



# Christian. Mother. Working.

Your practical,  
prayer-filled companion

Naomi Aidoo

'Naomi writes with such warmth, clarity, and spiritual grounding. Her work creates a gentle, steady place for women carrying the complex intersections of faith, motherhood, and work. She has a rare ability to name the unseen pressures while offering hope, compassion, and practical guidance.'

Anna Mathur, *Sunday Times* bestselling author

'*Christian. Mother. Working.* is a breath of relief for every woman trying to hold the beautiful, complicated tension of motherhood, work, and faith. With honesty and grace, Naomi names the realities that many working Christian mothers juggle and even struggle with - the car-seat naps, the mental load, the quiet guilt - and gently places them under the light of scripture. This isn't a call to perfect the juggle; it's an invitation back to presence, purpose, and the God who meets us in our weakness. Through relatable stories, biblical wisdom, and practical reflection, Naomi offers a vision of working motherhood that is both freeing and deeply faith-filled. For any woman who has ever wondered how to honour her calling at home and beyond, this book will steady your heart and remind you that you are not alone.'

Jo Hargreaves, The Faith Filled Therapist





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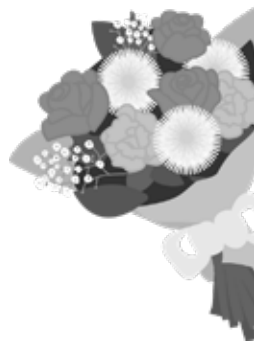
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Ministries



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# Introduction

As I write this, my children are aged two and five. My youngest is at the point where she's dropping her nap but still can't quite make it through the day without having one. This means I've just driven around the local area with her in her car seat waiting for her to drop off (if you know, you know). Now, I'm sitting in my car outside my house with my laptop open, writing my book. A bit of a strange way to start things, perhaps – but then, maybe not at all.

Working mothers worldwide are used to these sorts of scenarios – squeezing in a few emails during a naptime or opening your laptop at the kitchen table once the children are in bed. It's part of the juggle.

Yet often, when we take a glance at social media or pay too much attention to somebody else's highlight reel, we can all too easily find ourselves in the comparison trap. We are constantly exposed to perfectly tidy homes without a toy out of place or day trips where no one is complaining or whining at any point. We can find ourselves wondering how the ever-elusive *they* seem to have everything under control while we feel like we're winging it half of the time.

We know, in theory, that we're all in the same boat. We're told over and over again not to compare our very real lives to somebody else's highlight reel – and yet that thief of joy still finds a way to wriggle in, causing us to question ourselves. Throw in a healthy side of 'mum guilt', and rather than being present or productive, we instead find ourselves preoccupied with everybody else's opinions as opposed to our own lives.

As Christians, we have another layer still – the peeling back of what it means to obey God in being present mothers (and wives/partners, where that’s applicable) as well as excellence in anything else we are called to, such as our careers, businesses, or otherwise. If we are truly, in everything, to work ‘as working for the Lord’ (Colossians 3:23), part of our parenting and working lives is exploring what that looks like practically. Again, if we look to social media, there are caricatures of Christian motherhood plastered on our feeds, as well as a sliding scale of what things ‘should’ look like. I don’t believe the word ‘should’ really has a place in conversations like these.

*Christian. Mother. Working.* is all about speaking to that very situation – it’s a call to unite us, remind us, and equip us. I hope to unite us in the fact that, despite my motherhood and my work looking different to yours, we truly are all in this together. I will remind us that God’s power is made perfect in our weakness and that striving for unobtainable perfection isn’t what we’re called to. Lastly, I aim to equip us with biblical and practical truth which will aid both our prayers and our practice as we carry out this very precious calling.

## The days are long, but the years are short

As a parent of young children, I’ve heard the phrase ‘The days are long, but the years are short’ more times than I can count. I must admit that they didn’t especially help me when I was up all day and night with a baby with silent reflux, nor when dealing with picky eating, potty training, and tantrums. However, recently, for the first time ever, I really understood what people are getting at.

