



YEAR 1, MONTH 1

Email

Hello Courageous Mamas and Girls,

I am so glad you've accepted the invitation to take this journey together. There is so much to look forward to, but I wanted to make sure you had the critical information for our FIRST meeting together. It's coming up soon!

We are scheduled to meet on (insert meeting date here) at (insert meeting time here).

The address of our meeting location is: (insert address here)

*Please arrive promptly so that we can make the most of our time together. There will be a lot to cover at this first meeting.

Please ask your daughter to bring:

A Bible (any version will do).

A picture of you and her together (or a photocopy is just fine).

A willing heart.

Our discussion topic for this month is: Fruit of the Vine.

We'll be talking about how we were made as children of God and how He sustains us. We will also be talking about what to expect from Courageous Girls and set up some guidelines and expectations for our group.

Here are a few questions to get you thinking about the topic prior to our meeting. Chat about these things with your daughters (don't forget to share your own answers with your daughters), and bring other questions that come up to our meeting:

1. What do plants need to grow? What kinds of things do YOU need to grow?
2. How do you feel about your faith right now? Are you secure in God's love for you?
3. How do you feel about our first Courageous Girls discussion? What kind of emotions are you feeling about it?



Obviously your discussion may spin off in all sorts of directions – go with it! It's so helpful to spend some quality time just listening to our girls sharing their hearts. Make sure this conversation happens when you have time to share together without being constantly interrupted – put your phones completely away to avoid any unnecessary distractions. Don't rush it and don't force it. Just put the questions out there and then be ready to listen when she's ready to talk.

I am so looking forward to seeing you and getting to build deeper relationships within this special group.

Blessings,

(insert your name here)



YEAR 1, MONTH 1

Lesson

Part I. Prepare

Topic: The Fruit of the Vine

★ It is important to reiterate to everyone throughout the year that we don't produce our own fruit; God produces fruit in and through us when we live in relationship with Him, growing to trust Him and His ways. Because this is going to be a recurring theme throughout the first year, reinforce this idea over and over again at each monthly meeting. It will be noted in each lesson plan to remind you!

Key Verse:

John 15:5 "I am the vine, you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Key Take-Away:

Jesus is the "vine" in the verse above. We are the "branches." It is God who gives us life and sustains our life. Because of this, our top priority is saying YES to a real and active relationship with God so that He can show us who we truly are as we are transformed into the image of His son, Jesus Christ. As we receive God's kind love for us, we can then offer that love to others. We don't produce our own "fruit." God produces fruit in and through us when we live in a close relationship with Him, growing to trust Him and His ways.

Important notes for this meeting:

At this first meeting, it will be very important to lay the groundwork and to set expectations up for the rest of the year. As a result, the lesson is shorter than typical to allow extra time to get everyone introduced and to disseminate information to the group. Plan accordingly. Setting up expectations means that the meeting should get started on time after everyone has arrived, picked up a name tag and grabbed a light snack (if your group is doing snacks together).

Materials needed for this meeting:

- Bible (one per mother/daughter pair; Bible apps work, too, but it's nice for the girls to practice using their Bibles together so that they get more confident finding books and scripture on their own).

- Name tags (this is important for the very first meeting).
- Notebooks (1 per daughter). Everyone can bring their own - examples might include a Mead composition book or canvas journal. Leader can provide them as well.
- Permanent markers
- Stickers and other decorations for journal creation - keep it simple to avoid having this activity turn into an hour-long crafting session.
- Photo of mom with daughter (Ask moms to bring this with them to the meeting)
- Copies of the Who is a CG?, Guidelines (1 copy each per person; found at the end of this document)
- Printed copies of the Poem for Mamas and the Scriptural Prayer for Moms (1 copy per mama; found at the end of this document)

Part II. Lead

First 15:

Gathering time. Welcome everyone. Grab a name tag so everyone has the ability to know one another's name and a snack if your group is providing that. Remember, water and a simple snack are best; keep it simple! Gather your group together in a circle (or as close to a circle as you can make). Make sure there is room for everyone and that everyone can sit comfortably where they are at. It is not necessary for you to be seated at a table, but you may choose to be.

Let's Go 70:

This is the heart of your gathering time. Use the following outline to help guide you in this process, but don't feel bound by it. Take some time with the material before you lead so that you can adapt things to best meet your group's needs. The action steps are bolded.

