

Dear Mom to Mom Member,

Welcome to Mom to Mom! This program is designed around the idea of moms reaching out to other moms in a number of different ways. As moms dealing with many of the same joys, challenges, and frustrations of parenting, we join hands around the table to exchange ideas, strategies, and encouragement. As our more experienced mothers (“Titus 2 women,” based on Titus 2:3–4 in the New Testament) extend a hand of experience, help, and hope, we press courage and competence into one another.

These lessons are also my way of extending a hand to you, sharing “heart talk” from one mom to another about what really matters. The Session Outlines will give you a place to take notes. The Discussion Questions will guide your group as you interact with the content. The Reflection sheets, as you tear them out and post them on your refrigerator, bulletin board, or desk, will help you apply each lesson’s principles and strategies in your own home. The CD in the back of this book provides 12 devotionals based on the 12 “Heart Talk” lessons as well as music that will speak to your “mom heart.” I hope you’ll find yourself echoing the sentiments expressed by one of the women in our ministry: “Everyone in our family benefits from Mom to Mom.”

Above all, my prayer is that the material in this book will provide for you what it has already given many other moms:

- help in our parenting skills
- hope in the powerful God who gave us these children and is our ultimate Power Source
- heart-to-heart encouragement from one mom to another.

Regardless of our other roles in life, being a mom is our one indispensable role: no one else can mother your children like you do! May God make us each a “joyful mother of children” (Psalm 113:9, KJV).

From my heart to yours,

Linda

Linda Schultz Anderson

Will the Real Mother Pleaser Stand Up?

Who Am I Supposed to Be, Anyway?

Welcome! We're glad you're here! We hope our time together will be a source of encouragement, enrichment, and equipping for you as a person and as a parent.

Today's Focus: Amidst the myriad images of modern motherhood, it's easy to become confused, overwhelmed, and unfocused. Today we begin by moving away from fantasy and into reality about who we are to be as moms in today's world.

I. Myths of the Modern Mother: Leaving the Lies Behind

- A. "Wonder Woman": You can do it all!
- B. "Super Mom": Since you are "not working," you can at least "do it all" on the home front.
- C. "Guilt Gully": Whatever happens, it's your fault.
- D. "Performance Pit": What you do determines who you are.
- E. "Yuppy-itis": Your worth is measured in \$\$.
- F. "Pendulum Problem": You must choose either career or motherhood—for life!

II. Real-Life Mothering: Coming to Truth About Who I Am

A. Jesus: “You will know the truth, and the truth will set you free” (John 8:32).

Goal: Come to God’s truth about who we are as mothers—and as people!

B. Paul: “Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God” (Romans 12:2).

Goal: Ask God to give us new minds!

C. Us: “Who am I, anyway?”

1. Go to God’s Word: “If you continue in My word, you really are My disciples” (John 8:31).

2. Be patient with the process.

3. Remember the “Inside/Outside” Law.

4. Ask good questions.

- As a person: What is the source of my worth?
- As a parent: What is the worth of my work?

Discussion Questions

Will the Real Mother Pleaser Stand Up?

Who Am I Supposed to Be, Anyway?

Report Time: Spend some time getting acquainted with one another. As we go around the table, introduce yourself and say something about your family—ages of your children, where you live, and what work you have been involved in (either now or “before children”). What brought you to Mom to Mom and what would you most like to get out of our time together in the weeks ahead?

1. Which of the “Myths of the Modern Mother” do you think are most prevalent in our culture today?
2. Are there any myths that tend to entrap you? Why?
3. We talked about our lives as being a puzzle, with the sizes and shapes of the pieces constantly changing. Which pieces are easiest for you to fit in? Which pieces cause you the most struggles as you try to fit them in?

4. Are there areas where you need God's help to see yourself in a new way and to give you a "new mind"? What are those areas?

5. In the space below write a prayer asking God to help you see His truth and desire a "new mind." (No need to share.)

For Next Week: Be ready to share with your group one way in which God has given you a "new mind" this week. How has He helped you move toward more fully embracing who you are as a daughter of God?

Reflections 1

Will the Real Mother Please Stand Up?

Leave behind the lies of:

Wonder Woman
Super Mom
The Guilt Gully
The Performance Pit
Yuppy-itis
The Pendulum Problem

Focus on coming to the truth about who you are:

Remember how freeing Jesus said the truth is (John 8:32).
Ask God to give you a “new mind” (Romans 12:2).
Explore what God says about you (Isaiah 43:1–7).

*Before God, who we are (as His daughters through Christ)
matters more than what we do.*

It's about personhood, not performance.

Parenting is rooted in God's grace, not our perfection.

Read and Grow: As you ponder this week's topic, look at these Bible passages to see what God says about who we are: Genesis 1:26–31; Isaiah 43:1–7; Romans 5:8; Romans 12:1–8. Remember to listen to Devotion 1 on your CD located in the back of this member book.

For Next Week: Be ready to share with your group one way in which God has given you a “new mind” this week. How has He helped you move from lies to truth about who you are as a daughter of God?