I was at the school gate and one of the mums casually alluded to the fact that my youngest would be starting school next year. At first, I brushed it off thinking she’d got it wrong – I mean, she’d not even had her third birthday yet and so *surely* that didn’t make sense? Except,

it did, and she does indeed start school in just 18 months' time (at the time of writing, of course).

Suddenly, only having 18 months left with a pre-schooler seems beyond belief. After the past almost six years of having at least one child with me at least some of the time Monday to Friday, the thought of not having that anymore doesn't quite add up.

If you're a parent further along in the parenting journey than I am, you'll know exactly what I mean, and, by God's grace, there are many more milestones to come which right now seem like light years away to me. Moment to moment, however, no matter what stage of parenting you're currently in, certain aspects can truly feel all-consuming.

Before I became a parent, I ran my own coaching business and would share with my audience at the time that I was setting things up 'so that I could work around my child(ren)' and would create certain systems, which I thought would allow me that. However, what I didn't realise pre-children is that I wouldn't just require the *physical* space to work in the way I used to work; I also very much required the mental and emotional space too, which I took for granted until the moment my baby was placed on my chest and my entire life changed forever.

## The how, what, why, and who

The plans I'd made before becoming a mother soon came apart at the seams when I realised that all that was previously so important to me, to the point of being almost all-consuming, no longer carried the same weight. What I wrestled with, though, was the fact that I'd spent ten years carving out for myself a career which I was proud of, first as a schoolteacher and then as a business owner. Beyond being simply proud of these achievements, I truly saw myself as being called to the work I was doing then, just as I was called to be my beautiful boy's mother.

So what changed?

Well, frankly, everything and nothing.

I still believed I was called to my work. And I knew without a shadow of a doubt I was called to be the best parent I could be. It was time to find a way in which I could honour a me who was now so multi-faceted and a me who, more importantly, sought to honour he who had blessed me with the life I was leading.

Stepping into the world of parenthood, I knew that I wouldn't be the only one feeling a disconnect. As much as there is a new connection with your new baby – which is unlike anything I've ever felt before – there are disconnects many of us will not have experienced in seasons past. A significant one for me was the disconnect between the desires and mindset I had pre-children and those that I adopted once they arrived. I knew I wanted work to feature somehow in my life, but I couldn't quite put my finger on how. Beyond that, though, there were some days when I didn't have it within me to even begin to think about anything other than survival.

When my son turned two and I had the wherewithal to use my creativity a little more, I decided to put together the TIME framework. Its purpose was to support me and anyone else who used it to think about four key strands as they went about their days, weeks, and months: : mindset; milestones; me; and mission. Except, I break it down using the acronym TIME: T – thankful; I – intention; M – me; E – expectant. When I found myself floundering to think about how or where I'd been productive with my day, my framework gave me, and then later all who have gone on to use it, an opportunity to exhale and consider where God would have us be *present* as opposed to simply productive. After all, if we're being present where God intends us to be, an additional side of productivity and push isn't always required. Even in my current season, on most days, I use TIME to give myself a little reset, and I'm so confident in its abilities to help calm the chaos

many of us feel in the midst of our busy lives, that the framework is now contained in *The TIME Journal*<sup>®</sup>, which many women have used and given great testimonials on.

If *The TIME Journal*<sup>®</sup> is the ‘how’ (with regards to how, at least, this Christian working mother gets things done), my first book *Finding Flourishing* (BRF Ministries, 2024) is the ‘what’. It unpacks what the TIME framework is, goes deeper with the themes the journal touches on, and explains why it’s helpful and who it’s helpful for. It’s scripturally supported throughout and offers the reader a deeper dive into work-life well-being from both a biblical and research-supported place.

Having *The TIME Journal*<sup>®</sup> as the how and *Finding Flourishing* as the what, *Christian. Mother. Working.* speaks to both the why and, in part, the who. It’s important to note, though, that this book stands on its own as something written to encourage you whether you’ve encountered my previous work or not.

