



DANNY ANDERSON

“If evolution really works, how come mothers only have two hands?”
Milton Berle

Mothers struggle with worry.

Mothers struggle with pressure.

Mothers struggle with guilt.

1. Let go.

“I asked the Lord to give me this boy, and he has granted my request. Now I am **giving** him to the Lord, and he will **belong** to the Lord his whole life.” And they worshiped the Lord there.
1 Samuel 1:27-28

Letting go releases you from worry.

2. Stop comparing.

“Comparison is the thief of joy.” Theodore Roosevelt

Fearing people is a dangerous **trap**, but **trusting** the Lord means **safety**. Proverbs 29:25

The fear of the Lord is the beginning of **wisdom**... Proverbs 9:10

The fear of the Lord leads to life; then one rests content, untouched by trouble. Proverbs 19:23

3. Get up and keep moving.

If we confess our sins, he is faithful and just to **forgive** us our sins and to **cleanse us** from all unrighteousness. 1 John 1:9

“Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.” Napoleon Hill

“There’s no way to be a perfect mother and a million ways to be a good one.” Jill Churchill



For Group Discussion

Answer these questions prior to your Small Group meeting this week.

Introduction

There are three tensions that all Moms attempt to manage at one time or another – worry, pressure, and guilt. At the core, those tensions are not exclusive to moms. As followers of Christ we have probably all dealt with the feelings of fear, pressure, and guilt at some point in our lives. Fortunately, the solution is the same for all of us – let go, stop comparing, and get up and keep moving.

Discussion Questions

1. Moms often deal with the fears that their children will not turn out well or that they haven’t done enough. What do you worry about? Why?

One way to overcome worry is to let go. Why is it difficult for you to let go of your worries? Read Psalm 24:1. How can the truth in this verse help you to release your worry?

2. Moms also deal with the pressure of what society and culture says they should be doing in order to fulfill their role. Where are some areas you find yourself comparing who you are or what you have to others? What feelings do those comparisons typically leave you with? Why?

One way to overcome pressure is to stop comparing. Read Proverbs 29:25. What factors make it difficult for us to live our lives without comparison to others? Read Galatians 1:10. What do you think Paul meant when he wrote that he was trying only to win the approval of God? What would it look like for you to live for the audience of One?

3. Sometimes, moms deal with guilt as they feel responsibility for the failure of their children. Things won’t always go the way we hope. What are some of the emotions or mental processes you go through when you realize you have messed up?

One way to overcome guilt is to get up and keep moving. Read 1 John 1:9. What are the benefits of being honest about our failures with ourselves, with God, and with others? Do you find this to be easy or difficult? Why or why not?

4. Fear, pressure, and guilt are possible tensions for every believer, but God provides clear solutions for each. Which one do you feel you should spend time addressing in the coming week? What specific steps will you take to overcome the tension in this area of your life?

OUTREACH: GROUPS IN ACTION

Can you cook a meal for The Refuge to feed their clients during pantry? Any breakfast casserole or dinner items would be appreciated. Email Kerry Carmichael for more details at kcarmichael@eclife.org.

As a group, would you be able to help CareNet with their yard work? You can plan a Saturday or evening to go and help spruce up their property. Email Kerry Carmichael for more details or to pick your Saturday: karcarmichael@eclife.org.

Action Step

Fill in the blanks below for this upcoming week.

My action steps are _____
_____.

I’m accountable for _____, and their action steps are _____
_____.

My memory verse is _____.

This coming week, I’m praying for:
