



What is the format for an Able Moms devotional submission?

We ask that your devotional be in the following format:

- i. Use Google Docs (with FULL editing access)
- ii. Use Font: Avenir, 11 pt
- iii. In the top left corner, include a 1-to-4 word catchy title that will be used as the email subject line
- iv. Below this centered: Main Scripture Verse *in italics* to include the Bible version
- v. Including opening verse and closing prayer, your devo must be within 450-650 words (you can check this by using 'tools' above)
- vi. Choose 3-5 pull-quotes or "sticky statements" within the devo by highlighting them in **bold**. (If they are *not* worded as stand alone statements, they will *not* be used. So that we promote you and your work on all AMI platforms, be sure the statements work alone.)
- vii. Closing: just like your opening verse, center an *italicize* a two/three sentence Prayer **that reinforces your main point. (WRITE IN 1st PERSON - as if the reader is talking personally to God)**
- viii. Centered, below your prayer, please include a one line question that you would ask a mom-audience reading your devo; see example below..
- ix. Lastly, center and close with a one/two line charge - you might include a few tangible next step; see example below.
- x. **At the bottom, include in this order:**
 1. 3 main points
 2. Your IG and FB handles AND
 3. your email address.

See the last pages for an excellent example

The skinny: Submission Guidelines:

- *If* you have chosen a specific picture vs. the stock one that we will choose, please include the png in the folder entitled "pic + the title of your devotional submission".
- Feel free to submit *more* than one devotional during your designated week. Our calendar includes "guest Contributor weeks" and more submissions will often mean more exposure.
- Devos are due no later than Thursday at 5 p.m. CST.
- Of all the submissions we receive, you have been specially chosen! We ask that you communicate this by displaying our Contributor insignia in at least one of these three ways:
 - As a permanent highlight topic/thumbnail on IG
 - On your website
 - Within your email signature
- Your submission guarantees Able Moms has permission to display and promote your work on the Able Moms International site and subsequent social channels. Additionally, some devotionals will be chosen to be included in our print materials*.
- **Reread your work for grammar and flow**
- Know your work will also be run through our team of editors at Able Moms for grammar, flow, and format and is subject to change and potentially without your consent.
- We ask that all submissions be original to AMI and not something you have previously used or plan to use.
- **All submissions should be placed here in the folder: ['Original Devos Submitted'](#)**
- **Any questions or correspondence can be sent to Celeste Claborn, your AMI Devo Coordinator at: AbleMoms@gmail.com**

Helpful Tips from Your AMI Editor:

- Be cognizant to write everything in 1st person (other than viii above) using the engaging "I/we" format.
- Do not place more than one space between a period and next sentence - two spaces are dated.
- Drive your reader to action. It's great to start with an engaging story or head-knowledge, but make your conclusion the best part by leaving your reader with a tangible bridge to put your teaching into action. This is the best way to make your devo memorable.
- Lastly, when choosing a devo title, treat it like what it is – an email subject heading. Remember, this is your first shot at gripping a busy reader who is weeding through tons of emails. Get your writing read!

If this is your first submission, please send the following items to AbleMoms@gmail.com

- 1. We cannot post your devotionals without your permission. Please sign the attached consent form on pg. 3 and return**
- 2. Please send a headshot (as professional as you are able)**
- 3. Please send a brief bio**
- 4. We cannot tag or promote you without being connected, so PLEASE be sure to:**
 - a. JOIN Able Moms Communities on FB**

- b. FOLLOW/LIKE the general Able Moms page on FB**
 - c. FOLLOW Able_Moms on IG**
- (It may seem like a lot, but this is everywhere your devo will show up!)**

Thank you, friend. We are grateful to promote you and your contribution to Able Moms everywhere. We are excited to work alongside you!

****RETURN WITH YOUR DEVOTION SUBMISSION****

2021-2022 INFORMED CONSENT FOR AUTHORED INTELLECTUAL PROPERTY

I. Consent. I, _____("Contributor"), understand I have been selected as an Able Moms contributor and give full consent to release my intellectual property in the form of devotional or informative content to Able Moms, at my own discretion and without any promised remuneration.

