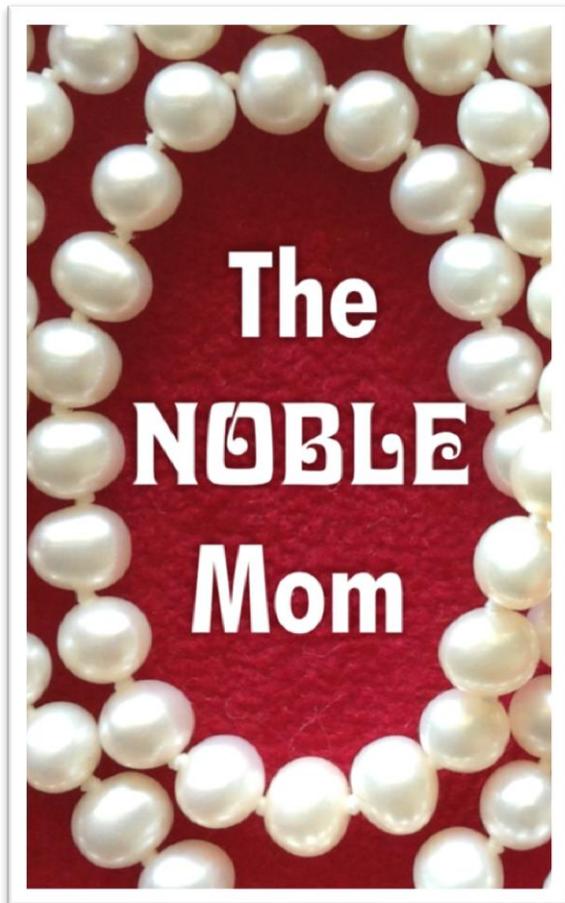




FREE Group Discussion Guide



No Purchase Necessary

This group discussion guide includes everything you need to start a Mom's group today!

This discussion guide includes enough material to support 8 group meetings.

Each discussion is based on the epilogue in [Proverbs 31](#), which describes the ideal wife and mother.

We hope that this guide will help your group reflect, share, and celebrate your time as "Mommy."

Motherhood lasts a lifetime
but you're only ...

Mommy
for a Moment



Presenting...the Noble Mom

Read the entire epilogue to gain a sense of its content. We will focus on individual sections and verses in the coming Moments.

Read Proverbs 31:10-31

Remember having to write acrostic poems in elementary school? You had to write your name vertically on a sheet of paper, and then come up with an adjective that described you for each letter.

This “epilogue” describing the ideal wife (and mother) is written in the same manner. Each verse begins with a successive letter of the Hebrew alphabet. Depending on the translation you choose to read (and it really makes no difference which one you select), this lady may be labeled “The Ideal Wife,” or “The Wife of Noble Character.” Either way, this woman is set up as a model for us to examine.

Don't be tempted to start measuring yourself against this theoretical lady, though! We are going to use this passage to celebrate all that we already do as mommies, rather than insist that we should begin doing more. As the people responsible for the well-being and growing of whole other people, we are already doing plenty.

Reflect

What stood out to you during your reading of Proverbs 31:10-31?

Share

Share what you hope to gain from your discussion of this scripture passage.

Celebrate being Mommy

What is one moment from the past week that you want to cherish forever?

Thank

Thank God for the role He's entrusted you with as the mothers.

Pray for each other

Share your specific requests and ask for guidance in raising your children.

Support other mommies

Encourage them by pointing out all the good their mothering accomplishes.

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Moment 2: Mr. Noble

This Moment focuses on verses which reference the Noble Mom's husband.

Read Proverbs 31:10-12,28

Wouldn't it be great if our spouses always recognized everything we were doing as mommies and openly praised us for our efforts? (It's tempting to want to remind them of our vast worth by quoting verse 10 to them).

But perhaps the better take-away for us in this Moment is verse 12, which urges us to bring good to our mates rather than harm. (This focus will probably better earn us those comparisons to various jewels).

Reflect

How do you want to go about bringing good to your spouse?

Share

Have each mommy share how she met her spouse.

Celebrate being Mommy

Have each mommy share her favorite thing about the relationship between her child and her spouse.

Thank

Thank God for your spouses.

Pray for each other

Share your specific requests. Ask for help in doing good to your spouses for the rest of your lives.

Support other mommies

Encourage them by pointing out how much they are worth to their spouses.

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Moment 3: All in a Day's Work

This Moment focuses on verses which detail the Noble Mom's work ethic. Verse 27 is a good summary.

Proverbs 31:13-19,27

Let's ditch that old divisive argument between working and stay-at-home moms!

Mommies are the busiest people on the planet, and no matter where we spend our daylight hours, we are always working hard to benefit our household.

We all feed (v.15) and buy (v.16) and toil (v.17) in our efforts to be the best mommies we can be.

Reflect

How do you see your work as "Mommy" evolving as your children grow up?

Share

Have each mommy share which "mommy chore" she finds most challenging.

Celebrate being Mommy

Have everyone share her favorite mommy chore--a task they will miss when the kids are grown.

