

### **Thriving Strategy #3:**

Let go of the supermom myth.

*"Trust in the Lord with all of your heart and lean not on your own understanding. In all of your ways acknowledge him and he will guide your paths." -Proverbs 3:5-6*

### **Thriving Strategy #4:**

Focus on the ultimate reward: Make a difference in the lives of your children

*"Train a child in the way he should go, and when he is old he will not turn from it."*  
*-Proverbs 22:6*

### **Small Group Discussion Questions:**

- 1) How do you, or can you, remind moms that they are loved by God?
  
  
  
  
  
  
  
  
  
  
- 2) What is the nicest thing you have done for your mother? Or, if you are a mother, what has been the nicest thing done for you?
  
  
  
  
  
  
  
  
  
  
- 3) How can you show appreciation for mothers?
  
  
  
  
  
  
  
  
  
  
- 4) Share your struggle with the myth of the "supermom". As Christians, how do we combat the lie that you can do it all?
  
  
  
  
  
  
  
  
  
  
- 5) What could you do to help yourself, or your mom, focus on the ultimate reward of motherhood: "making a difference in your children"?



# Redeeming Notes

Pastor John Niewald ..... May 13, 2007

Title: "Motherhood: Surviving or Thriving"

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## Thriving Strategy #1:

When you find yourself in the outback of motherland, remember that you are loved by God.

*"For though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken." -Isaiah 54:10*

Deuteronomy 4:31, Romans 8:38-39

## Thriving Strategy #2:

Value motherhood through appreciation.

*"Anxious hearts are very heavy, but a word of encouragement does wonders." -Proverbs 12:25*

Proverbs 31:10-31