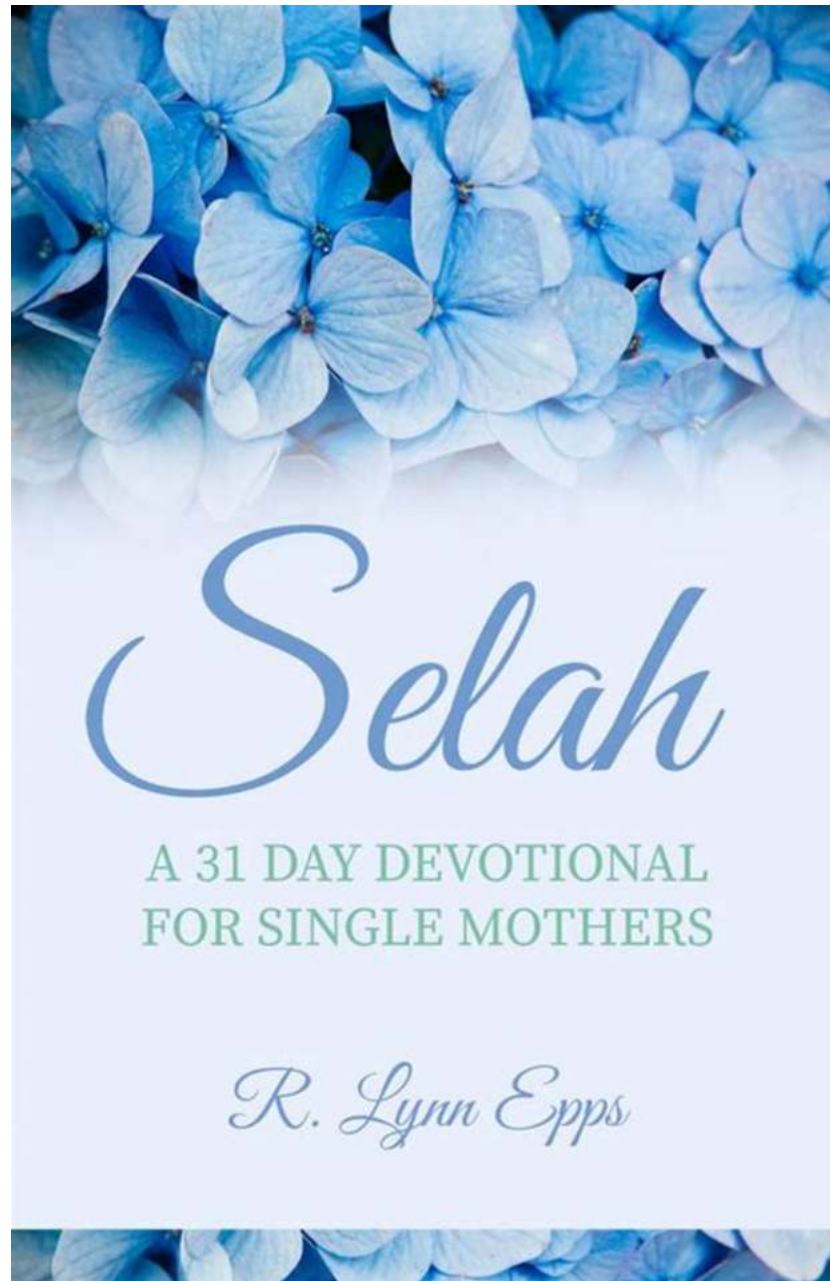


Discover the Power of Selah: A Transformative 31-Day Devotional for Single Mothers

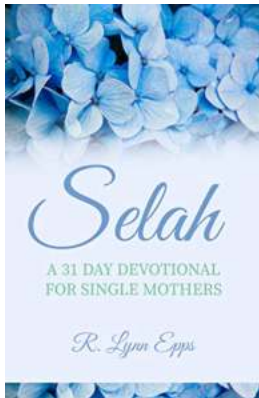
As a single mother, juggling the responsibilities of parenthood, work, and personal growth can often feel like an overwhelming and lonely journey. The emotional and physical stress can leave you feeling depleted, yearning for guidance and support. But fear not, for there is a beacon of hope: the Selah 31-Day Devotional, specifically designed to uplift and empower single mothers through their unique trials and triumphs.



What is Selah?

Selah is a Hebrew word that appears frequently in the Book of Psalms. Although its exact meaning remains debated among scholars, it is commonly translated as "pause" or "reflect," urging readers to take a moment of stillness to contemplate the words that precede it. In the context of the Selah 31-Day Devotional, this

concept of pausing becomes a powerful tool for single mothers to find solace in their journey while deepening their spiritual connection.



