



# Motherhood

10 Week Study

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01

## Maternal Aspects of God

*Shari Marbois*



- 1 What creative activity could you do that might open you to joy and greater connection to God? How might you need to play?
- 2 If you were to trust in God's support and protection, what might you risk trying? Where might God be calling you into His protection and you are resisting?
- 3 What area of your life needs to experience the kindness and tender love of God? What difference would it make in your life if you truly believed that God was watching over you and would bend down to meet you where you are?

02

## Vulnerability

*Emily Donehoo*



- 1 What resonated most with you in this talk? Any big "aha" or "me too" moments?
- 2 What are the shlothes in your shamedrobe? What thorn are you covering up with them?
- 3 Who is the Mean Betty that you need to forgive? What do you need to do to forgive her/him?
- 4 How can what Jesus did make any practical difference to your everyday thought life?

03

## Infertility and Child Loss

*Mollie Guzowski*



- 1 Do you have a difficult time sharing your struggles?
- 2 Is your hope tied to your expectations and circumstances of your life?
- 3 Are you able to see or feel God's presence in your process?
- 4 Do you have people in your life who know your struggle and are cheering you on?

04

## Am I Enough?

*Gretchen Foster*



- 1 Do you agree with the statement, "you become that which you behold"? Why or why not?
- 2 Has there been a time in your own life when you have gone to extremes to imitate someone you admired? What or whom is currently the object of your imitation?
- 3 Do you see yourself as God's dearly loved child? No matter which way you answer, does that have an affect on the way you view and approach parenting?
- 4 Jesus claims to be the only one in which we can find our identity, satisfaction, and ability to love. Why do we continually look outside of Christ expecting to find something better?
- 5 Is being an image bearer of God's glory something you desire? What are some first steps you can take to make that a reality?

05

## Letting Yourself Off the Mat

*Allison Burgett*



- 1 In your life, what does the voice of shame sound like? Does it accuse, criticize, or belittle?
- 2 What would it cost you to come out of hiding? Is the risk worth the reward of the freedom Jesus has secured for you?
- 3 What intentional actions can you take to fix your eyes on Jesus instead of your shame?

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## The Secret of Happiness...

**According to Jesus** *Rebecca Barnes*



- 1 How do you understand the secret of happiness; to be poor in spirit, meek, merciful, etc.?
- 2 What is your hunger level for God, for connection to Jesus?
- 3 How do you balance the challenge of working on your faith and resting in God's grace?

# Unmet Expectations

*Krista Hugenberg*



07

- 1 Have you experienced a time in your life when the unexpected occurred and you had to address your unmet expectations?
- 2 How have you handled grief in your life?
- 3 Krista mentioned that her hope for those who have experienced unmet expectations was for “God to meet us in our broken places and transform them into our strongest parts so that we can show the world the power of God in us.” Are there some broken places in your life that are being transformed into your strongest parts?

