



Mom Up: Thriving with Grace in the Chaos of Motherhood

Kara-Kae James, Jamie Ivey (Foreword)

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Every mom can identify with the feeling that they're in a race to the finish line every day, stumbling over everything in their path—including Legos and dirty laundry!

Kara-Kae James knows how overwhelming motherhood can be. As she writes, “When we come to the place where we think that we have failed—this is the moment when God’s Word and motherhood intersect.”

In *Mom Up*, James shares four themes that impact how she follows Jesus and parents her kids: intentional motherhood, genuine community, refreshing rest, and embracing chaos. With practical ideas for building relationships with other moms, grace-filled Scripture reminders, and a healthy dose of humor, *Mom Up* helps readers step out of survival mode and into the abundant life God has for them and their family.

Mom Up: Thriving with Grace in the Chaos of Motherhood Details

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From Reader Review Mom Up: Thriving with Grace in the Chaos of Motherhood for online ebook

Sarah Mundy says

Reading the first few words of Mom Up you are instantly transported into your favorite cozy spot with your best friend sharing a heart & soul journey of motherhood with you. Kara-Kae James shares the highs, lows, & the in-betweens of motherhood beautifully while weaving a tale of God's love & redemption through everyday life. This book is written for moms of all ages in all stages of life. It's not a passive read either: the end of each chapter contains topics for group discussion, individual study questions, & ideas for ways to take action allowing you to apply the book's themes in everyday life.

Mandy Maple says

I loved this book! I would be reading and think, me too. Or think, wow, someone else feels that way or did that too. It's a real eye opener as a mom to the things we think we are alone in. We are not alone and more people are like us than we realize! Love all the words Kara-Kae has to share and truths she speaks!

Analee Kluge says

This book is more than just a pep talk for weary moms. The author doesn't tell you to 'go wash your face' or that you can do it all. Spoiler alert: we can't! This book dives into God's Word and invites all moms, of all backgrounds and in all stages of mothering to stop just surviving motherhood and begin thriving IN it.

Jenischrawyer says

Amazing book. Full of scripture. Both challenging and encouraging. Perfect for group study or solo. Loved this book so much

Dee Ownbey says

Wow! I seriously love this book! If you loved Girl Wash Your Face or even if you hated it, I highly recommend this book. The inspiration and the inspiration with scriptures was amazing!!

Hayley says

If you're a mama, make this one of the first new books on your list this year! Seriously! It's soul warming,

raw, uplifting, encouraging and good to the very last word. In fact, I'd encourage you to gather some friends and read it together, answer the questions together and just build a better foundation of faith and openness between you all as you journey through motherhood together. Not only will you want to be best friends with Kara-Kae but you'll be encouraged to be the mom God calls you to be each and every day, through the good, bad and ugly. It's rare to find a book these days that lifts you up, calls you out and encourages you to rise and shine rather than rise and just survive. We live in a culture that says it's okay to live in survival mode but Kara-Kae takes it farther and encourages you to do better and Mom Up without any judgement but rather through solidarity and His word. You're not going to want to miss this!

Anna says

This is a book you want to both savour and gobble up in two days. It is about living out a calling as a Mom in the abundant life God has there, ready and waiting for us and how to get there. Kara-Kae is personal and real about her life, she shares her process of living in survival mode to living an abundant life in Christ. It is unlike any other "parenting" book I have read. The chapters are short, as she has written it for Moms, and, Moms don't have hours of free time to sit and read. I recommend this book to every mommy out there, it has been pure gold for this Momma.

Kelli Theaderman says

Love this book! This is going to be my new baby shower gift. Every Mom, Mama to be, and hopeful Mom NEEDS to read this book. Kara-Kae hit the nail on the head! There were times I thought she might have been a fly on the wall at my house.

Ruthie Hart says

I have been a mom for almost 5 1/2 years now and read my fair share of books about motherhood, most of them leaving me feel discouraged or ashamed for the way I have failed as a mom. But then I read Mom Up. Kara-Kae has a beautiful and hilarious style of writing that left me feeling encouraged, empowered, convicted, and expectant for what the Lord can and WILL do through me in my role as a mother. My favorite chapter was 6 because I struggle with my children becoming my identity and the thing I use to show the world my success. The Lord used her words to remind me that the children were never mine to begin with, they are His. My role is not to mold them into little "mes" but to teach them, point them, disciple them, and lead them back to Jesus. It was so refreshing to hear that God made my children exactly the way they are meant to be and I don't need to continuously look for ways to change their flaws. In 2019 I want to embrace the way God designed them and love them intentionally. Kara Kae doesn't just spew out scripture and leave it at that, she gives such practical ideas and tools on how we can live intentionally as children of God ourselves, so that love, peace, and truth can spill over into our mothering. This book is not just for new moms or moms of toddlers, this is for moms at all walks of life and I love that! I have already recommended it to so many women, knowing that it may be just the thing they need to jump into community, unpack the baggage that has prevented them from living in freedom, or to find joy when they are pouring from an empty cup. I am so thankful for this book!

Amber says

If you are in desperate need of a big cup of encouragement to help you go from surviving to thriving in motherhood, this book is for you. Mom Up will have you nodding your head in agreement as you read every word but what's wonderful is that Kara Kae doesn't leave you there in despair, through her words she reaches down into the hole that motherhood has left you in and she yanks you out ready to take on this beautiful gift God has given us. She so beautifully uses scripture and points you to God in ways that will fill your weary mama soul. When you get to the last page you will feel prepared and ready to thrive in the journey of motherhood.

Chantelle Fair says

Kara-Kae James is honest and refreshing in this gorgeous book, which teaches us to let go of mum guilt, to step into freedom with Jesus' help. We can Mum with grace and courage with God in our side. This book is the encouragement you need for any stage of your mum journey. Filled with biblical truths and a wonderful study guide this book is one I will go back to again and again to remind me of who I am and all that I can be when I choose to do the Mum job with God.

Brook James says

This is a great book for moms that are stuck in survival just trying to get through the day/years. While the book is obviously completely written to moms, I (as a dad) think there is a lot that dads can learn from this book that would really benefit your parenting and marriage if you let it spark honest conversations between partners. Definitely a recommend. Plus it's got short chapters that allow plenty of the stopping points that parents need!

Emily says

Kara Kae reaches out and offers Moms hope. This book is written for all moms no matter what season of life they are in. With personal stories and truth she navigates some of the hard stuff that comes with being a mom. I highly recommend this book. I have been buying for all my close mom friends. I was given an advanced copy of this book for my honest opinion.

Becca Iveson says

“Mom Up” is the perfect gospel-centered book for the new year! It is applicable to all stages of Motherhood and gives gospel hope to the worn out mom who is trying to do it all herself. Kara Kae directs our attention correctly to Christ to align our endeavors with His. “Mom Up” is not a motherhood “how to”, but a reminder of the calling we have to serve our God, our families, and others. It is perfect as an individual read or to go

through with a group- there are discussion questions at the end of each chapter!

Jenny Hartfelder says

I listened to Mom Up as an audio book. I was a bit skeptical about the title, but it was an encouraging and honest look at the very real challenges of motherhood and the grace of Christ that is greater than those challenges. (Lots of "me too" illustrations.) It's filled with Scripture pointing the reader back to Christ as the source of fulfillment and strength. However, she is definitely writing from the viewpoint of a mom blessed to be a wife with a loving, supportive husband. Some of the comments/assumptions made throughout the book might grate on moms who are struggling on their own or in a difficult marriage.
