



5 Powerful Promises

to Shift you from
CHAOS to CALM FAST



For Moms and Caregivers
of Children with Disabilities

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Hi there!

Welcome, friend!

I see you. You're carrying a lot—and you're not alone. This guide isn't just encouragement; it's your breath of fresh air. Inside are some amazing Bible promises to shift you from chaos to calm. You don't need 30 minutes and a highlighter—you need 30 seconds and some hope.

Real transformation starts with renewing your mind and trusting what God says is possible. Each promise includes encouragement - a truth to hold onto, a short activity to shift you into calm, and a prayer—so you can reset to peace again fast.

God sees you. He's not finished. And breakthrough is coming. Take a deep breath. Exhale. Let's do this together!

Xoxo,

Amy

Author of Bible Promises for Parents of Children with Special Needs





"The breakthrough comes when you believe God's promises more than your fear."

About Me

Hi friend! 🙌

I'm Amy Mason, fellow mama, author of over 13 devotional books, and co-founder of Rising Lights Project, a nonprofit helping young adults with disabilities thrive. For the past 8 years, I've walked alongside families like ours—because I've lived it too. The overwhelm, the fear, the exhaustion—I get it. For so long, I felt stuck in the day-to-day chaos and overwhelm. But one day, I decided to take God at his word and trust his promises more than my fear and something amazing happened. It broke the negative cycle and changed my mindset from chaos to calm. So let's lean into God's promises together. Your breakthrough is coming. Whatever you're going through - there's a promise for that!

Ephesians 3:20

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.

1

When you're afraid . . .

When fear creeps in, we imagine everything going wrong. But what if you imagined the best-case scenario instead? Neuroscience shows that hope-based thoughts calm the nervous system. God invites you to shift your mind from chaos to calm by trusting that He's not only with you—but working for you. He can do more than you dare dream, even in this situation. Your story isn't over. Begin imagining it ending in beauty.

Let's shift into calm . . .

Take 5 minutes today to visualize a breakthrough or answered prayer in vivid detail—what does peace look like? What is the best case scenario? Who's there? What are you doing? Feel it as if it's already real. What would it feel like in your body if all your dreams came true? Then ask God in faith that he can do infinitely more.

Pour your heart out to God . . .

God, I surrender my fear of what could go wrong and ask You to help me imagine what could go beautifully right. Help me trust that You are doing more than I can see and more than I can ask or imagine. I invite You into my hopes, and I release the pressure to control the future. You are faithful, and I choose to rest in that truth today. Amen.

Isaiah 40:29-31

He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who wait on the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

2

When you're overwhelmed and exhausted . . .

You're running on empty, and no one really sees all you're carrying. But God does. He doesn't expect you to push harder—He invites you to rest and let Him refill you. His promise isn't for perfect people with perfect plans. It's for the weary. Right now. When you wait on Him—just a breath, a pause—He meets you with strength that lifts you above the chaos.

Let's shift into calm . . .

Set a 3-minute timer, close your eyes, and simply breathe deeply while whispering “God, I receive Your strength” with each breath.

Pour your heart out to God . . .

God, I'm tired in every way—physically, emotionally, spiritually. I need You. Thank You for promising to renew me. I give You the weight I'm carrying and ask You to carry me. Teach me to pause and let You pour strength into my soul. Amen.

Psalm 34:18

The LORD is close to the brokenhearted; he rescues those whose spirits are crushed.

3

When you're feeling alone and misunderstood . . .

You can be surrounded by people and still feel so deeply alone. But the God who made you sees every unspoken ache, every hidden tear. He doesn't wait for you to pull yourself together—He draws close to you in the middle of the mess. He understands. You are not alone, even now. He's not distant—He's with you.

Let's shift into calm . . .

Text one safe person today and say: "I just need someone to remind me I'm not alone." If there's no one to text, try to find a Facebook group of other moms on your same journey (check out @RisingMoms) to remind you there are others who understand your journey, if you can't talk to them right now.

Pour your heart out to God . . .

