

# Wives and Moms: Do You Have These 5 Traits of a “Spiritual Heart?”

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It often amazes me how many lay men and women, priests and religious point to their mother’s faith as an anchor in their own spiritual journey. That’s certainly the case with me and my mom’s unwavering faith, and I so badly want to be that strong spiritual “heart” for my children, too. I’ve noticed in her and in many other strong spiritual hearts some beautiful, feminine aspects of spiritual leadership:

- **A habit of sacrifice.** Strong spiritual hearts seize frequent opportunities to give of themselves, to die to their own desires, inclinations, or preferences for the good of others, especially for the good of their husbands and children. They master the art of self-gift, giving everything from their bodies to their time, talent, and energy for those they love, and they find joy in doing so.
- **Quiet trust.** Over time and through prayer, strong spiritual hearts inch their way toward an almost unshakable trust in God and in His will for their lives, especially within their families. They offer their children to God, recognizing that they are first and foremost *His* children (read Hannah’s story in 1 Samuel for an awesome example of this), and then they throw themselves into His Divine Mercy, trusting He will care for them and for their families.
- **Reliance on grace.** Strong spiritual hearts rely on God’s grace to tackle the colossal responsibility of motherhood. His grace animates their daily lives—carrying them through their household chores and their efforts to provide emotionally, physically, and spiritually for their families—and comforts them when they feel exhausted and worn. They see His grace at work in their family life, and they can’t imagine living without it.
- **Unseen strength.** Utilizing the particular gifts, talents, experience, and energy God has given them, spiritual hearts are pillars of physical, emotional, and spiritual strength, serving and loving the Lord and their families with all their might (Dt 6:5). The strength of a wife and mother often goes unseen, but its presence is most certainly felt and needed by their families.
- **Friendship with Mary.** Strong spiritual hearts take their leadership cues first and foremost from Our Blessed Mother, the immaculate model of spiritual “heartship.” Seeing her as the most exemplary wife and mother that ever walked the earth, they implore her intercession and cultivate an intimate relationship with her to help them become more beautifully virtuous like her. They ask her to wrap the mantle of her love and protection around each precious member of their family.

Do you possess these five traits? Which one could you spend some time and effort working on as the spiritual heart of your own family?

*For free resources to help you live an intentional faith at home with your family, visit [KatieWarner.com](http://KatieWarner.com).*