There’s a lot of content which fills our bookshelves and our social media feeds about women, about mothers, about working women who happen to be mothers, and about work and business. What’s not seen as much, though, is the faith aspect. Don’t get me wrong, not every Christian’s work is evangelistically pointing to Jesus with its outcomes. That’s important and necessary, as we are called to be in the world and not of it (John 17:14–16), but we’re still out there – we’re still here as what I like to call ‘multi-responsible women’ knowing that God is to be in and through all we do, even while staring at an overfilled calendar of commitments (both ours and our children’s) and an even-more-overfilled laundry basket we still need to get to.

‘What does God have to do with any of this?’, we might ask ourselves as we’re about to log on to a meeting in which we’re giving a presentation and just five minutes previously we’ve got in from the school run to find ourselves sweeping cereal off the floor before a quick mirror check.

But it's a lie to believe that God doesn't see those moments, let alone care about them, and that's what this book seeks to explore as it equips you with the biblical truth, prayerful reflection, and space to pause. In fact, thoughts like these, which I had back when I was 22 and starting out as a teacher, got me thinking about and grappling with the theme of work, seeking to understand how to reconcile my passion for Jesus and what his word calls us to with the things I would be doing day in and day out.

## An offering, not a manual

Although my parenting stories may sound familiar to you as you parent young children, or have memories of doing so, I am under no illusion whatsoever that I am the fount of all wisdom when it comes to being a Christian working mother. In writing a book with such a vast and varied audience, it would be ignorant of me to assume I know it all. I don't. In fact, I don't think any of us are 'experts' on Christian working motherhood (except when it comes to knowing our own children), and that's not what this book is about.

It's because I am not an expert that I've invited four wonderful Christian working mothers to weave their wisdom into the pages of this book. Dominique van Werkhoven, Lucy Rycroft, Loretta Andrews, and Rachael Newham all have their own unique stories to tell of Christian working motherhood. You will have your own too. Living, working, and parenting abroad; parenting teens; parenting solo; adoption; stopping paid work for a season to take up the vocation of 'stay-at-home mum'; working and parenting in church ministry; and parenting and working while living with mental illness – these women's words will resonate with you if you currently find yourself in any kind of season which reflects theirs. I am so thankful for their contributions.

Lucy Rycroft is an author of multiple books, both self- and traditionally published. In 2025, her book *Be Still: 30 devotions for those who feel anything but* was published by BRF Ministries. She is also the founder of Hope-Filled Family, an online hub of devotionals, courses, and content designed to support realistic family discipleship. Lucy is mum to four children both by birth and adoption.

Dominique van Werkhoven is a writer and speaker. She works closely alongside her husband in the business they run together as well as the non-profit organisation she works with. Dominique is mum to three children.

Loretta Andrews is a music manager and artist development coach, and she has worked in the music industry under a number of guises for many years in both Christian and secular contexts. Loretta is mum to her teenage son.

Rachael Newham is an author and speaker who shares thought-provoking content at the intersection of faith and mental illness, speaking from both lived experience as well as her education in the theology of mental health. Rachael is mum to her young son.

I've introduced each of the contributors here, as their thoughtful and insightful contributions are woven throughout the entirety of this book. When I share quotes of theirs, I'll refer to them by their first names only. Hopefully this brief introduction has given you some context with regards to who the wealth of knowledge and wisdom you're about to dive into has come from.

Each chapter also begins with the story of a woman from the Bible. Like you and me, the women in the Bible found themselves, in their ordinary day-to-day lives, being met with the power of an extraordinary God. Not all of these women were mothers, at least not in the traditional sense of the word, just like some of you may not be. However, they were spiritual mothers, caregivers, and leaders in so

many other ways that framing each section of the book with their stories seems more than fitting.

To end each chapter, I share some verses for further reflection and then a prayer which speaks to the topic we've just discussed. As I'll touch on more later, writing down my prayers in a journal over the years has been a lifeline for me and if there's anything I know firsthand that faith-filled working mothers need day in and day out, it's prayer. We need prayer for God's power to be made perfect in our weakness (2 Corinthians 12:9); for his perfect peace to saturate our hearts, minds, and circumstances when we're struggling to make sense of any of it (Philippians 4:7); and that we'll receive and act upon the wisdom and guidance we receive in order to raise our children in love and in the Lord (Proverbs 22:6). The prayers are written in first person so that you can pray them yourself, should you find it helpful.