- 1. Open in prayer** (The discussion leader or host should lead this prayer the first time. After this meeting, you may choose to have someone else open the group in prayer).
- 2. Introductions** -- Go around the circle having each pair take a turn. You might start as the group leader since you will be prepared and will have had time to think about this. It will allow others time to think about their answers before it is their turn to speak. Mom introduces her daughter and daughter introduces mom. Daughters- share your favorite thing about mom with the group; moms, share your favorite thing about your daughter.
- 3. Review Who is a Courageous Girl, Intended Outcomes and Guidelines** with the group. Print these out ahead of time so that everyone can keep a copy. Have each mother/daughter pair sign the bottom of the CG Guidelines and keep a copy in their notebook. Emphasize the importance of making this a safe space where everyone feels welcome to share and be vulnerable.



4. Open your Bibles! Read this month's Key Verse from John 15:5, as well as Jeremiah 17:5-8 for greater insights. Have the girls reading from scripture each month. Ask for a volunteer to read out loud.

5. Let's break down this metaphor (a comparison between two things that are not alike), word by word. Cover the following questions and see if the girls can answer them – do your best to get everyone to participate to some degree.

Ask (regarding John 15:5):

- Who is the vine? (Jesus)
- Who are the branches? (We are!)
- What is the job of the branches? (To remain in God; to be IN relationship with God)
- How do we do this? (We get to know more about God and who He is, and then begin to trust His words, not our own. We can do this by reading our Bibles to see what it says about Himself and us. We can do this by talking with God and sharing our hearts with Him. We can do this by connecting with God - through song, dance, time spent meditating on scripture, shouting praises and gratitude, talking with others about Him, etc.).
- What does the vine do? (Keeps the branches alive. Nourishes them, keeps them rooted in something bigger than themselves so that they stay strong and full of life).
- What happens if the branches do not stay connected to the vine? (They die. Without the ability to receive nutrients from the vine, a branch will die on its own. The verse uses the words "we can do nothing," which means that we will not be able to succeed on our own. It is only through God that we achieve life and stay filled with abundance).

Ask: What are some other things that this metaphor makes you think about? Possible responses may include thoughts about:

- Who prunes the vines? (God)
- Where do vines get water and nutrients from? (Sun - created by God to bring life and light to the Earth; Water comes from the ground/earth? Minerals from the ground)
- What grows on the branches? (Fruit, flowers, berries, etc...just like the fruits of the Spirit that we will be talking about later. This is what WE can make when we stay connected to God and allow Him to work through us!)
- How many branches are on a single vine? (Many!)
- Does the vine have enough nutrients to keep all of the branches alive? (Yes, as long as the branches are connected, the vine can feed all of them sufficiently).

6. Demonstrate with a visual example. Using a table lamp, explain this analogy:

◆ The lamp itself is good. We are like the table lamp when we are not connected to God. We can do some good things, but we are not being used to our fullest potential. A table lamp cannot shine light without plugging into a power "source" – usually this is an electrical outlet. (After you explain this to the girls, plug the table lamp into the wall and watch the lamp become illuminated.) The table lamp must be "plugged into" the wall in order for it to have the greatest impact possible and be used to its full potential. A table lamp is only a



decoration until its purpose is ignited and the power source (electricity from the wall) gives it energy to light up a room. If we are like the lamp, then we must get “plugged into” our power source - God! The fruits of the spirit can only grow and multiply when we are connected to the “vine.” That’s our power source! When WE plug into our power source - our relationship with God - we can light up the world. We do not produce our own fruit, God produces it in us!

Getting to the HEART of the issue - Reiterate this basic truth: We are created on purpose by God. We are an extension of Him. We will spend time this year (and years ahead) learning what it means to stay connected to the source of all good and how God shines through us as His daughters.

7. Now it’s time to personalize your Courageous Girls Notebooks. Have a table prepared nearby with all the craft supplies needed to decorate and personalize the notebooks that each girl will keep for the year (perhaps longer). These notebooks will keep scripture, handouts, pictures, personal responses, etc. They will be uniquely yours, so decorate them to reflect your personality. Make sure you put the picture of you and your mom on the very front cover!

★ Notebooks are different than CG Journals. Notebooks will be brought to each meeting and will keep handouts, notes, ideas, discussion prompts, etc. that the group talks about each month. The CG Journals will be explained at a future meeting. The purpose of the CG Journal is for moms and daughters to have a special place to share prayers, questions, thoughts and private information with one another at home. They do not need to come to monthly gatherings. If your group is jumping ahead into Year 2, 3 or 4 after this lesson, find a time at one of your next few meetings to create these special CG Journals.