Jesus, I feel invisible and so misunderstood. But You see me completely, and You still choose to draw near. Remind me that You are close, even here. Surround me with people who will speak life into the silence. Thank You that You never leave. Amen.



James 1:5

If you need wisdom, ask our generous God,
and he will give it to you.
He will not rebuke you for asking.

4

When you're mentally drained . . .

You're constantly having to make decisions that matter—big ones, small ones, all the ones in between. And it's exhausting. But God doesn't leave you to figure it out alone. He offers wisdom without shame, without judgment, every single time you ask. You're not failing—you're navigating a complex road, and you have access to divine guidance. Right now.

Let's shift into calm . . .

What decision is weighing you down today? Ask God to lead you with peace. Write down what things around this decision are within your control that you can take action on, and what is outside of your control that you can release and trust God with.

Pour your heart out to God . . .

God, I'm overwhelmed. I need Your wisdom—clear, gentle, and right for this moment. Quiet the noise in my mind and help me hear Your guidance. Lead me with peace. Amen.

Romans 8:1

So now there is no condemnation for those who belong to Christ Jesus.

5

When you're feel like you're not enough . . .

You hold yourself to an impossible standard. You wonder if you're failing your child, your family, your faith. But guilt is a heavy chain—and Jesus came to break it. There is no condemnation for you. Not today. Not ever. You are loved and enough because He says so. God isn't waiting for perfection. He's walking with you in the learning and loving.

Let's shift into calm . . .

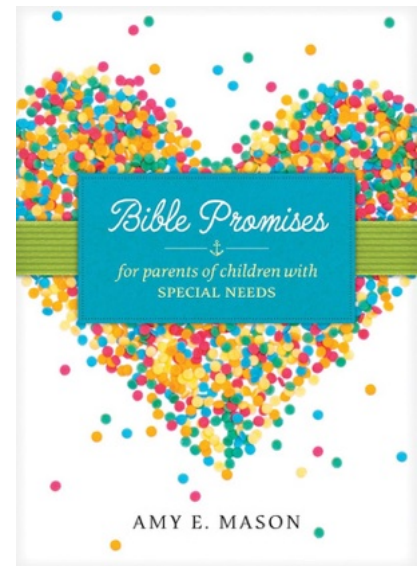
What are you blaming yourself for that God has already forgiven? Write yourself a permission slip: "I'm doing my best, and that is enough today."

Pour your heart out to God . . .

God, I keep trying to be everything for everyone, and it never feels like enough. But You say I'm not condemned. Thank You for loving me, flaws and all. Help me live free from shame and rest in Your grace today. Amen.

What if this calm is just the beginning?

Hey friend—if these 5 promises
gave you a breath of fresh air...







If even one moment of calm found you in the chaos...

If you felt seen, understood, and uplifted...

Then [Bible Promises for Parents of Children with Special Needs](#) was written for you.

 Inside you'll get:

-  100+ promises of peace, strength, and purpose
-  Bite-sized devotionals that meet you where you are
-  Scripture-based encouragement for your toughest days
-  Real hope for real-life moments

This powerful little book isn't another overwhelming Bible study, its your go-to resource for whatever you're feeling.

You don't need 30 minutes and a highlighter – You need 30 seconds and some hope. That's exactly what this book delivers.

It's full of short, powerful devotionals based on real promises from God— Backed by biblical truth, written by a mom who gets it. You'll find words that ground you, lift you, and walk with you when the world feels too heavy.

What readers are saying:



“This book is like a lifeline for my heart. It's always in my purse.”

— Danielle M., mom of two, Texas



“I finally feel like I'm not alone—and that God is in this with me.”

— Rachel P., special needs mama, Ohio



“Quick to read but goes deep. I read one every day before school drop-off.”

— Lauren J., autism mama, Florida

Your breakthrough begins
with believing God's promises.

🎁 Grab your copy now and
give yourself the gift of
CALM in the middle of your storm.

👉 Click [here](#) to get
Bible Promises for Parents of Children with
Special Needs

Whatever you're going through,
there's a promise for that.

And God's not done yet. I believe in you—and I believe in a
God who always comes through.

With love and hope,

Amy

