

The Straight Forward
No Nonsense Single
Mom Devotional

Workbook

Book

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~Welcome~

Welcome to the No Nonsense Single Mom Devotional Workbook. My name is Dr. Sophia Reed, I am a single mom and owner of the blog www.sophie-sticatedmom.com. If you have this workbook, then you should also have the Single Mom's Devotional. If you don't, go to this affiliate link to buy the book (<https://amzn.to/2JnaKlv>).

Secondly, there is a video that goes along with both this workbook and the Single Mom's Devotional. If you have it already then great! If not, [click here to find out how you can get it.](#)

Ideally, you should have all three (book, workbook, and video).

The way this workbook is set up is that each assignment corresponds to the days in the Single Mom's Devotional. Assignment 1 represents day 1 in the devotional, assignment 2 represents day 2, and so on and so forth. Try to complete each assignment with the corresponding day.

If you want to stay in the loop and get a steady stream of encouragement, head over to my blog www.sophie-sticatedmom.com where I post content regularly.

If you really want to stay in the loop about what is going on sign up for Sophie-stication Nation, which is my email list where I give away more freebies, newsletters, and other information that I do not post on my site. Last, but not least. I would love to hear from you. If you have gotten inspiration from my book, this workbook, or video; consider leaving an Amazon review. Or email me directly at sophiareed@sophie-sticatedmom.com

~ Assignment 1 ~

The Past Does Not Define You

In day one of the devotional, I spoke heavily about not allowing the past define you. You would not believe how many people are convicted of their past even AFTER they have asked God for forgiveness. As I mentioned in the book, the devil loves to convict you. But what is even crazier is that people still convict themselves. When it comes to things that you have done in the past ask for forgiveness and move on.

That is what we call the grace of God. Even if the devil convicts you time and time again over something you have already been forgiven for, know that it is just the devil. The conviction you feel is not coming from God. Because once you ask for forgiveness, God has forgotten your sins. As far as the east is from the west, and so you need to forget about them too. I encourage you to read John Chapter 8 about the adulteress woman that was about to be stoned to death. Jesus saved her and he wrote in the sand

“For those without sin cast the first stone.” And since no one is perfect no one was able to cast the stone. Jesus looked at her and said this. “Jesus straightened up and asked her, ‘Woman, where are they? Has no one condemned you?’ “No one, sir,” she said. “Then neither do I condemn you’ Jesus declared. ‘Go now and leave your life of sin.”” John 8:11

What I want you to remember the most about this story is that:

- First, no one is perfect, so even if other people try to make you relive the things of your past, they have their own sins. So who are they to cast a stone at you? Therefore, who cares what they have to say.
- Go and sin no more. Do not ask for forgiveness for something and then keep doing it again and again and again. Now you are just making a mockery of the grace of God. Do like Jesus told the adulteress women “Go now and leave your life of sin.” John 8:11

What did God reveal to me during today's prayer?

A series of horizontal dashed lines for writing.

Single Mom Devotional Workbook