Thank

Thank God for blessing you with the means to work hard for your family

Pray for each other

Share your specific requests. Ask for continued strength in your efforts to work hard for your family.

Support other mommies

Encourage them by asking what their favorite "mommy chore" is.

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Moment 4: God Bless You!

This Moment focuses on prosperity. It piggy-backs on the last Moment's focus on the Noble Mom's work habits.

Read Proverbs 31:21-25

Apparently all her hard work has paid off.

The Noble Mom succeeds in business (v.24), and experiences the type of prosperity that not only allows her family to live "the good life" today (e.g., the high-quality clothing in v.21-23), but also provides security for the future (v. 21 and 25).

On top of this, she--and her husband (v.23--are respected as strong and dignified individuals (v.25).

Reflect

How can we remind ourselves that our Mommy-work is paying off in the growing of great kids?

Share

Share a recent Mommy accomplishment.

Celebrate being Mommy

Pat each other on the backs for a job well-done so far! Help remind each other of these past achievements when discussing current struggles.

Thank

Thank God for the successes you've had in your mothering so far.

Pray for each other

Share your specific requests. Ask for continued help to successfully raise great kids.

Support other mommies

Encourage them by celebrating their own "Mommy Success Stories."

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Moment 5: Open Arms

This Moment reveals the Noble Mom's compassion for those less fortunate than herself.

Read Proverbs 31:20

In the midst of the passages detailing the work and prosperity of our Noble Wife, verse 20 makes a short, but powerful statement: along with looking to the needs of her own family, she also reaches out to the poor.

People often describe us Mommies as having our "hands full," and this statement is pretty accurate. Little ones are constantly seeking to climb into our arms, as well as looking for literal hand-outs-of food, comfort, attention, etc.

It may seem impossible at this stage of life to open our arms and extend our hands to anyone else, no matter how needy. If we can find a way to share a smidge of our Mommy-ness with those in need, it will not only benefit them, but it will also demonstrate to our own kids how to love others.

Reflect

How would you like to demonstrate "loving others" to your own children?

Share

Share what charities have you worked with in the past, or would like to work with in the future.

Celebrate being Mommy

Share a moment your child did something nice for someone that you want to remember forever.

Thank

Thank God for the ability to give of yourself to others.

Pray for each other

Share your specific requests. Ask God to bless those less fortunate

Support other mommies

Encourage them by helping them in times of need.

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Moment 6: She Speaks...

This Moment describes the Noble Mom's manner of speaking.

Read Proverbs 31:26

As Mommies, we are constantly giving instructions. We must tell our little ones when and how to do everything from picking up after themselves, to getting along with others.

When we open our mouths to offer direction, may we speak with "wisdom" as the Noble Mom does (and may we forgive ourselves quickly when our words are less wise than we would wish them to be).

Reflect

What is one wise saying or "instruction" you use with your kids?

Share

Share ideas on how to limit yelling to extreme situations.

Celebrate being Mommy

What did your little ones say (or do) this week that you want to remember forever?

Thank

Thank God for the opportunity to instruct your children.

Pray for each other

Share your specific requests. Ask for wisdom when you speak to your children.

Support other mommies

Encourage them by learning their own wise "Mommy sayings".

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Moment 7: Praise You (Like I Should)

This Moment focuses on the verses which praise the Noble Mom.

Read Proverbs 31:10, 28-29, 31

The Noble Mom receives praise from her kids (v.28), her husband (v.28-29), and even the people outside her family (v.31).

The daily work of a Mommy rarely earns these types of accolades, and it is tempting to let ourselves feel unappreciated and taken for granted.

But our hard work *is* paying off, and if we get distracted by our lack of recognition, we may lose focus on our ultimate goal: raising excellent children excellently.

Reflect

What would be the nicest thing someone could say about you right now?

Share

Say nice things about each other, pointing out each other's great qualities.

Celebrate being Mommy

What treasured terms of endearment do you use with your children?

Thank

Thank God for the encouraging people He's placed in your lives.

Pray for each other

Share your specific requests. Ask for long-term perspective as you work to raise your children.

Support other mommies

Encourage them by praising their mothering efforts.

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Moment 8: Here's the Take-away

This Moment focuses on a verse that offers a great take-away message from this passage.

Read Proverbs 31:30

A lot of women confess to “letting themselves go” during mommyhood. There simply isn't time to focus on our own outward appearance as much as we did before we had kids.

It can be a tremendous boost to our self-confidence to sometimes make a special effort to look nice again, to dust off the curling iron and let make-up revisit our face.

But on days when we're sporting the perpetual ponytail and spit-up on our shirt, it's great to be able to remind ourselves of Proverbs 31:30: beauty can't last forever anyway.

The real bedrock of our existence is our faith, which will never go out of style.

Reflect

How has motherhood affected the way you care for your physical body?

Share

Share your thoughts about how motherhood has affected your relationships with God.

Celebrate being Mommy

What is one lesson God has taught you through motherhood that you want to cherish forever?

Thank

Thank God for your faith.

Pray for each other

Share your specific requests. Ask Him for the right perspective as you take care of your physical body.

Support other mommies

Encourage them by sharing God's love with them.



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www.mommyforamoment.com