8. Step aside, moms. While the girls are decorating their notebooks, pull the moms to another area (nearby) and review any questions that may have come up. Here are a few other things it might be helpful to do all together with the moms:

Review annual schedule and make sure moms are okay with the month and topic they were assigned (CG leaders prayerfully assign moms a topic). Moms are encouraged to swap with other moms if they prefer a different topic or month to facilitate. Encourage the moms that this is for their daughters and to try to include the girls as much as possible in the leading of their assigned month, whether it’s in prepping snacks, praying beforehand, or reading a scripture. Lessons have been designed with everything moms need to lead well. *Note: If a mom is very nervous to facilitate, please assure her that you will come alongside her to co-facilitate a monthly gathering so she will not feel alone.

Review some basic expectations, perhaps things that are NOT on the Guidelines but that you feel will be important for your group’s success. Here are common topics that are helpful for moms to discuss together:

A. Listening: We want the girls sharing from their own experiences. Moms, avoid controlling or monopolizing the discussions. We want to listen and be facilitators for our girls (encouragers of healthy discussion). Personal prayers and stories can be shared among the adults after group discussions or in one-on-one meetings. We are



not here to "FIX" anything for anyone else, but to learn how to be present with one another and watch God do the growing in us all.

B. Participation is encouraged but never expected. We want everyone to feel comfortable without pressure to speak or share and using "pass" is an okay option while group members are developing trust and confidence to use their voice. C. Mindfulness about different readiness levels within the group. As moms, be thoughtful about what you share and how you share it. If the girls are having a hard time speaking up, feel free to have the group turn to do "pair/share" time so moms and daughters can share with each other before turning to the group. Silence is not a sign of disinterest, but rather a reflection of we all process differently and are developing trust.

D. Safety of the circle -- privacy, gossip, sharing in larger groups/settings

Share the importance of prayer (covering our daughters in prayer and praying for one another) and encourage prayer time.

A. In the car/driving time - pray out loud for your daughter; focus on one specific trait or topic for her to take with her into that day.

B. Doing Laundry -- pray that she be covered in kindness and compassion, for herself and toward others.

C. Working out -- pray for safety and discernment.

D. School drop off or pick up -- pray wisdom.

E. Grocery Shopping -- pray gratitude for shelter, food, family, resources, etc.

F. Picking up shoes, socks, bags left laying around -- pray that her feet would lead her to trust God and others, leading her to hope, joy and peace.

Make the Point: The Psalmist calls children "a gift of the Lord," a "reward," a "heritage." Children are the most wonderful gift we can have. It is truly a privilege to be a parent, though it's normal to struggle with this great responsibility at times. We need God and each other to do this well!

- Hand out the Poem for Mamas with the Scriptural Prayer at the bottom. This is a gift for them to hold onto throughout this year and well beyond! Let mamas know that there is a prayer that accompanies each lesson. Typically this can be emailed out or moms can log onto the CG site and download it themselves. It is also an option for the group leader to print it for all moms each month.
- If you have not read *Courageous: being daughters rooted in grace* by Terra A. Mattson, founder of Courageous Girls, consider doing a mom's book study together to develop connection, health, wholeness, and commitment from the moms.

Final 5:

Gather everyone back together to wrap up this very first meeting. Circle up and pray over this sweet tribe that has come together. Ask if any of the girls would like to start the closing prayer and then you finish it up. Talk again about the importance of prayer (to the whole group this time, not just the mamas), and refer to Isaiah 41:10 as you



pray -- "Do not fear, for I am with you; do not be discouraged, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Make sure to dismiss on time today since you are setting the precedent for future meetings. It is extremely important to honor everyone's time, especially those that desire structure and schedules. While it is tempting to let a good thing go on, don't. Know that all will return next month for more time together and avoid making this group time a "play date." This is different than most other activities our girls are involved with, and we want to preserve the sanctity of it by keeping it special.

Suggested Homework for the Month: Set aside one time per week to sit on your daughter's bed and ask her about her prayer requests before lights out. Write her requests down in her CG journal and practice praying and talking to God together. There is no right or wrong way to do this. Talk to God like you're talking to a dear friend or family member. Share your heart and let your daughter share hers. You can also use the CG journal to write notes, prayers, and questions to one another. This is a safe way to get to know your daughter's heart on a deeper level at any age.