Sandwiched between the biblical account and prayerful proclamation of each chapter, you'll find some of my story interwoven with those of Rachael, Loretta, Dominique, and Lucy, alongside ideas, research, food for thought, and gentle encouragement to guide you in your journey of working motherhood, whatever step you currently find yourself on or season you find yourself in.

After the conclusion, I've shared a series of questions which tie in with the themes in the book. These questions can be used for personal reflection and/or journaling or for discussion in groups. The aim of the questions is that, by reflecting on them, the book becomes not just information to absorb, but truth and wisdom that can be applied.

My hope is that *Christian. Mother. Working.* will be a book you can pick up and put down over and over again – something which you can flick through, finding the parts that speak to your heart and mind based on where you currently are in your journey of working motherhood. There is absolutely no right and wrong when it comes to how we're choosing to raise our children while doing any kind of other work

outside of the home, and there is no ‘professional parent’ – that is, there is no one who’s mastered it all. Instead, amid the myriad wise counsel and support you may already have, I pray this book is simply another voice – another helpful addition – along the way.

It feels almost selfish to have the opportunity to write this book in the margin of my children’s younger years – an opportunity for me to have on record how I’ve felt and how I feel. I’ve noted what God has been saying in this season in the hopes that it encourages and equips you. I also hope that it’ll do the same for me when I, by God’s grace, find myself in a different season of parenting and find myself wondering what stages gone by were like.

As you read through this book, you’ll also be in your own stage of motherhood, whether that be a biological or adoptive parent, a parent-to-be, a step-parent, a foster parent, a spiritual mother, a god-mother, or a caregiving loved one, such as a sister, auntie, or friend. Whatever your season right now, I hope that some of the words on these pages will meet you where you are and provide for you a balm as you pursue all God has for you.

With that, let’s pray as we begin.

## Prayer

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### *Father God*

I thank you that you see every corner of my life: the mountaintops, the mundane, and the messy middle. I thank you that you don't condemn me at any point – not even when I feel I'm at my lowest and laziest – but that you in fact rejoice over me with singing.

I thank you that you're with me always. I pray that you'll give me eyes to see and ears to hear you so that when all I can see are the circumstances which surround me – whether good or bad – I'll first acknowledge you and recognise that because you are for me, nothing and no one can be against me.

There is no need to minimise or maximise anything with you, Lord, as you see and know all anyway. You know the depths of my heart and mind, and I am safe with you. I thank you for that truth.

I pray that my working, my mothering, and everything in between will be as worship unto you, Lord, that I'll know your presence and your peace, which has gone before me.

I pray that the pages of this book might uplift, encourage, and edify me as you see fit, and that you'll bring to mind what you want to illuminate.

In Jesus' name.

*Amen*



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'A companion for women navigating faith, motherhood,  
and work with honesty and grace.'

– Anna Mathur, *Sunday Times* bestselling author

## *Christian. Mother. Working.* – in that order.

It's easy to look at life only through the lens of being a Christian mum. But could we weave our other important work into the equation?

In *Christian. Mother. Working.*, Naomi Aidoo considers how family and faith impact our work in each of life's seasons. With more and more mothers in the workforce, she shows how working motherhood is something to be celebrated as we display our gifts and the call on our lives in areas which extend beyond our families, offering prayerful, practical prompts to encourage flourishing and fulfilment.

'A breath of relief for every woman trying to hold the beautiful,  
complicated tension of motherhood, work, and faith.'

– Jo Hargreaves, *The Faith Filled Therapist*



**Naomi Aidoo** is a coach and the founder of Time & Pace®, where she helps people with big goals and little time. Through her signature TIME framework and with a faith focus, Naomi helps clients reframe their mindset, build momentum toward their goals and thrive. She is the author of *Finding Flourishing* (BRF Ministries, 2024) and is also a content partner on the Bible app, YouVersion.



Cover illustrated by Rose Edwards