Selah: A 31 Day Devotional for Single Mothers

by R. Lynn Epps (Kindle Edition)

★★★★★ 5 out of 5



The Transformative Journey

Through a collection of heartfelt passages, soul-stirring prayers, and thought-provoking reflections, Selah takes single mothers on a transformative 31-day journey. Each day is curated with care, addressing the unique challenges and joys of single parenthood. It offers a safe space to address feelings of doubt, guilt, and exhaustion while encouraging self-compassion and resilience.

Topics Covered

Within the Selah 31-Day Devotional, you will find a comprehensive range of topics, including:

- Embracing your identity as a single mother
- Nurturing your mental and emotional well-being
- Finding strength in faith during challenging times
- Creating a support network and seeking community

- Letting go of guilt and cultivating self-compassion
- Practical tips for strengthening your bond with your children

The Power of Supportive Community

One of the exceptional features of Selah is the inclusion of a dedicated Facebook group, exclusively for single mothers who are utilizing the devotional. This community provides a virtual space for connection, encouragement, and sharing personal insights along the journey. Engaging with like-minded individuals who understand the unique challenges faced by single mothers helps foster a sense of solidarity and belonging.

What People Are Saying

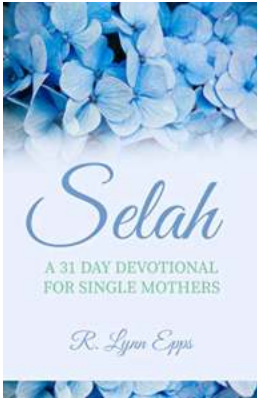


“ "Selah has been an absolute game-changer for me! As a single mother, finding time for personal growth and self-reflection has always been a challenge. This devotional has provided me with the guidance and encouragement I desperately needed on my journey. I no longer feel alone in my struggles, and the supportive community has been an unexpected blessing." - Sarah, single mother of two. ”

How to Get Your Copy

Are you ready to embark on a transformative journey of self-discovery? Secure your copy of the Selah 31-Day Devotional for Single Mothers today! It is available in both print and digital formats, ensuring accessibility for all. Gift yourself or a fellow single mother this empowering resource and witness the positive impact it can make on your life.

Remember, you are not alone in this journey. Take a Selah moment today and discover the power within you!



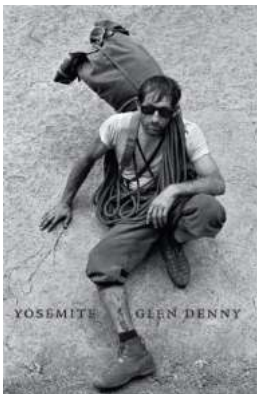
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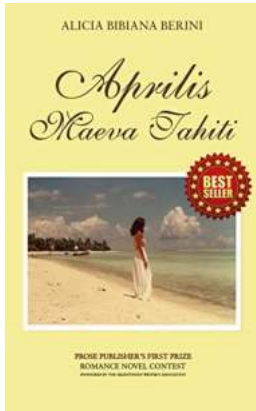


The book “Selah” is a 31 day devotional for single mothers. Each day covers a different theme and embraces some of the joys and challenges of single motherhood with grace and comfort. Hope and inspiration can be found at the end of each chapter as the reader is encouraged to seek God’s truth with His Word that aligns with each devotional, along with a short prayer.



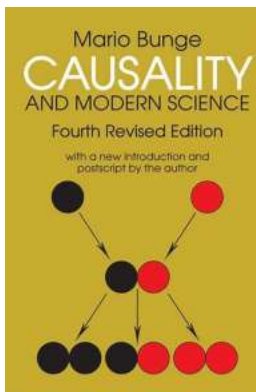
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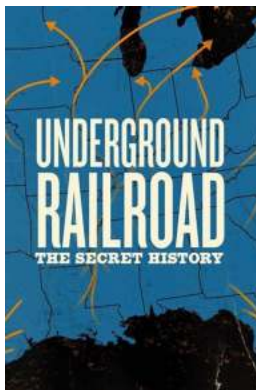
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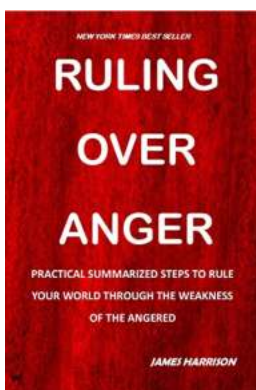
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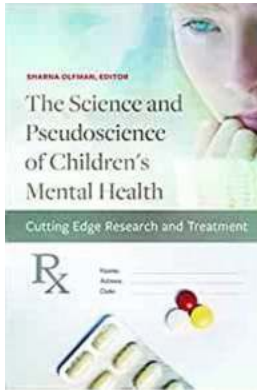
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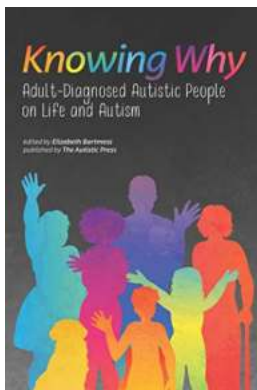
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