Part III: Reflect and Connect

Whew! You had a lot to get through today, and there will surely be questions and things that come up unexpectedly. Roll with it! Remember that the main goal of today was to lay the ground work and set up the expectations for the rest of the year. If you did that and feel good about it, let any other details go.

Email out the 'Suggested Homework for the Month' (printed above; do this even if you printed it out already for your group). You will definitely want to follow up with everyone in your group pretty soon. Within 3 days, try to send an email to the group with a quick re-cap of the first meeting, a shout out to those who signed up to host future meetings and a copy of the revised schedule (especially if you made any changes at the meeting). The schedule should include the date of the meeting, the topic, the discussion leader, where it will be held, and who is hosting.

Finally, make sure to allow space for mamas and daughters to talk about whether or not this is a commitment they can make. If for any reason they respond that they cannot keep this commitment this year, or during this season of life, allow them permission to do so and offer grace and encouragement to be where God is calling them to be. Don't feel badly if this happens! You have not failed. If anything, it is a blessing that these mamas are able to honestly evaluate their own schedules and make such a determination. It is better to have a pair self-select out of the group early on rather than make the commitment and not be able to follow through later on. If the group dwindles down quite a bit after this first meeting (though very unlikely), pray about whether God wants you to extend an invitation to another family or just keep a smaller group. This is why we encourage you to start with 8 moms and daughters, as groups do get smaller over time.

Make sure to chat with your own daughter about how she feels it went. Most likely, she will have an opinion or two.

** An important note - it can be very hard to lead a group as a mom. When your daughter is sitting next to you, you may feel torn between leading HER well, and leading the entire group.*



Often, moms feel exacerbated with their own daughters' behaviors that can turn up during a group meeting. She may exhibit attention-seeking behaviors that aren't typical or may have a hard time knowing the boundaries of your leadership vs. her leadership. Give her specific (but small) jobs to help you with before the meeting starts so she has an active role to play during the meeting. Talk to her honestly about your role as the leader and how helpful it would be to you if she could be a good role model for the other girls during the discussion time. When all else fails, remember that this is not about how well YOU did at leading or how WELL your daughter did as you led. Avoid the temptation to be frustrated with her if she did not live up to your expectations and use it as an opportunity to discuss places you can both grow in leadership. God uses it all to grow our daughters and us moms in this journey. Trust the process.





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Supporting Documents

- Who is a CG, Guidelines and Intended Outcomes (1 copy each per person)
- Poem for Mamas and the Scriptural Prayer for Moms (1 copy per mama)



WHO IS A COURAGEOUS GIRL?

She knows she is loved and can love well.

~ leaders handout ~

There is so much to learn about being a girl. Each one of us is a daughter - a daughter of the King! We firmly believe that each girl has a unique purpose, and is equipped for that purpose. The root of this powerful truth is developed as we have relationship with God and with each other, learning ways to lean into God's grace. When we know we are loved, we can boldly offer that same love to those around us. We need one another to walk this journey called life. We loudly proclaim that Courageous Girls come in all shapes and sizes, but the core of who she is being transformed into can be described in the following acronym:

C. Confident in who God made her to be

She will grow in her understanding of who God made her to be. Every person is so unique and a CG girl is going to learn how to celebrate who she is and who others are, seeing how God uses each one of us for His greater purposes.

O. Open to those who are different than her

Our human nature is to connect with people who are similar to us and yet God's design is so much more varied than we can imagine. From culture, to wirings, to social status, to ethnicity, we are going to grow in our understanding of God's love for all of us and how we can have courage to learn from those who are different than we are.

U. Understands and applies God's Word

Over the years, we are going to use God's Word to help us understand the concerns of being a girl and the issues we face in our culture. Learning how to open the Bible, read His Words and apply those Words to our lives is a primary goal of a CG girl.

R. Risks because her faith is in a big God

God is courageous and as we grow closer to Him, trusting His ways and His character, our own courage grows and we learn to do and experience life in ways we never would on our own. Even being in a CG group can be a big risk for many moms and daughters. Watch and see what God does with your courageous "yes" to His ways.

