



A Mom's Survival Kit

In the wilderness, *food*, *shelter*, *fire* and *water* are essential. Well, nothing could be *wilder* than motherhood. To survive and thrive, stock up on the right supplies.

- ✓ *Food* for body, mind, and spirit—Faith, hope, and love nourishes the soul (1 Corinthians 13:13).
- ✓ *Shelter* from life's storms—Support from family and friends drives away doubts (Proverbs 17:17).
- ✓ *Fire* for the spirit—Prayers throughout the day kindle joy and contentment (1 Thessalonians 5:17).
- ✓ *Water* for your thirst—God satisfies every need through His word (Psalm 42:2).

With humor and humility, Trish Berg offers practical advice and inspired encouragement for overwhelmed moms. Discover the simple pleasure and privilege of motherhood.



Multnomah

Keeping Your Trust... One Book at a Time

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