



## **Working Moms: Do You Feel Guilty?**

by Coach Shay

- Since you have to work to support your family, how can you create a work/life balance so you can spend time with your children when you get off work?
- After working long hours, how do you show up for your kids?
- How do you make sure that your children are learning morals and values from you?

### Bonus Questions:

Take a moment and dream.

- What is your most desirable job?
- What would be your most desired hours to work on that job?
- What education do you need for that job?

### Reach UP to God:

If you are struggling about leaving your family to work, 2 Thessalonians 3:10 talks about work in a strong way, 'if you're not willing work, then you won't get to eat!' Talk to God about your feelings and ask Him to work out your schedule and take care of your children.