes every aspect of motherhood. By embracing the truths of scripture, seeking community, and living a life reflective of Christ's love, mothers can approach their roles with renewed purpose and strength. The

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journey through motherhood becomes not just a series of tasks but a vibrant calling that echoes the heart of the Gospel in everyday life.



2. Embracing God's Design in Our Daily Lives

In "Risen Motherhood," Emily A. Jensen invites mothers to embrace God's design in their daily lives, demonstrating how faith and motherhood intertwine in meaningful ways. This focus on embracing God's design is not merely theoretical; it is a practical guide for mothers navigating the complexities of raising children in a world often at odds with gospel values.

At the heart of embracing God's design is the acknowledgment that motherhood is a divine calling. Jensen emphasizes that recognizing motherhood as a high calling can shift the perspective from viewing daily responsibilities as burdensome to seeing them as opportunities for worship. For instance, the mundane routines of laundry, meal preparation, and bedtime stories are transformed when approached with the mindset that these tasks serve a higher purpose. Each act of caregiving becomes a reflection of God's love and grace, allowing mothers to find deep satisfaction in their roles.

Furthermore, embracing God's design involves understanding our identity rooted in Christ. Jensen discusses the importance of mothers having a robust personal relationship with God, as it fundamentally shapes their ability to mother effectively. When mothers are anchored in their faith, they can better model grace, patience, and love to their children. For example, a mother struggling with feelings of inadequacy might find strength and confidence in

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scripture, reminding herself of God's promises. As she embodies these truths, her children witness the power of faith in action, reinforcing their own understanding of God's love.

Moreover, the book addresses the importance of intentionality in mothering. Jensen encourages mothers to reflect on how they can align their daily actions with God's purpose. This could mean establishing family traditions rooted in Christian teachings or actively choosing to incorporate prayer and scripture into everyday life. For instance, a simple practice of starting the day with a family prayer or reading a Bible story at bedtime can instill spiritual values and create a rhythm that emphasizes faith.

The book also delves into the concept of finding joy in God's design through community. Jensen highlights that motherhood does not have to be a solitary endeavor. Embracing God's design includes engaging with a community of fellow believers who can offer support, encouragement, and accountability. For instance, joining a mom's group at church can provide a safe space for mothers to discuss challenges, share experiences, and pray for one another. This communal aspect helps mothers feel less isolated and fortifies their commitment to embrace their roles as an integral part of God's plan.

As Jensen articulates, embracing God's design is also about recognizing the influence of the cultural narrative on motherhood and actively countering it

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with truth from scripture. Many mothers today face pressure from societal standards that often glorify perfectionism and individualism. Jensen reminds readers that God's design for motherhood is not about achieving an unattainable ideal but about reflecting His grace and love in the unique ways each mother fulfills her role. This understanding can liberate mothers from the burdens of comparison and allow them to celebrate their distinctive gifts.

Ultimately, embracing God's design means understanding that motherhood is not just about what one does but about who one is becoming through the process. Jensen beautifully connects these themes, encouraging mothers to lean into their faith, engage with their communities, and understand their God-given identity as they walk the journey of parenthood. The result is a rich tapestry of experiences woven together by the grace of God, allowing mothers to thrive and fully embrace their divine calling.

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3. Navigating Challenges and Finding Strength through Faith

Motherhood is a beautiful yet demanding journey filled with various challenges that can often feel overwhelming. In "Risen Motherhood," Emily A. Jensen emphasizes the importance of relying on one's faith to navigate these difficulties, highlighting that Christ-centered faith is not only a source of strength but also a guide through the intricate maze of motherhood.

One of the core challenges mothers face is the constant juggling act of daily responsibilities and personal needs. Balancing chores, work commitments, family activities, and self-care can leave mothers feeling fatigued and stretched thin. For instance, a mother might find herself overwhelmed by the responsibilities of managing her child's schooling, attending to household chores, and fulfilling her work obligations, all while yearning for a moment of solitude or rest. Jensen points out that in these moments, turning to scripture and prayer can provide the necessary emotional and spiritual support. For example, Philippians 4:6-7 encourages believers to present their worries to God, promising peace that surpasses all understanding. This mindful approach reminds mothers to seek solace and reassurance from their faith rather than solely relying on their limited strength.

