

BE HERE NOW

MOTHER FROM YOUR WORTH

TORI HEIN // torimaehein.com // 18:25

We all tend to measure our worth and security through external forms of measurement. But when we do that, we end up with a distorted view of who we are. Tori Hein is a down to earth communicator, coach, and Bible teacher who engages people with her authenticity, humor, and passion. She invites us to consider four words that will help us look realistically at how to mother from our worth.

Video Link: vimeo.com/813279144/2ab3dd1122

ACTIVITIES & TIPS:

Welcome Activity: Storyteller Bio

Write down 5 truths about you ... from the least important to the most important. You may use one sentence to explain each. Share them with the group.

Meeting Activity: Personal Journal

Use the “Mother From Your Worth Notes and Personal Journal” bonus handout. Allow time for women to journal their answers to the questions before giving those who would like the option to share their responses out loud. During discussion, don’t rush women to answer the questions. Don’t be afraid of silence around the table as women think and process what they are feeling.

For instructions, visit leader.mops.org/say-yes or our MOPS Pinterest page at pinterest.com/mops_int/say-yes-meeting-plans.

Leader Tip: Do the Storyteller Bio Activity as a leadership team first. Find all the instructions for that with our “Revival” Leader Video or in our Retreat Planning Guide. Use it to introduce yourself, and then have women create their own during the Welcome Activity. If you have a small group, do the activity together. If you have a large group, share the bios at individual tables.

QUESTIONS:

- What is an expectation you had about mothering that is completely different from reality?
- Is there an area of your life in which you feel you are working from insecurity rather than from your worth?
- With this area in mind:
 - Consider what you behold. What is your focus?
 - Consider what you believe. What are you thinking?
 - Consider how you behave. How are you acting?
 - Who are you becoming? How is your focus, belief, and behavior affecting your identity?
- What area of your life is fueled by criticism? How can you reword criticism so it shows compassion?

BONUS MATERIAL:

- “Mother From Your Worth” Notes and Personal Journal

Visit leader.mops.org for even more bonus material!

DEVOTIONAL:

ARE YOU A RESILIENT MOM?

LAURIE JARVIS // Executive Leadership Coach

A resilient mom is often seen as one who preserves and handles sleep deprivation and long days like a champ. We may even envision her pushing through days with all her strength, never quitting. We celebrate her efforts thinking that this forward momentum will earn her the title of “Best Mom.”

In reality, this “keep going” mentality leads to burnout and even resentment in motherhood.

We get it, motherhood will have hard days, mundane days, and even some tragic days. We can expect seasons where we will need to stay steadfast. However, true resilience isn't just gritting your teeth and getting through. Resilience is recharging so you can protect your mental, physical, and spiritual health, allowing you to be the best mother you can in each season.

Jesus modeled resiliency so well for his daughters. He stopped, rested, recharged, and then pushed through what was in front of him.

But Jesus often withdrew to lonely places and prayed.- Luke 5:16 NIV

Jesus knows you have a huge responsibility to raise up the next generation. Did you know you were never meant to do motherhood without him? He wants you to choose rest. He wants you to connect with you. He wants you to recharge, have fun, and depend on him to walk out this beautiful and hard journey with him.

As a mom it may seem impossible to take these moments of respite, but it's important. Here are some ways to recharge right now:

- Put the phone down to get a mental rest
- Listen to your favorite playlist while watching your kids
- Sleep during nap time
- Journal
- Schedule a Girls Night Out
- Schedule Fun with your kids and leave chores for another day
- Take a walk outside
- Ask for help
- Pray

Remember this excellent advice from the one who modeled rest for us: “Then because so many people were coming and going, they didn't even have a chance to eat, he said to them, ‘Come with me by yourself to a quiet place and get some rest.’” Mark 6:31 NIV

Questions:

- When was the last time you chose rest?

- What is one thing you will do this week to recharge?





“MOTHER FROM YOUR WORTH” NOTES

We measure our worth and security through external forms of measurements, such as:

What we know.
Who we are with.
What we accomplish.

What we have.
What we experience.
Where we go.

Here are some of the warning signs that show up when we are mothering FOR our worth, rather than FROM our worth:

- Resentful of others and their lack of concern for my needs
- Physical forms of stress in my body – stomach aches, skin breakouts, anxiety, and anger
- Overwhelmed and out of control of my schedule and environment
- Felt guilty when I rested
- Fear I had missed out on something better
- Always doing something but never felt like I was doing enough

Are you embracing any of these in your own motherhood?

We often want our emotions and behavior to just be “fixed,” but we have to spend some time focusing on the root belief system that is underneath the behavior. Use these four words to identify what is keeping you trapped in the dysfunctional behaviors you desire to change.

BEHOLD, BELIEVE, BEHAVE, BECOME.

I'm here to remind you, my dear friend, that the boundary lines of this season have been set for your benefit. Closed in, hidden, and as difficult as they are - they are producing in you a work of transformation that can only be accomplished through the season that you're walking in - motherhood -- whatever season of motherhood that is. - Tori Hein



BEHOLD, BELIEVE, BEHAVE, BECOME

PERSONAL JOURNAL

Is there an area of your life in which you feel you are working from insecurity rather than from your worth?

BEHOLD: WHERE IS MY FOCUS?

To behold something is more than just looking at it, but it requires a deep level of attention.

BELIEVE: WHAT AM I THINKING?

Our beliefs are our vocal or silent statements about what we behold. It is the hidden belief system about ourselves, God, and others.

BEHAVE: HOW AM I ACTING?

This is how those beliefs show up through our actions, responses, and words.

BECOME: WHO AM I BECOMING?

Our focus, belief, and behavior affect our identity.

Whatever you behold shapes what you believe.
What you believe determines how you behave.
How you behave transforms who you become.

What area of your life is fueled by criticism? How can you reword criticism so it shows compassion?

CRITICISM ASKS:

What's wrong with me?
Why can't I get over this?
Why am I so stupid?

COMPASSION ASKS:

What happened to me?
How have these experiences shifted my perspective?
What do I need?