# Sex and Intimacy

*Shelley Martinkus*

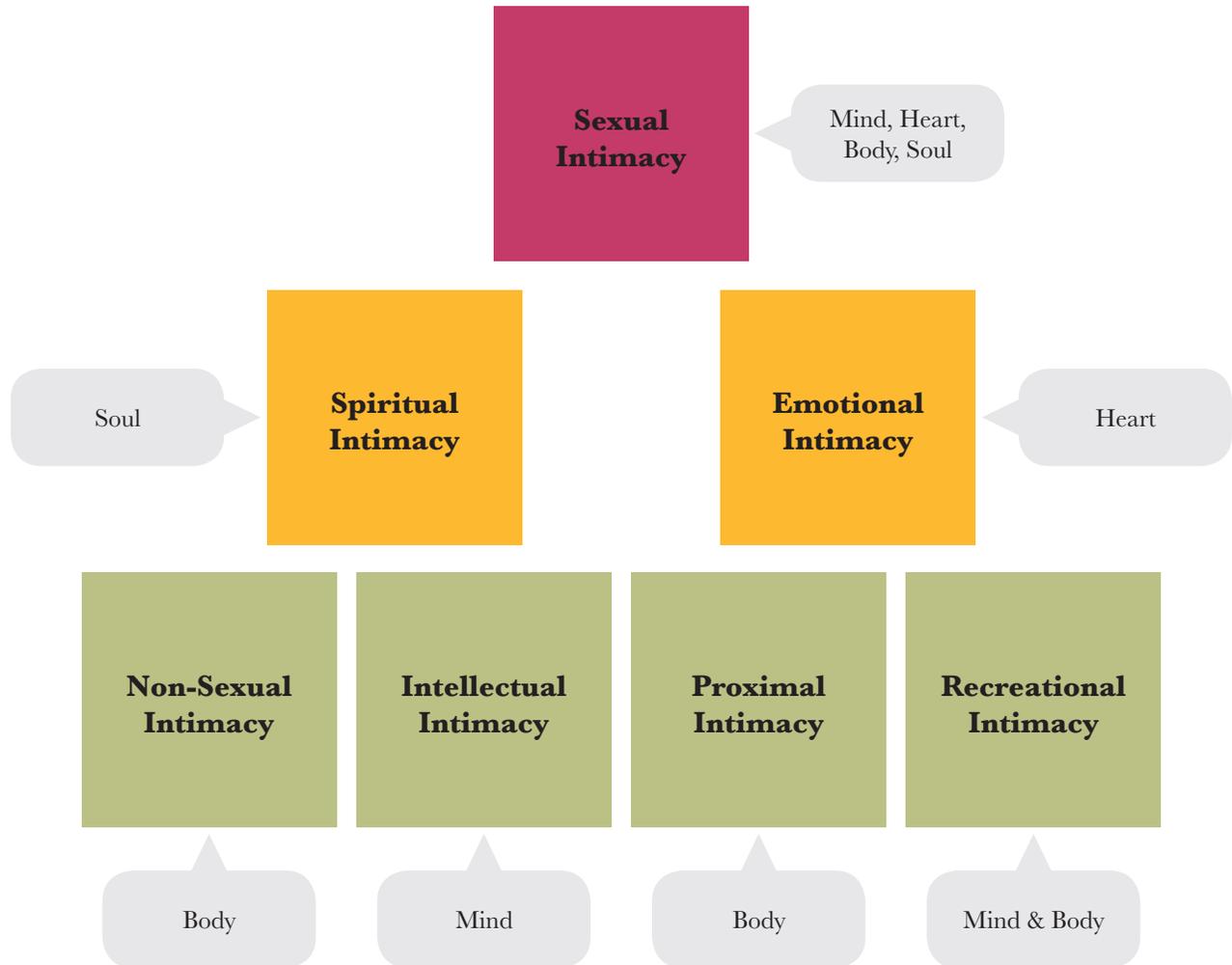


08

- 1 Do you view your marriage more as a contract or a covenant? Explain.
- 2 Which of the building blocks do you feel you and your husband cultivate well? Which of the building blocks do you think you could work toward cultivating better? Discuss with your group what it might look like to improve in that area or any road blocks you see that make it difficult to improve upon.
- 3 What is your biggest take-away from the talk and discussion today?

# The Building Blocks of Intimacy

*Week 8: Sex and Intimacy*



09

## Mental and Emotional Health

*Krista Ochocki*



- 1 Since becoming a mother, have you struggled (or are currently struggling) with feelings of depression or anxiety?
- 2 Which of these truths is hardest for you to believe?  
God did not cause my pain  
God's heart breaks with mine  
God is with me  
I am held by him
- 3 Who do you think you most need to connect with right now? God, others, yourself?
- 4 What is one small step you can take to begin connecting with either God, others or yourself?

10

## Missional Motherhood

*Ali Foote*



- 1 What is one thing that God is teaching you through motherhood? What characteristics of Jesus is he developing in you right now through your relationship with your kids?
- 2 What lie do you feel like Satan uses most to attack you in motherhood? (I am not enough, I deserve more, I am on my own)
- 3 What is a step you could take to try and start practicing Jesus' presence during your mundane filled days? How can you try to hear Jesus' voice instead of lies?

## Symptoms of Post Partum Depression

Feelings of sadness, emptiness, hopelessness nearly everyday  
Markedly diminished interest in activities that were once pleasurable  
Irritability and physical agitation/restlessness  
Insomnia or hyposomnia (the opposite extreme)  
Loss of appetite

Fatigue or loss of energy  
Feelings of worthlessness or excessive or inappropriate guilt  
Diminished ability to think or concentrate and indecisiveness  
Recurrent thoughts of death or suicidal thoughts

## Symptoms of Post Partum Anxiety

Excessive worry or lots of time spent in fear based thoughts  
Sense of loss of control  
Hypervigilance (always on alert, coming to baby's aid too fast, taking away baby's ability to ask for what it needs/wants and self soothe)

Body aches  
Fatigue  
Sleeplessness  
Desire to run away, get out of the situation and eliminate the worry and pain completely

## Self-Care Ideas

Worship music  
Journaling in a coffee shop  
Reading the Bible  
Prayer  
Singing  
Exercising  
Sharing how you are feeling with your husband, parents, friends.  
Spending time in nature  
Scrapbooking  
Drawing  
Reading a book

Painting  
Gardening  
Doing something creative  
Meditation with scripture  
Talking to a counselor  
Joining a group  
Sleep  
A trip or overnight away  
Yoga  
Manicure/Pedicure  
Massage  
Hot coffee