I also agree that any written, printed, graphic, or electronically recorded materials furnished by myself as the Contributor to Able Moms is to be used at the discretion of Able Moms indefinitely, to include, but not limited to my biography, audio excerpts, professional photographs, content, etc.

- I confirm my submission is original as its sole owner therefore releasing Able Moms from any infringements I may or may not be aware of
- I understand the project guidelines and deadlines and maintain the burden to seek instruction when unclear
- I understand all submissions shall use the Chicago Style Manual
- I understand my submission will be proofread and professionally edited prior to release on Able Moms platform and consent to changes even when unnotified

II. Delivery. I will deliver submissions in Google Docs via email ensuring:

- 1) Link sharing permission
- 2) Editable and not "read only" permission
- 3) Submission delivery options are **only**: saving to the 'Original Devos Submitted' folder shared here

III. No Partnership. This Agreement does not create a partnership relationship between the Contributor and Able Moms, unless otherwise confirmed in writing.

IV. Governing Law. This Agreement shall be governed under the laws in the State of Texas.

V. As we intend to "tag" your account and credit your work on our social channels, please follow or join us at:

Instagram: @Able_Moms

Facebook Page: Able Moms

Contributor's Signature _____ Date _____

Print Name _____

Able Moms Executive Director ____*Amanda Florczykowski* Print ____Amanda Florczykowski

****Devotional Example**
Trusting Their Heart
Jayme Gradwell

Trust in the Lord with all your heart: do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.

Proverbs 3:5-6

Waking up once again with a heavy heart full of sadness and fear, it was hard to believe my life was so different now. I no longer felt secure in my surroundings as I was embarrassed to expose myself in public with the assumption that everyone knew I was losing my home due to my husband's job loss. With all three of my children under eight years old, I had a hard time accepting the financial struggle and not being able to provide for their extra activities of dance, theater, and sports. But, even more troublesome was trying to put food on the table or knowing that uprooting the three of them was inevitably coming.

A friend invited me to a neighborhood moms and kids Valentine's Day party. I hesitantly agreed, knowing my fragile condition. It didn't take long before my phony mask of happiness began to transform into jealousy from their Pinterest perfect doorway. As I worked my way through the kitchen, my kids made a beeline to the garage following the other kids. Surface conversations flew through the air, until one lady began to expose what I was trying to conceal. She mentioned, "I heard you were moving?" Right then a flood of embarrassment and shame overwhelmed my soul. **It wasn't a choice to move, we were being forced to move, and my heart was breaking inside like the smile I was trying so hard to fake in front of my peers.** Within a split second, I felt a tap on my arm from my eight year old son. He had a beaming smile on his face as he gave me his etched artwork that he'd been working on since we arrived. It was a cut-out heart that had the scripture, "Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you what path to take." Proverbs 3:5-6

With immediacy my soul began to fill up with God's love and peace. Instead of wallowing in that self-pity and the superficial exterior, I immediately began to focus on what was eternal. God used my son as a messenger to show me He is trustworthy, and He not only knows my path but my children's as well.

Afterwards, I let my son know that God had used Him in a mighty way and he told me, "Mommy I thought God was telling me you needed that heart." You know, now that my children are much older, that moment was pivotal in a heart commitment I keep to this day. I always pray *with* my children, as God used that day to show me that He speaks to them too.

Let us moms be able to see God through the faces of our children as living vessels of His love and joy. They may have a word for us moms to transform our day as they are never too young to talk to God or hear from Him. **Sometimes we get lost in the vision of circumstance and forget to trust God for His provision. The simple faith of our children can draw us back to our faith - childlike faith.**

Thank you God for leading me to trust in your ways and not in my own understanding. You see the big picture of my life, as well as my children's. Let me see your path for me through my children's prayers and actions, Amen.

Have you or someone in your family ever suffered job loss and how did you view God through it?

Today's verse reminds us of the character God carries - trustworthiness. God sees all and you can know and trust He is directing your paths for His glory and your eternal benefit. Here is a helpful podcast of Jayme's: [She Speaks Life Podcast](#)

Three main points

- ❖ Trusting God through the unknown.
- ❖ God can speak through our children as vessels in mighty ways.
- ❖ Seek God's voice in all of our circumstances.

Connect with Jayme:

IG: example

FB: example

Email: example;