

## Power of a Positive Mom Leader's Guide

### Helpful Hints for Leaders

As you embark on studying *The Power of a Positive Mom* as a group, I would like to offer you encouragement in three areas.

1. Seek God's guidance. Ask God to assist you in how to lead your precious group of moms. You may not know all of the needs and hidden hurts of the women in your group, but God does. Seek God's wisdom as you lead your group (James 1:5).
2. Build relationships. This is not only a study to help everyone learn to be more positive in their homes; it is also a study to encourage mom-to-mom friendships. Plan fellowships, play groups and lunches together. As the leader, keep up with the moms who do not attend by giving them a quick phone call or writing them a letter. You may even want to share emails, so you can communicate easily through out the week.
3. Stay Focused. Be sensitive to everyone's time, by starting and ending on time. I do think it is wise to allow a little time for arrival and fellowship at the beginning. There is a healthy balance of staying on target and not being too rigid. Please guard against gossip or griping. You will also need to be aware of people who manipulate the conversation time or take the lesson down a rabbit trail. In both cases, turn the conversation back to the lesson by saying something like, "Well, I think we better get back to the questions so we can cover everything we want to cover."

Before you begin you will want to prayerfully make a decision as to how you will study the book. I suggest that you assign one chapter per week, plus the Power Points. You may choose to ask the questions from the leader's guide when you meet together, or you can give the questions out each week and allow the girls to come prepared with answers. These are simple discussion questions allowing the girls to share their own insights or personal examples. Don't expect everyone to answer. Allow several people to answer and then move on to the next question. Always be prepared to give your own answer, if the conversation needs help in getting started. If you have extra time, go back through the chapter and ask people to share some of the things that were important to them. Encourage them to highlight in their books. You may also want to discuss the Power Points.

If you are leading a large group (say 15 or more) you may want to have an assistant or two. It is helpful to have a secretary to collect and organize the phone numbers and addresses and perhaps a hospitality person to organize snacks and socials.

As far as praying together, I suggest you start off your time together with prayer, but reserve taking prayer requests until the end of class. Have index cards available so ladies can write their requests. Then give the card to someone else to pray for the requests. This helps to avoid long discussions (with everyone adding their opinion) over a prayer request or concern.

## Introduction

Use this first meeting as a time to get to know one another. You will be introducing the book and how you plan to study it together at this time. Do not expect anyone to have read the book yet.

1. Ask everyone to share their name and their kid's names and ages. Also ask each participant to share one of her greatest joys in motherhood, and one of her biggest challenges.
2. Read the introduction together, having one person read it out loud while the others follow along.
3. Explain how you are going to study the book together (homework and study questions).

Other things to discuss include: where you are going to meet, time frame and childcare.

Close with prayer.

Additional discussion questions:

Tell the one thing "you would never do" as a mom and now you've done it.

Who has been the greatest influence in your life that has helped you be a better mom?

If you were going to choose one time of the day that you most enjoy or cherish as a mom, when would it be?

What is your most dreaded time of day?

## Chapter One Influence Beyond Measure

### Discussion Questions:

1. In what ways has being a mother changed you into a better person?
2. How does it help you to know that God is your employer?
3. Allow several people in the group to share their job description from the “Do” activity in the Power point.

## Chapter Two The Secret to Your Success

### Discussion questions:

1. In what areas do you tend to expect perfection? Are you willing to release these areas to God?
2. In thinking about your schedule and activities, are there some things that you need to cut out or save until another time? If so, would you like to share how you came to this decision.
3. Perhaps a few of you would like to share some of the things you wrote in your personal belief and purpose statement.
4. Which verse in your reading of Romans 8 (Power Point) gave you encouragement and strength?

### Chapter Three Apples of Gold

1. Share a time when someone's words of encouragement were meaningful to you in your life.
2. Can you think of a time when someone's words were damaging to you?
3. What are some creative ways you can give words of encouragement to your family members?
4. Share some of the comment you wrote out in the "Do" activity in the Power Point.

### Chapter Four Great Expectations

1. How would you describe the special and unique qualities that God has given your children?
2. In what ways can you encourage and support their gifts and talents?
3. Is there someone in your life that saw your potential and took the time to help you reach toward a goal? Would you share it with us?