A. Asks for help willingly (both in prayer & within community)

Being a girl who can ask for help is a powerful position. This posture helps us grow in humility, our ability to recognize our needs, and to receive love and comfort from others. This life skill impacts every decision we make because ultimately, we cannot do this life alone. We will grow in recognizing our emotions, our needs, and using our voice to ask for help in order to receive care from God and others in our community.

G. Generous with her time and resources

What God has given us was not meant for us alone. Everything we are gifted is a resource to be



received, nurtured and used for the greater good. Learning what God has given us (from our wiring to our material possessions) and how He wants us to use them is part of the journey of every CG mom and daughter.

E. Empathetic and loves well

We see the ultimate act of empathy when Jesus joined our world as a baby. God leaves His viewpoint and joins ours without even losing His sense of self as God. As we learn how to understand our emotions, listen well to one another, and practice healthy friendships, we will all grow in our capacity to care deeply for ourselves and others. We need to experience empathy before we can become empathetic people. The mom and daughter relationship is where we will practice this the most over the years.

O. Obedient to God

Our human struggle to meet our own needs in our own ways is at the root of every poor coping skill. As we grow in our understanding of God's heart for us, we will grow in our desire to lean into God's love, His ways, and His timing. A CG girl asks God and then boldly steps into His plans for her, regardless of the messages of her culture. Discerning His plans requires trusting God, knowing His Word, and being known in community.

U. Unique from the world around her

It's easy to blend into our culture, even as followers of Jesus. However, God says we are set apart and we will learn what this means as we talk about His design for our bodies, our minds, our hearts, our words, our actions, our relationships and our talents. There is no topic that is off limits in our CG dialogues and with every safe discussion we have, we all grow (moms and daughters alike) in our courage to be who God made us to be. This will often feel and be different than those around us who are absorbing the messages of our world.

S. Servant heart

It's just so human to want to serve ourselves first. Throughout the years we will watch God grow our hearts for the things that break His heart. We will expand our ability to consider others and their needs. Serving does not come naturally to most of us and yet, a servant leader is the most impactful kind of leader in God's paradigm. CG girls will become change-agents in a world that tends to look after "me, myself and I".

G. Good friend (even when it's hard)

Girls, young and old, have a hard time doing friendship well. The comparison game kills the roots before anything can really bloom. CG groups practice again and again how to be a steady and trusted friend. This requires time and consistency in a relationship. Discussions on conflict resolution, boundaries, safe and unsafe people, social media, forgiveness, and more will help both moms and daughters grow in healthy relationships with other girls. Though friendship is not the primary focus of CG (the mom/daughter relationship is the foundational focus), themes of friendship are embedded into every aspect of CG rhythms.



I. Initiates with integrity

Learning how to use her voice in healthy and sustainable ways, every CG mom and daughter will grow in her ability to hear God's voice in her life in order to move forward with confidence. Too often we wait for life to happen to us (friendships, passions, dreams, etc.). Instead, a CG girl learns how to be who she is made to be, unafraid to fail, learning from her mistakes and learning about who she is "not". Initiation and integrity are foundational to every group discussion.

R. Real and honest with God and others

Girls, young and old, have learned to hide behind masks and be who others want them to be. Every CG girl will grow in her ability to appreciate honesty in the midst of real conversations. Mom and daughter relationships will strengthen as we practice journaling, talking openly with grace and safety, and encouraging one another to no longer hide, but let God and others into the spaces where we are most in need of love.

L. Leads and lives wholeheartedly

God does not just want just a piece of us. He wants all of us, but He waits until we are willing to let Him in. As moms and daughters take turns leading the intentional conversations each month, gaining deeper understanding of who God is and who we are, we all grow in leadership and experiencing life from a whole heart. The long-term committed rhythms of CG allow for a slow and steady growth for everyone in the group. This helps us shrink the gap between who we say we are and how we are actually living. Trust the process and then watch God do more than you could ask or imagine.



WHO IS A COURAGEOUS GIRL?

She knows she is loved and can love well.