Moreover, Jensen addresses the reality of uncertainty that often accompanies parenting. Mothers may grapple with fears about their children's future,

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health, and moral upbringing, which can lead to anxiety. By trusting in God's plan, as illustrated in Jeremiah 29:11, mothers are reminded that God has a purpose for their families, which can help alleviate the burdens of worry. This perspective allows mothers to shift their focus from the uncertainty of tomorrow to the opportunities of today, empowering them to engage fully in the present while maintaining a hopeful outlook for the future.

Additionally, Jensen highlights that personal challenges such as postpartum depression, anxiety, or feelings of inadequacy can significantly affect a mother's ability to thrive. These struggles can lead many mothers to question their worth and capabilities. Jensen encourages mothers to lean on their faith during these trying times, emphasizing that Christ understands their pain and offers unconditional love and support. For instance, a mother experiencing postpartum depression might find comfort in the truth that she is never alone in her struggles. By seeking community and support from both church and family, mothers can find the reassurance they need to feel validated in their experiences, allowing them to heal and regain their strength in Christ.

The journey of motherhood also often includes comparisons to others, leading to feelings of jealousy and self-doubt. Jensen challenges mothers to focus on their unique paths, reminding them that God has created each of

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them with individual gifts and callings that play a role in nurturing their children. She encourages mothers to celebrate their own progress and to reflect on the ways God is at work in their lives, rather than succumbing to unrealistic expectations. This principle can be particularly impactful; for instance, a mother might find herself comparing her parenting style to a friend's seemingly perfect parenting posts on social media, which could foster feelings of inadequacy. By recognizing her journey as distinct and valuable, she can refocus her energies on being the best mother she can be, grounded in her faith rather than in comparison.

Ultimately, Jensen underscores the indispensable role of prayer and scripture in the daily lives of mothers. Incorporating faith into the daily rhythm of motherhood not only empowers mothers to face challenges with grace but also enriches their parenting journey. For example, short prayer moments during hectic times—like while driving the kids to school or cooking dinner—can offer mothers the spiritual recharge needed to approach their tasks with patience and love.

In conclusion, "Risen Motherhood" invites mothers to embrace faith as their strongest ally in overcoming the inevitable challenges of motherhood. By leaning into their faith, seeking support, and focusing on their unique journeys, mothers can find strength, purpose, and peace amidst the trials they face. Jensen's insights serve as a reminder that mothers are not meant to

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navigate this journey alone, and that their relationship with God can be a profound source of resilience and comfort.

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4. Building Community and Support in the Motherhood Journey

In "Risen Motherhood", Emily A. Jensen underscores the profound importance of community and support within the journey of motherhood. This chapter resonates with the foundational belief that no mother is an island; rather, the journey of raising children is best navigated in the context of supportive relationships and shared experiences. Building community is not merely a variant of social engagement but serves as crucial support, encouragement, and accountability for mothers as they pursue their calling in the distinct realm of motherhood.

Jensen articulates how the gospel invites mothers into a communal relationship that mirrors the divine love and support reflected through Christ. It emphasizes the idea that mothers are not just raising children in isolation but are part of a larger narrative—a community of faith that nurtures growth, provides comfort, and fosters resilience. By engaging in this communal experience, mothers can glean wisdom from the challenges and victories of others, reinforcing the message that none of them are alone in their struggles.

A key facet of building a supportive community highlighted by Jensen is the aspect of vulnerability. Mothers are encouraged to open up about their own experiences and challenges. Sharing their victories and failures creates an

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environment where others feel safe to do the same. For example, a mother struggling with postpartum depression may feel isolated and overwhelmed. By connecting with other mothers who have similar experiences—whether through church, playgroups, or social media—she finds relief in shared understanding and empathy. A small group of mothers can create a support circle, allowing each member to express their fears, receive encouragement, and celebrate milestones together. This fosters an authentic community where strengths and weaknesses are openly acknowledged.

Jensen also emphasizes the necessity of intentionality in cultivating these relationships. It is not enough to simply attend events or gatherings; real connections require effort and purpose. For instance, forming a regular coffee meet-up group or scheduling playdates can deepen relationships. These intentional gatherings provide a structured opportunity for mothers to discuss their parenting journeys, pray for one another, and share practical advice on everything from discipline to self-care.

Furthermore, the chapter discusses the role of local churches as pivotal spaces for building community. Churches often offer mothers groups, Bible studies, and family ministries as platforms to foster connections. These ministries can provide not only spiritual support but also practical resources like parenting workshops or mentors for younger mothers. As mothers engage with church communities, they are reminded of the gospel's promise

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of hope and renewal, encouraging them to reflect that same grace within their families and beyond.