### Chapter Five The Beauty of a Smile

1. What are some of the reasons people choose not to smile?
2. What are some reasons you personally have to be joyful?
3. In what ways do you express your joy?
4. Did you do the experiment with smiles given in the power point?  
If so, tell about it.

Chapter 6  
A Positive Mom is a Praying Mom

1. How have you seen the need for prayer in your own life?
2. What did you learn from Hannah's and Jesus' example of prayer?
3. In what ways did this chapter encourage you to develop a deeper prayer life?

Chapter 7  
Casting your Cares

1. In what areas do you tend to harbor fear?
2. What are the benefits of giving our worries over to God?
3. Are there any benefits to holding onto and enjoying your worries?
4. How can you effectively and continually turn your worry over to God?

Chapter 8  
Women of Prayer

1. Which of the stories in this chapter inspired you?
2. In the ACTS acrostic (page 110) which area of prayer is easy for you to do?
3. In which area do you struggle in your prayer life?

Chapter 9  
The Ladies Pity Party

1. Why do you think it is so easy for people to complain?
2. What can a good attitude do for you as a mother?
3. Are there some areas of bitterness, anger or unforgiveness that you need to release to the Lord?
4. Let's take a moment to bow our heads and silently confess and release those areas to God.

Chapter 10  
Attitude of Gratitude

1. How does a grateful heart change our attitude in life?
2. Name the top 3 things you are grateful for at this moment.
3. Now name something you can be thankful for in the midst of a challenge (past or present) in your life. (This takes a little more thought)

Chapter 11  
The Challenges of Life

1. What are some of the “if onlys” that tend to creep into our minds.
  2. Share about a time when either you or your child grew from having gone through a challenging situation.
  3. Tell about one of your favorite heroes in the Bible who went through a challenging situation.
  4. Share your life maps with the rest of the group if time allows.

Chapter 12  
Harmony with Hubby

1. In what ways can you demonstrate your love toward your husband?
2. Name one attribute you most respect about your husband?
3. Where is God in your relationship with your spouse?
4. From the “Do” section, does anyone want to share about her date night plans?

Chapter 13  
Affirming Friendships

1. What qualities do you most appreciate about your close friends?
2. What can you do to encourage deeper friendships with some of the people you know?
3. Tell about a time when one of your friends encouraged you in a meaningful way.

Chapter 14  
Mentor Moms

1. What are some of the benefits of having a mentor mom?
2. Have you ever had an older woman guide, mentor or encourage you? Would you be willing to share some of the blessings?
3. How can you be an encouragement to other moms?

Chapter 15  
Living Lesson Books

1. How have you noticed your kids picking up on or imitating your example?
2. In what ways can you become a better example to your kids?
3. Where does your ability and strength come from in order to live a good example?

Chapter 16  
Making Marvelous Memories

1. What are some of your favorite childhood memories?
2. What new ideas and traditions have you gleaned from this chapter?
3. Why do you think traditions are important in a family?

## Chapter 17 Living By the Book

1. What has God's word meant to your own life?
2. How can your children benefit from knowing and understanding what the Bible has to say?
3. How do you plan to actively teach your children truths from the Bible?

## Chapter 18 Legacies in Literature

1. What are some of the titles of your favorite books that you read when you were young?
2. Have any of the books or characters impacted you or inspired you? How?
3. How have you effectively taught life lessons to your kids through history or literature? If your kids are still young, how do you plan to teach them?
4. Are there any books you would like to add to the reading lists in this chapter?

## Chapter 19 A House of Compassion

1. What did you learn from the "What love is not" section of this chapter?
2. What aspect of God's love is a particular blessing to you personally?
3. What quality of God's love do you want to display in your own life?

## Chapter 20 Affirmation Training

1. What does the word discipline mean to you?
2. Is there anything you want to change about the way you discipline your children? Is there anything you would like to share?
3. In your opinion what is the goal in disciplining and training your children?

Chapter 21  
Upward Bound

1. What are you going to do differently as a result of reading this book?
2. In looking back over the pages of this book, what are some of the key point that you highlighted?
3. Describe a positive mom in your own words.