- C. Confident in who God made her to be**
- O. Open to those who are different than her**
- U. Understands and applies God's Word**
- R. Risks because her faith is in a big God**
- A. Asks for help willingly (both in prayer & within community)**
- G. Generous with her time and resources**
- E. Empathetic and loves well**
- O. Obedient to God**
- U. Unique from the world around her**
- S. Servant heart**

- G. Good friend (even when it's hard)**
- I. Initiates with integrity**
- R. Real and honest with God and others**
- L. Leads and lives wholeheartedly**



Courageous Girls Guidelines: Points to Consider

"A guideline sets forth a principle, a way of seeing that helps children understand how to navigate life decisions. While a guideline is worthless to a one-year-old, it is wonderfully life-giving to a ten-year-old; it gives more direction than directives. Guidelines are relationally communicated, allowing children to own their choices in heartfelt obedience rather than merely complying to rules. It communicates consequences as well as the basis -- protection and freedom -- within the given truth. A guideline teaches skills for navigating new choices ahead, choices that rules can never anticipate. In other words, a rule says, 'You will not do this or else.' A guideline says, 'Here is why you would choose these behaviors and not those. I'll stand with you as you mature in these choices..'"

- Excerpt taken from, The Cure & Parents, by the founders of Trueface Ministries

While your group will need to develop your own guidelines, here are some points we encourage you to include so your group will form healthy roots and operate well over the years:

1. **Commitment:** Mother/daughter pairs commit to regular attendance at all scheduled gatherings (unless illness or family emergency make it impossible). Trust takes at least two years to build within any relationship. Ideally, moms and daughters are committed for a minimum of three years to their CG group in order to experience the fruit of deeper intimacy.
2. **Intentionality:** Monthly dialogue intentionally focuses on the given topic & scripture connection (related activities are suggested each month). Make adjustments to the lessons and do what feels authentic to your group. Know that you may need to deviate from the planned activity in order to better meet the needs of your group. CG provides a vehicle for moms and daughters to have intentional conversations, more meaningful relationships and to develop much needed tools for life. Please remember that the curriculum is only a catalyst to foster those relationships and is not the main purpose of CG.
3. **Community:** Each mom and daughter will facilitate one of the monthly gatherings with the goal of modeling leadership and courage to her daughter. Sharing the facilitating role amongst all moms is essential. Encourage all moms to participate at some level (contributing snacks, supplies or helping with other necessary tasks), building a sense of ownership amongst all group members. This shared facilitation is a powerful way to model to our own girls how each of us has a contribution to the world around us and a unique way we display God's splendor.
4. **Reassessment:** Evaluate your group's commitment each year with the goal of remaining intact as a group through middle school and even high school. While these groups are not to be "cliques," they are an intentional form of committed discipleship that many of us lack in our everyday lives. These groups go against the grain of traveling alone or in living in detached



communities; instead, they build trust-filled history that fosters a mind set of moving through conflict, rather than ignoring it, deepening our security and developing our resiliency for life.

5. **Confidentiality:** Safety is of utmost importance. This might go without saying, but you will NOT build the kind of trust necessary if anyone feels worried that their stories, questions, discussions are going to end up being tomorrow's gossip in the lunchroom. Establish curtains of safety within the group by making confidentiality CLEAR and WELL-UNDERSTOOD. Then, model it for your daughter by maintaining integrity with your words, too.
6. **Grace:** We are all learning and we will all mess up. Because of Jesus, we can learn to make things right with one another and repair. Practicing this as moms and helping our daughters do the same will be a game-changer in our culture. Being rooted in grace is how we grow into healthy maturity and you will find many opportunities to both give it and receive it over the years. Grace is the root from which we want to grow.



Poem for Mamas

There are little eyes upon you,
And they are watching night and day;
There are little ears that quickly
Take in every word you say.
There are little hands all eager
To do everything you do;
And a little girl who's dreaming
of the day she'll be like you.
You're the sweetheart's idol;
You're the wisest of the wise;
In her little mind, about you
No suspicions ever rise.
She believes in you devotedly;
Holds that all you say and do,
She will say and do in your way
When she's grown up just like you.
There's a wide-eyed little sweetheart
Who believes you're always right;
And her ears are always open,
And she watches day and night.
You are setting an example
Every day in all you do;
For the little child who's waiting
To grow up to be like you.
By: Edgar Guest, 1881-1959

Scriptural Prayer For Moms:

Based on 1 John 3:18

Dear God, may I see myself today as I see my own child -- connected, precious, beloved; but also, needing guidance, protection and shepherding. This is how my Father God sees me - as His little child. In fact, we are all Children of God! We are His and His spirit is in us! It is in ME! Let me be encouraged and motivated to love, not in word or talk, but in deed and in truth. May I always know down to the root of my soul that I, (fill in the blank with your name), am fruit of the Vine; and may I be reassured in my heart of God's deep and abiding love for me. Today and always! Amen.