A striking case shared in the book revolves around a mother named Sarah, who found herself in a particularly tough season after her third child was born. Feeling overwhelmed and critically fatigued, she reached out to her local church for support. Through the church's mothers group, she not only discovered other mothers enduring similar challenges, but she also benefited from structured mentoring by a more seasoned mother in the group. As they shared real stories and practical advice, Sarah began to feel a renewed sense of purpose and energy. The relationships she built in this community became crucial for her emotional and spiritual health, illuminating the positive impact of having a supportive network.

Ultimately, Jensen advocates for a motherhood journey where community is woven into the fabric of daily life. She reminds readers that sharing joys and struggles creates an authentic shared experience, fostering deep bonds that not only nurture individual mothers but also strengthen families and communities as a whole. In this way, the motherhood journey transcends mere survival; it becomes a rich tapestry interlaced with faith, encouragement, and collective wisdom, echoing the love of Christ in every mother's heart. This approach positions motherhood not just as a personal endeavor but as a communal venture, affirming that, together, mothers can

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navigate the trials and celebrate the victories of their unique journeys.

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5. Living Out the Gospel in Our Parenting Practices

Living out the gospel in our parenting practices is an endeavor that requires intentionality, reflection, and reliance on God's wisdom. Emily A. Jensen, in "Risen Motherhood," emphasizes that the gospel should be the lens through which we view our roles as mothers and the ways in which we cultivate a nurturing environment for our children. This section delves into the practical applications of the gospel in everyday parenting and how these practices can transform both our lives and those of our children.

At its core, living out the gospel means embodying the love, grace, and truth of Jesus in our actions and decisions as mothers. This begins with understanding that parenting is not just about managing behavior or fulfilling duties—it's about relationships. When we approach parenting through the gospel, we realize that we are raising children not merely to conform to societal norms, but to develop a character rooted in Christ's teachings. This might manifest in how we respond to our children's mistakes. Rather than focusing solely on discipline, we can guide them toward understanding grace, forgiveness, and the importance of repentance. For example, if a child misbehaves, instead of merely punishing them, we might sit down and talk through their actions, helping them see how their choices affect others, while also reminding them of God's grace in those moments.

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Another critical aspect of living out the gospel is the practice of prayer and dependence on God. Parenting often brings a multitude of challenges, from sleepless nights with a newborn to navigating the emotional landscape of a teenager. Jensen encourages mothers to pray not only for their children but also for themselves. Engaging in prayerful dependence can bring peace and clarity when decisions feel overwhelming. For instance, when faced with a challenging situation like bullying at school, a mother might seek divine guidance through prayer, not only for wisdom on how to address the issue but also for strength to model patience and unconditional love through the ordeal, reinforcing to her child that they are not alone and that God cares deeply about their struggles.

Moreover, implementing gospel-centered values in our home can involve establishing family traditions that foster a spirit of gratitude and worship. This could be as simple as setting aside time each week for family worship, where scriptures are read, and family members share what they are thankful for. Such practices not only teach children about the importance of faith but also create a space for them to reflect on God's goodness in their lives. By making these experiences regular, children learn the significance of community and gratitude, essential elements of living a gospel-centered life.

Additionally, Jensen discusses the importance of acknowledging our own

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imperfections as mothers and how this vulnerability can teach our children valuable lessons about humility and reliance on God. When we admit our struggles—be it with patience, organization, or understanding—children witness genuine faith in action. For example, if a mother feels overwhelmed and admits to her child that she is struggling but is seeking God’s help, it models an authentic faith that encourages children to be honest about their own challenges and to depend on God.

Living out the gospel also means fostering an environment of love and acceptance. In our parenting practices, this may look like creating a space where children feel supported and loved irrespective of their academic achievements or social skills. Highlighting the unconditional love that Christ has for us should reflect in our interactions with our children. When they feel secure in our love, they are more likely to flourish and boldly seek their identity in Christ. For instance, celebrating a child’s intrinsic worth, rather than just their accomplishments, can help them understand that their value is not determined by performance but by being a child of God.

Ultimately, Jensen emphasizes that integrating the gospel into parenting is a continual journey that invites grace. It necessitates a posture of learning and growing alongside our children, acknowledging that we don't have all the answers, but we trust in the one who does. The end goal is to cultivate a home reflective of Christ, where love, faith, and truth reign, equipping our

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children to navigate their own paths of faith and to live out the gospel themselves. The process of living out the gospel in our parenting practices is multifaceted and ongoing, but it has the profound potential to foster a rich inheritance of faith within our families.

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